

**OCEAN EDGE CLUB
CLASS SCHEDULE
Ocean Edge Member Sports Club 774-323-6300
5/17/19 - 6/23/19**

Please note that classes and instructors are subject to change!

Member Sports Club at The Villages <i>Classes here are \$25 for Sponsored Guests and Resort Guests</i> <i>Family Guests of Members and Accompanied Guests pay \$15.00 for classes, facility use is complimentary</i>							
TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
8:40 AM	Step and Strength	MVE Chair Pilates	Weights & Balance	Spinning	Zumba/Barre	8:20AM Spinning	
9:30 AM	Yoga in studio			Pilates Plus	CSI: Cardio Strength Intervals	9:30 AM MVE Chair Pilates	9:30AM Yoga in the studio
4:30 PM	20/20/20	Spinning	MVE Chair Pilates	Yoga			
Fletcher Indoor Pool <i>Aqua classes are \$15.00 for sponsored and accompanied guests</i>							
TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
9:30 AM	Aqua Fitness Fletcher	Aqua Fitness FLETCHER		Aqua Fitness Fletcher	Aqua Fitness Fletcher		

CLASS DESCRIPTIONS

All classes except aqua and yoga require sign up

AQUA FITNESS: You will feel great after this water workout. Designed for all levels. Come have fun and stay HEART HEALTHY! 50 minute class. Located at the Fletcher Indoor Pool.

20/20/20: A unique combination of weights, cardio and core work. Pilates and some light yoga stretching. All levels welcome.

MVE CHAIR PILATES: The Pilates Chair equipment allows you to shape, tone, lengthen and align quite differently than the Mat. In short, the equipment works better and faster to change the body. Furthermore, additional advanced core work is available on equipment for the more accomplished practitioner. Last but not least, working on the equipment is fun! All levels welcome. This class requires a sign up. Please call 774-323-6300 to reserve a space.

STEP AND STRENGTH: A dynamic combination of step and weights to increase your cardio endurance and gain more strength in your core. All levels welcome.

ZUMBA BARRE: A fun and effective workout that combines the energy of Zumba with strength and balance training! All levels welcome.

SPINNING: A non-impact cardio workout. Great music and a lot of fun. Try it and you'll be hooked! Please call 774-323-6300 to reserve a bike. Please indicate which time and location you are signing up for along with a name and contact phone number. If class is full we will notify you by the contact phone number given.

WEIGHTS AND BALANCE: A strength weight workout with an added flair. All levels welcome. This is like personal training in a class room setting. No dance moves just body conditioning. All levels welcome.

YOGA IN THE STUDIO: Strengthen and stretch with a yoga flow for everybody. You will feel rejuvenated and also relaxed in the same class. Sunday Yoga in the Studio is 75-90 minutes. Thursday Yoga in the studio is one hour.

CSI: Strength and cardio using any combination of weights, kettle bells, Pilates mat methods, stability balls, bands and steps. Spin bikes may be used for a cardio option.

PILATES PLUS: Core strength and stretching for the whole body. May use foam rollers, weights, and resistance equipment. All levels welcome.

All classes are 50-60 minutes unless otherwise specified.