

# OCEAN EDGE CLUB

## CLASS SCHEDULE 06/24/19 - 09/02/19

Ocean Edge Member Sports Club 774-323-6300

Please note that classes are subject to change without notice!

Member Sports Club at The Villages  
Classes at MSC are \$25 for Sponsored Guests & Resort Guests

| TIME           | MONDAY             | TUESDAY       | WEDNES-<br>DAY                     | THURSDAY                   | FRIDAY       | SATURDAY                                      | SUNDAY             |
|----------------|--------------------|---------------|------------------------------------|----------------------------|--------------|---|--------------------|
| 8:30AM         | Step and Strength  | Pilates Plus  | Power Hour                         | Spinning                   | Zumba/ Power | 6:30 AM***<br>YOGA HIKE<br>8:20<br>**Spinning | Yoga in the studio |
| 9:30AM-10:15Am | Body Bar Plus      | Step and Core | Weights and Balance<br>*9:30—10:30 | Tai Chi                    | C.S.I        | MVE Chair Pilates<br>9:30 –10:30 *            |                    |
| 10:15AM        | Yoga in the studio |               |                                    |                            |              |   |                    |
| 3:30 –4:30 PM  |                    |               |                                    | Kids Yoga<br>Ages 5-12 yrs |              |   |                    |
| 4:30PM         | 20/20/20           | Spinning      | Yoga                               | MVE Chair<br>Pilates       |              |   |                    |

### Yoga at Ocean Edge Bay Pines Beach \$15 for Sponsored Guests & Resort Guests

| TIME   | MONDAY     | THURSDAY   | FRIDAY     | SATURDAY   | SUNDAY              |
|--------|------------|------------|------------|------------|---------------------|
| 8:00AM | Beach Yoga | Beach Yoga | Beach Yoga | Beach Yoga | 7AM**<br>Beach Yoga |

### Fletcher Indoor Pool/MSC Pool at the Villages \$15 for Sponsored Guests & Resort Guests - Use of MSC Pool restricted to Aqua class only

| TIME   | MONDAY               | TUESDAY                   | WEDNESDAY                 | FRIDAY               |
|--------|----------------------|---------------------------|---------------------------|----------------------|
| 9:15AM | Aqua Fitness<br>@MSC | Aqua Fitness<br>@Fletcher | Aqua Fitness<br>@Fletcher | Aqua Fitness<br>@MSC |

# CLASS DESCRIPTIONS

*All classes except Aqua require sign up  
We advise bringing a personal heart rate monitor for all classes*

*Classes are 50-55 minutes unless otherwise specified*

**AQUA FITNESS:** You will feel great after this water workout. Designed for all levels. Come have fun and stay HEART HEALTHY! 45 minute class. Fletcher Indoor Pool or Member Sports Club pool. Use of full facility at Member Sports Club is \$25.00 per person per day. Aqua class is \$15.00.

**POWER HOUR:** 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. All levels welcome. This class requires registration. Please call 774-323-6300 to reserve a space.

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

**ZUMBA/POWER:** A cardio dance and core workout for all levels. Get a great workout and have fun doing it. Last 10 minutes of class will include a body toning segment. All levels welcome.

**STEP AND STRENGTH/CORE:** 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 class room setting. No dance moves just body conditioning. All levels welcome.

**BEACH YOGA :** Weather permitting. Meet at Bay Pines Beach. If weather is poor class will be held in the Bayside Mansion Studio. Please call Front desk 6047 for class location.

**\*\*SUNDAY BEACH YOGA CLASS STARTS AT 7AM\*\***

**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 class is 75-90 min.

**YOGA HIKE:** Meet at the MSC Villages parking lot and get ready for a unique experience embracing the beautiful surroundings on Cape Cod. No experience necessary. To prepare wear a layer of clothes, towel and water bottle. There is a 15.00 charge for resort guests and sponsored guest. No fee for members or member accompanied guests.

**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.