

JUNE 1, 2026  
THROUGH  
JULY 5, 2026

# Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8AM	SWEAT Mason	SWEAT Jojo SWIM CLUB Jon	SWEAT Mason	SWEAT Jojo SWIM CLUB Drew	SWEAT Jojo	SWEAT Mason	SWIM CLUB Drew
9AM	TRX Jake REFORMER PILATES Masha (No Class 6/22)	CYCLE STRENGTH Casey	TRX Jake REFORMER PILATES Masha (No Class 6/24)	CYCLE STRENGTH Casey (No Class 6/25)	CYCLE STRENGTH Casey VINYASA YOGA Lindsay REFORMER PILATES Masha (No Class 6/26)	CYCLE STRENGTH Jade/Mason REFORMER PILATES Alex	CYCLE STRENGTH Drew
10AM	SILVER FIT Hector YIN YOGA Elisabet MAT PILATES Masha (No Class 6/22)	SILVER FIT Hector VINYASA YOGA Lindsay	GENTLE YOGA Elisabet SILVER FIT Hector MAT PILATES Masha (No Class 6/24)	SILVER FIT Hector VINYASA YOGA Lindsay	SILVER FIT Hector RESTORATIVE YOGA Elisabet (No Class 7/3)	GENTLE YOGA Elisabet (No Class 7/4)	SILVER FIT Drew
11AM	AQUA CARDIO Drew		AQUA CARDIO Drew		AQUA CARDIO Drew CORE AND BALANCE YOGA Elisabet (No Class 7/3)	BREATH WORK/ MEDITATION Elisabet (Full Hour Class) (No Class 7/4)	AQUA CARDIO Drew
12PM					TRX Jake		

# 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.

**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.

**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.

**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.

**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.

## 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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