NOVEMBER 2, 2026
THROUGH
NOVEMBER 29, 2026

Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
7AM		SWIM CLUB *Jon*		SWIM CLUB *Jon*			
8AM	SWEAT *Mason* SWIM CLUB *Drew*	SWEAT *Drew*	SWEAT *Mason* REFORMER PILATES *Masha* SWIM CLUB *Drew*	SWEAT *Jojo*	SWEAT *Jake* SWIM CLUB *Drew*	SWEAT *Mason* *No Class 11/14*	SWIM CLUB *Drew* SWEAT *Hannah* *No Class 11/15*
9AM	REFORMER PILATES *Carlos* TRX *Jake* YIN YOGA *Elisabet* CYCLE STRENGTH *Drew*	CYCLE STRENGTH *Casey* VINYASA YOGA *Lindsay*	TRX *Jake* CYCLE STRENGTH *Drew* GENTLE YOGA *Elisabet*	CYCLE STRENGTH *Casey* VINYASA YOGA *Lindsay* REFORMER PILATES *Masha*	TRX *Jake* VINYASA YOGA *Lindsay* *No Class 11/6* CYCLE STRENGTH *Drew* REFORMER PILATES *Masha*	CYCLE STRENGTH *Jade/Mason* *No Class 11/14* VINYASA YOGA *Hannah* *No Class 11/14*	VINYASA YOGA *Hannah* *No Class 11/15* CYCLE STRENGTH *Drew*
10AM	SILVER FIT *Hector* YOGALATES *Hannah* *No Class 11/2*	SILVER FIT *Hector* YIN YOGA *Lindsay*	SILVER FIT *Hector* MOBILITY FLOW *Hannah* *No Class 11/4*	SILVER FIT *Hector* YIN YOGA *Lindsay*	SILVER FIT *Hector* RESTORATIVE YOGA *Elisabet*	GENTLE YOGA *Elisabet* BOXING *Mason* *No Class 11/14*	SILVER FIT *Drew* GENTLE YOGA *Hannah* *No Class 11/15*
11AM	AQUA CARDIO *Drew* DANCE SCULPT *Caitlin*	AQUA CARDIO *Drew*	AQUA CARDIO *Drew* DANCE FITNESS *Caitlin*	AQUA CARDIO *Drew*	CORE AND BALANCE *Elisabet*	BREATHE WORK/ MEDITATION *Elisabet*	AQUA CARDIO *Drew*
12PM	FIT CAMP *Mason* MAT PILATES *Masha*		FIT CAMP *Mason*				
2PM		PREHAB *Mason*	YOGA NIDRA *Elisabet*	PREHAB *Mason*			

Fitness Class Descriptions

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

BOXING: A boxing-based conditioning class.

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.

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.

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.

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

MOBILITY FLOW: Blend yoga inspired movements with targeted mobility work to open up tight joints, improve range of motion and build control through your movement. Expect a dynamic, feel-good flow that leaves you moving with more freedom Method.

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

PREHAB: Preventative mobility and core training and education. Great for in between sports or recovery and maintenance days.

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 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.

YOGALATTES: A dynamic vinyasa flow blended with mat Pilates for strength, mobility, and a serious burn.

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

OCEAN REEF CLUB®
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