

MAY 4, 2026  
THROUGH  
MAY 31, 2026

# Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8AM	<p>SWEAT <i>Mason</i></p> <p>VINYASA YOGA <i>M3</i> <i>(Last Class 5/18)</i></p>	<p>SWEAT <i>Jojo</i></p> <p>SWIM CLUB <i>Jon</i></p>	<p>SWEAT <i>Mason</i></p> <p>REFORMER PILATES <i>M3</i> <i>(Last Class 5/20)</i></p>	<p>SWEAT <i>Jojo</i></p> <p>SWIM CLUB <i>Drew</i></p>	<p>SWEAT <i>Jojo</i></p>	<p>SWEAT <i>Mason</i></p>	<p>SWIM CLUB <i>Drew</i></p>
9AM	<p>REFORMER PILATES <i>Carlos</i></p> <p>TRX <i>Jake</i></p>	<p>CYCLE STRENGTH <i>Casey</i></p>	<p>TRX <i>Jake</i></p>	<p>CYCLE STRENGTH <i>Casey</i></p>	<p>CYCLE STRENGTH <i>Casey</i></p> <p>VINYASA YOGA <i>Lindsay</i></p>	<p>CYCLE STRENGTH <i>Jade/Mason</i></p> <p>REFORMER PILATES <i>Alex</i></p>	<p>CYCLE STRENGTH <i>Drew</i></p>
10AM	<p>SILVER FIT <i>Hector</i></p> <p>YIN YOGA <i>Elisabet</i></p> <p>REFORMER PILATES <i>M3</i> <i>(Last Class 5/18)</i></p>	<p>SILVER FIT <i>Hector</i></p> <p>VINYASA YOGA <i>Lindsay</i></p>	<p>GENTLE YOGA <i>Elisabet</i></p> <p>SILVER FIT <i>Hector</i></p> <p>REFORMER PILATES <i>M3</i> <i>(Last Class 5/20)</i></p>	<p>SILVER FIT <i>Hector</i></p> <p>VINYASA YOGA <i>Lindsay</i></p>	<p>SILVER FIT <i>Hector</i></p> <p>RESTORATIVE YOGA <i>Elisabet</i></p>	<p>GENTLE YOGA <i>Elisabet</i></p>	<p>SILVER FIT <i>Drew</i></p>
11AM	<p>AQUA CARDIO <i>Drew</i></p>	<p>REFORMER PILATES <i>M3</i> <i>(Last Class 5/19)</i></p>	<p>AQUA CARDIO <i>Drew</i></p>	<p>REFORMER PILATES <i>M3</i> <i>(Last Class 5/14)</i></p>	<p>AQUA CARDIO <i>Drew</i></p> <p>DANCING THROUGH THE DECADES <i>Ana</i> <i>(Last Class 5/15)</i></p> <p>CORE AND BALANCE YOGA <i>Elisabet</i></p>	<p>BREATH WORK/ MEDITATION <i>Elisabet</i> <i>(11-11:30am)</i></p>	<p>AQUA CARDIO <i>Drew</i></p>
12PM					<p>TRX <i>Jake</i></p>		

# Fitness Class Descriptions

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

**CORE AND BALANCE YOGA:** Engage your core and pelvic floor in a gentle, intentional practice, awaken your inner core strength and stability.

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

**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.

**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.

**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.

**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.

**VINYASA YOGA:** A more challenging discipline that unifies breath and movement creating a continuous flow from one pose to the next. This class will build stability/balance, strength, work the cardiovascular system and stretch the body.

**WATER EXERCISE:** Is a low-impact group fitness workout in a pool that uses water's resistance for cardio, strength, and flexibility, featuring movements like water walking, jogging, kicking, and utilizing aquatic weights and noodles. Suitable for all levels!

**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.

**ZUMBA:** A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome! Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party inspired by Latin rhythms!

## Color Key

**BLUE:** Fitness Pool Class

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



**OCEAN REEF CLUB®**

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