

MEMBER FITNESS CENTER

JANUARY SPECIAL HAPPENINGS

ASK A TRAINER OPEN GYM TOUR

Hosted by Hannah Whistler
Monday, January 5 & 19 • 3pm

Learn how to use any piece of equipment at the Member Fitness Center. *Complimentary.*

LIFEBREATH

Hosted by Beth Bielat
Monday, January 5 • 4pm
Yoga Room

LifeBreath is a high level, transformational tool that uses "breath" to assist people in their physical, mental and spiritual journey. *\$52.80 per Members and Guests*

CLUB CHAMPIONSHIP CHALLENGE: PUSH UP CHALLENGE

Wed., January 7 • 9am-12pm

The third Club Championship Challenge of the season tests upper body strength and endurance. Members of the Member Fitness team will be the official counters. *Complimentary.*

VINYASA NEW YEARS INTENTION FLOW

Hosted by Moorey-Margaret Myers
Wednesday, January 7 • 10am
Yoga Room

A special gratitude flow to celebrate the new year. *Regular class pricing.*

INTRO TO YOGA

Hosted by Hannah Whistler
Saturday, January 10 • 11am
Yoga Room

Learn foundational poses, breathing techniques, and relaxation methods to improve flexibility, balance, and overall well-being. Perfect for anyone seeking to enhance their mind-body connection in a welcoming and supportive environment. *Regular class pricing.*

VO2 MAX UNCOVERED: YOUR OXYGEN ADVANTAGE FOR A LONGER, STRONGER LIFE

Hosted by Dr. Gordon and Dr. Jessica Chen

Friday, January 16 • 3pm

VO2Max is one of the most important vitality measures. Learn how it's measured and improved. *Complimentary.*

SOMATIC YOGA & MEDITATION

Hosted by Elisabet Stadelman
Wednesday, January 21 • 4pm
Yoga Room

Combine gentle movements, breathwork, and mindfulness to cultivate awareness, relaxation, and inner peace. Improve flexibility, and enhance your overall well-being. *Regular class pricing.*

FLOATING SOUND BATH

Hosted by Elisabet Stadelman
Thursday, January 22 • 5pm
Member Fitness Center Pool

Experience total relaxation by enjoying a sound bath session while floating in the water under the open sky.

\$70 Members • \$80 Guests

INTRO TO MEDITATION

Hosted by Hannah Whistler
Saturday, January 24 • 11am
Yoga Room

Learn simple techniques to relax your mind, focus your breath, and cultivate mindfulness in everyday life. *Regular class pricing.*

CLUB FITNESS CHAMPIONSHIP: ROW CHALLENGE

Wed., January 28 • 9am-12pm

The fourth Club Championship Challenge tests power and endurance with a 500-meter row for time. All Members are encouraged to participate and every challenge scores points for the overall Fitness Club Championship. *Complimentary.*

DANCE PARTY

Hosted by Ana & Caitlin
Wed., January 28 • 5-7pm
Town Hall Terrace

Join Member Fitness Center dance instructors for a celebration as a way to get in shape and have a good time. All levels are welcome. Hors d'oeuvres will be served. *Complimentary.*

MICROGREENS WORKSHOP

Hosted by Beth Bielat
Friday, January 30 • 4pm
Yoga Room

Learn all about the superfood "microgreens". Understand the benefits, how to grow them yourself, and how to use them in your everyday eating plan. We will taste and plant these little powerhouses and you'll leave the workshop with your own mini-garden.

\$30 Members • \$35 Guests



OCEAN REEF CLUB®
A UNIQUE WAY OF LIFE
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FOR DETAILS & REGISTRATION PLEASE CALL 305-367-5820.