



## FITNESS CLASSES AT OCEAN EDGE CLASS SCHEDULE JANUARY 3, 2022—APRIL 3, 2022

### CLASSES AT MEMBER SPORTS CLUB

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

#### Monday

8:45 am Step and Strength  
4:30 pm Spinning

#### Tuesday

8:45 am MVE Chair Pilates  
4:30 pm 20/20/20

#### Wednesday

8:45 am Weights and Balance  
4:30 pm MVE Chair Pilates

#### Thursday

8:45 am Pilates Plus  
9:30 am Tai Chi

#### Friday

8:45 am Body Bar Plus

#### Saturday

8:30 am Spinning  
9:15 am Pilates Plus  
10:00 am Yoga in the Studio

#### Sunday

9:30 am Yoga in the Studio

### AQUA FIT CLASSES AT FLETCHER POOL

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

9:30 am Monday  
9:30 am Tuesday  
9:30 am Wednesday

# CLASS DESCRIPTIONS

*ALL CLASSES, EXCEPT BEACH YOGA AND AQUA FITNESS,  
REQUIRE RESERVATIONS AT 774-323-6300*

**20/20/20:** Twenty minutes of cardio, stretching, and weight training; not always in that order! For those that like variety, this is the class for you. Spin bikes and/or steps may be used for cardio portion. All levels welcome.

**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.

**BODY BAR PLUS:** This is a strength training class using the weighted Body Bars. Tone, tighten, and improve your balance. All levels welcome.

**CORE CONDITIONING:** Don't struggle with that mid section, get it core conditioned! Using a variety of exercises and equipment, this class will focus on improving overall core strength. 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.

**PILATES PLUS:** A mixed class of traditional Pilates methods with balance and strength exercises. Spin bikes may be used for variety. All levels welcome.

**SPINNING:** A non-impact cardio workout. Great music and a lot of fun! 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.

**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.

**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.

**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.

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