



FITNESS CLASSES AT OCEAN EDGE CLASS SCHEDULE JUNE 27, 2022— SEPTEMBER 4, 2022

MEMBER SPORTS CLUB

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

Monday

8:15 am Core, and More
9:30 am Body Bar Plus
10:30 am Yoga in the Studio
4:30 pm MVE Chair Pilates

Tuesday

8:15 am Pilates Plus
9:30 am C.S.I. (Cardio Strength Intervals)
4:30 pm Yoga in the Studio

Wednesday

8:15 am Power 45
9:30 am Weights and Balance

Thursday

8:15 am Spinning
9:30 am Tai Yoga Stretch
4:30 pm Core and More

Friday

8:30 am Abs and Back
9:00 am Dance 45!

Saturday

8:30 am Spinning
9:20 am Pilates Plus
10:00 am Yoga in the Studio

Sunday

9:30 am Yoga in the Studio

AQUA FITNESS CLASSES AT FLETCHER POOL

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

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

TAI YOGA STRETCH / BEACH YOGA AT THE BAY PINES BEACH

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

Tai Yoga Stretch

Thursday: 8:00 am
Friday: 8:00 am

Yoga on the Beach

Saturday: 8:00 am
Sunday: 8:00 am

CLASS DESCRIPTIONS

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

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.

ABS AND BACK: A light warm up, and then get ready to work your trunk muscles. Flexibility and strength will be the focus of this 30 min class. Weights, bands and stability balls may be used. All levels welcome.

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

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

DANCE 45!: A fun and energizing workout that combines great music from all decades with easy to follow moves. 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 limited cardio. All levels welcome.

POWER 45: A unique combination of weights, cardio and core work. Pilates and some light yoga stretching. 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.

TAI YOGA STRETCH: 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.

YOGA ON THE BEACH: Weather permitting. Meet at Bay Pines Beach. Towels will be provided. If weather is poor, class will be cancelled. Please call Mansion Front Desk, Ext. 6047 for class location.