

JANUARY 5, 2026  
THROUGH  
APRIL 5, 2026

# Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:45AM		ORC RUN CLUB <i>Mason</i>				ORC RUN CLUB <i>Mason</i>	
7:30AM	TAI CHI <i>Beth</i> (7:30-8am)		TAI CHI <i>Beth</i> (7:30-8am)		TAI CHI <i>Beth</i> (7:30-8am)		
8AM	SWEAT <i>Mason</i>  SWIM CLUB <i>Drew</i>	SWEAT <i>Jojo</i>  SWIM CLUB <i>Jon</i>	SWEAT <i>Mason</i>  REFORMER PILATES <i>Masha</i>  SWIM CLUB <i>Drew</i>	SWEAT <i>Jojo</i>  SWIM CLUB <i>Drew</i>	SWEAT <i>Jake</i>  REFORMER PILATES <i>Masha</i>  SWIM CLUB <i>Drew</i>	SWEAT <i>Mason</i>	SWIM CLUB <i>Drew</i>  SWEAT <i>Hannah</i> (No Class 2/4)
9AM	REFORMER PILATES <i>Carlos</i>  YIN YOGA <i>Elisabet</i>  TRX <i>Jake</i>  CYCLE STRENGTH <i>Drew</i>		TRX <i>Jake</i>  REFORMER PILATES <i>Genie</i>  GENTLE YOGA <i>Elisabet</i>  CYCLE STRENGTH <i>Drew</i>	CYCLE STRENGTH <i>Casey</i>  VINYASA YOGA <i>Lindsay</i>  REFORMER PILATES <i>Masha</i>	TRX <i>Jake</i>  VINYASA YOGA <i>Lindsay</i>  CYCLE STRENGTH <i>Drew</i>	CYCLE STRENGTH <i>Jade/Mason</i>  VINYASA YOGA <i>Hannah</i> (No Class 1/31)  REFORMER PILATES <i>Alex</i>	YOGALATTES <i>Hannah</i> (No Class 2/1)  REFORMER PILATES <i>Colleen</i>
10AM	SILVER FIT <i>Hector</i>  BARRELATTES <i>M3</i>  WATER EXERCISE <i>Genie</i>	SILVER FIT <i>Hector</i>  YIN YOGA <i>Lindsay</i>	VINYASA YOGA <i>M3</i>  SILVER FIT <i>Hector</i>  WATER EXERCISE <i>Genie</i>	SILVER FIT <i>Hector</i>  YIN YOGA <i>Lindsay</i>	SILVER FIT <i>Hector</i>  RESTORATIVE YOGA <i>Elisabet</i>  WATER EXERCISE <i>Genie</i>	GENTLE YOGA <i>Elisabet</i>  BOXING <i>Mason</i>	REFORMER PILATES <i>Colleen</i>  VINYASA YOGA <i>Hannah</i> (No class on 2/4)
11AM	AQUA CARDIO <i>Kristine</i>  DANCE SCULPT <i>Caitlin</i>  SILVER STRENGTH <i>Moi</i>	AQUA CARDIO <i>Kristine</i>  REFORMER PILATES <i>M3</i>  ZUMBA <i>Ana</i>	DANCE FITNESS <i>Caitlin</i>  SILVER STRENGTH <i>Moi</i>  AQUA CARDIO <i>Drew</i>	AQUA CARDIO <i>Kristine</i>  REFORMER PILATES <i>M3</i> (No class on 2/26)	CORE AND BALANCE YOGA <i>Elisabet</i>  WATER EXERCISE <i>Genie</i>	DANCING THROUGH THE DECADES <i>Ana</i>  BREATH WORK/ MEDITATION <i>Elisabet</i> (11-11:30am, No class 1/10 & 1/24)	AQUA CARDIO <i>Drew</i>  MAT PILATES <i>Colleen</i>
12PM	FIT CAMP <i>Mason</i>		FIT CAMP <i>Mason</i>		FIT CAMP <i>Jojo</i>		
2PM	WATER EXERCISE <i>Genie</i> (2:30pm)	GOLF FITNESS 360 <i>Ryan</i>	YOGA NIDRA <i>Elisabet</i>	GOLF FITNESS 360 <i>Ryan</i>  MAT PILATES <i>Masha</i>			
3PM	REFORMER PILATES <i>Colleen</i>	ROPE FLOW <i>Chris</i>		ROPE FLOW <i>Chris</i>			
4PM				REFORMER PILATES <i>Colleen</i>			

# 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.

**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:** 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.

**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.

**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 sculpt the body. Great for all ages.

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

**GOLF 360°:** Build and optimize your physical capability to produce power in the golf swing. In this class you will learn the same foundational exercises PGA golfers use to mobilize their bodies, develop power, and extend their golf careers. Take control of your golf game, your health and extend your playing capabilities by attending the Golf Fit 360° class.

**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.

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

**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.

**ROPE FLOW:** Elevate your game with Rope Flow sculpting power for elite golf swings, tennis volleys, pickleball precision utilizing low impact rope tools. Flow rhythmically to stay agile, balanced, and agelessly vibrant, all with a mindful edge that unites body and spirit. Led by Fitness Therapist, Chris Merrell, this class will challenge participants to discover effortless elegance in motion. Rope Flow is not just for athletes, everyone should learn to master their ability to rotate fluidly.

**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!

**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.

**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

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



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