



OCEAN EDGE FITNESS SCHEDULE

NOVEMBER 25—DECEMBER 23, 2019

MEMBER SPORTS CLUB

ALL CLASSES AT THE MSC ARE \$25 FOR SPONSORED GUESTS AND RESORT GUESTS, COMPLIMENTARY FOR CLUB MEMBERS

Monday

8:45am Step and Strength
9:45am Yoga in the Studio
4:30pm Yogalates

Tuesday

8:45am Pilates Plus
4:30pm Spinning

Wednesday

8:45am Weights and Balance
4:30pm Core Strength

Thursday

8:45am Spinning
9:45am Tai Chi
4:30pm Yoga in the Studio

Friday

8:45am C.S.I. (Cardio Strength Interval)

Saturday

8:20am Spinning
9:30am Yoga in the Studio

Sunday

9:00am Yoga in the Studio

AQUA FIT CLASSES

CLASSES ARE \$15.00 FOR SPONSORED GUESTS AND RESORT GUESTS, COMPLIMENTARY FOR MEMBERS

Monday: 9:45am, Fletcher Pool
Tuesday: 9:45am, Fletcher Pool
Friday: 9:45am, Fletcher Pool

CLASS DESCRIPTIONS

ALL CLASSES EXCEPT AQUA REQUIRE SIGN UP

AQUA FITNESS: You will feel great after this water workout. Designed for all levels. Come have fun and stay HEART HEALTHY! 45 minute class. Held at Fletcher Indoor Pool. Aqua class is \$15.00 for hotel guests.

CORE STRENGTH: This class focuses on strength & resistance training. All levels welcome. The MVE Pilates Chair may be used.

PILATES PLUS: A mixed class of traditional Pilates methods with balance and strength exercises. All levels welcome.

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

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.

CSI: Cardio Strength Intervals. Get your body tuned and toned with this combination class. Strength and cardio using any combination of weights, kettle bells, Pilates mat methods, stability balls, bands and steps. All levels welcome.

SPINNING: A non-impact cardio workout. Great music and a lot of fun! Please call 774-323-6300 to reserve a bike. Please indicate which time and day 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. Spin Core will add in core work and conditioning at the end of class.

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

YOGA: Strengthen and stretch with a yoga flow for everybody. You will feel rejuvenated and also relaxed in the same class.

YOGALATES: An active combo yoga and Pilates to increase strength, balance & flexibility. All levels welcome. The MVE Pilates Chair & weights may be used.

TAI CHI: This class will cover the basic concepts of Tai Chi. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection will be discussed. This is a great class to improve body awareness and balance. All levels welcome.