

APRIL 21, 2025  
THROUGH  
MAY 4, 2025

# Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8AM	SWEAT Jessy	SWEAT Izabella	MASTER SWIM Jon  SWEAT Carlton  REFORMER PILATES Masha	SWEAT Izabella	MASTER SWIM Jon  SWEAT Jake  REFORMER PILATES Masha	SWEAT Casey (No class on 5/3)  ORC RUN CLUB Izabella	
9AM	CYCLE Bella 9-9:30am  TRX Jake (Outside Tent)  YIN YOGA Elisabet  REFORMER PILATES Carlos	STRENGTH CYCLE Casey  VINYASA YOGA Lindsay	CYCLE Hannah 9-9:30am  TRX Jake (Outside Tent)  GENTLE YOGA Elisabet  STRETCH Jessy  REFORMER PILATES Genie	STRENGTH CYCLE Casey  VINYASA YOGA Lindsay	CYCLE Bella 9-9:30am  TRX Jake (Outside Tent)  STRETCH Jessy	STRENGTH CYCLE Casey  REFORMER PILATES Alex  VINYASA YOGA Hannah	REFORMER PILATES Masha
10AM	SILVER FIT Hector  BARRELATTES M3  WATER EXERCISE Genie	YIN YOGA Lindsay  SILVER FIT Hector	VINYASA YOGA M3  SILVER FIT Hector  WATER EXERCISE Genie	YIN YOGA Lindsay  SILVER FIT Hector	SILVER FIT Hector  RESTORATIVE YOGA WITH CHAKRA BALANCE Elisabet  WATER EXERCISE Genie	GENTLE YOGA Elisabet	MAT PILATES Masha
11AM	SILVER FIT Moi  DANCE SCULPT Caitlin	DANCING THROUGH THE DECADES Ana  REFORMER PILATES M3	SILVER FIT Moi  DANCE FITNESS Caitlin	REFORMER PILATES M3	SILVER FIT Moi  WATER EXERCISE Genie  BEAUTIFUL YOU YOGA Elisabet	DANCING THROUGH THE DECADES Ana	AQUA CARDIO Masha
12PM	FIT CAMP Jake	FIT CAMP Izabella	FIT CAMP Jake	FIT CAMP Izabella	FIT CAMP Jake		
2PM	WATER EXERCISE Genie 2:30pm		YOGA NIDRA Elisabet				

# Fitness Class Descriptions

**AQUA CARDIO:** Light cardio, strength and balance workout ideal for participants looking to improve overall fitness.

**BARRELATTES:** A fusion of Barre and Mat Pilates that will elongate your muscles, giving you a strength endurance workout without utilizing heavy weights.

**BEAUTIFUL YOU YOGA:** This class is exclusively for women. We will work on prolapse prevention, balance with alignment to strengthen all the involuntary muscles involved, strengthening the pelvic floor, hips and core. This class will enrich the bonds of feminine essence and its intrinsic power.

**CYCLE:** Indoor cycling is a great cardiovascular workout utilizing variations in cadence, resistance and body position. Cycle classes focus on interval training developing both the aerobic and anaerobic systems.

**DANCE FITNESS:** Focuses on rhythmic, choreographed movements enhancing coordination, flexibility, and stamina. Perfect for all fitness levels, with routines designed to build endurance and improve overall fitness and the best part you can sing to most all the songs!

**DANCE SCULPT:** Incorporates strength training elements, such as bodyweight exercises and light weights, into the dance movements. This component helps to sculpt and define muscles, focusing on toning the legs, arms, core, and glutes, while maintaining a strong cardiovascular component.

**DANCING THROUGH THE DECADES:** A dynamic fun workout that highlights the greatest music hits from the 60's until present day. Burn calories and aerobic capacity with a fusion of fast and slow tempo moves that sculpts the body. Great for all ages.

**FIT CAMP:** Strength & conditioning class which includes flexibility, mobility and balance training.

**GENTLE YOGA:** This is a relaxing, gentle and restorative practice. Deep restorative work improves range of motion and joint mobility, and reduces pain and stress.

**HIKE:** HIKE is a strength endurance class that uses medium to high repetitions with low to medium resistance to improve one's ability to exert force for prolonged periods. This class is ideal for activities requiring stamina, such as hiking, running, and cycling.

**MAT PILATES:** Strengthen, lengthen, align and tone your body by focusing on body weight floor exercises based on the Pilates Method.

**ORC RUN CLUB:** A running group open for all levels of runners. Become a better runner and meet new people all at once!

**ORC SWIM CLUB:** Swimming workouts for all levels at the MFC Fitness Pool.

**REFORMER PILATES:** Build on core awareness and strength, while integrating fluidity, breath, centering and spinal alignment.

**RESTORATIVE YOGA:** Similar to our Gentle Yoga. This practice focuses even more on deep restorative poses, intended to distress, restore and rejuvenate the mind and body.

**SILVER FIT:** Chair-based fitness class with focus on weightless joint mobility and muscle activation. Ideal for senior members looking to improve flexibility, strength, and balance.

**STRENGTH CYCLE:** Half on & half off the bike intervals including upper and lower body strength and endurance.

**SWEAT:** This high-intensity workout uses unique moves to develop core strength and power. Ideal for weight loss and muscle toning. You will leave this class feeling invigorated and energized.

**TRX:** An outdoor strength and conditioning class using TRX suspension trainers, kettlebells, and other functional training tools.

**YIN YOGA:** A slow-paced style of yoga, incorporating asanas (postures) that are held for longer periods of time than may be found in other styles.

**YOGA NIDRA:** A carefully guided sleep meditation that calms the body and relaxes the mind. Simple and incredibly effective.

## Color Key

**BLUE:** Fitness Pool Class

**GREEN:** Specialty Class Not Included In The Season Pass Or 10-Pack

*\*Please call 305-367-5820 to reserve these specialty classes, space is limited.*



**OCEAN REEF CLUB®**

35 OCEAN REEF DRIVE, SUITE 200  
KEY LARGO, FL 33037