

AUGUST 25, 2025  
THROUGH  
OCTOBER 5, 2025

# Member Fitness CLASS SCHEDULE

|      | MON   | TUES  | WED   | THURS   | FRI   | SAT  | SUN                                 |
|------|---|---|---|---|---|--|-------------------------------------|
| 8AM  | SWEAT<br><i>Jake</i>  |   | SWEAT<br><i>Jake</i>  |   | SWEAT<br><i>Jake</i>  |  |                                     |
| 9AM  | TRX<br><i>Jake</i><br>(Functional Room)<br>(No class 9/21 & 9/28)<br><br>REFORMER<br>PILATES<br><i>M3</i><br>(No class 9/1) | CYCLE<br>STRENGTH<br><i>Casey</i><br><br>VINYASA<br>YOGA<br><i>Lindsay</i><br>(No class 9/23) | TRX<br><i>Jake</i><br>(Fiesta Room)<br>(No class 9/24)<br><br>REFORMER<br>PILATES<br><i>Masha</i> | CYCLE<br>STRENGTH<br><i>Casey</i><br><br>VINYASA<br>YOGA<br><i>Lindsay</i><br>(No class 9/25) | TRX<br><i>Jake</i><br>(Fiesta Room)<br>(No class 9/19 & 9/26)<br><br>VINYASA YOGA<br><i>Lindsay</i><br>(No class 9/26)<br><br>REFORMER<br>PILATES<br><i>Masha</i> | CYCLE<br><i>Jade</i><br>(9-9:30am)<br><br>REFORMER<br>PILATES<br><i>Alex</i> | REFORMER<br>PILATES<br><i>Masha</i> |
| 10AM | SILVER FIT<br><i>Hector</i><br><br>BARRELATTES<br><i>M3</i><br>(No class 9/1)   | SILVER FIT<br><i>Hector</i>   | VINYASA<br>YOGA<br><i>M3</i><br>(No class 9/3)<br>SILVER FIT<br><i>Hector</i>                     | SILVER FIT<br><i>Hector</i>   | SILVER FIT<br><i>Hector</i>   |  | MAT<br>PILATES<br><i>Masha</i>      |
| 11AM |   | REFORMER<br>PILATES<br><i>M3</i><br>(No class 9/2)  |   |   |   |  |                                     |

# 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.

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

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

**MASTER SWIM:** Swimming workouts and technique instruction provided for all fitness levels.

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

**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.

**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.

**SILVER STRENGTH:** Similar to the very popular Silverfit Class, Silver Strength is also a chair-based fitness class that has a faster pace and utilizes more equipment to safely focus on building strength, a core component that is being touted in fitness circles for health and longevity.

**STRETCH:** Stretches and Exercises designed to create an optimal range of motion and suppleness to increase performance and reduce the risk of injury.

**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.

## 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®

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