

OCEAN EDGE FITNESS SCHEDULE

SEPT 14—OCT 12 2020

** INDICATES ZOOM AVAILABLE FOR CLUB MEMBERS

Monday

8:15am Zumba (outdoor class in front of MSC) **
9:15am Cardio Strength Interval **
9:15 am Aqua Fitness at Fletcher Pool
10:00am Yoga with Anne (outdoor class in front of MSC)**
3:45 pm March and Move **

Tuesday

9:15am Core Conditioning **
3:45pm Tai Yoga Stretch **

Wednesday

8:15 am Zumba (outdoor class in front of MSC)**
9:15am Weights and Balance **
9:15 am Aqua Fitness at Fletcher Pool
3:45pm Cardio Strength Intervals **

Thursday

8:00 am Beach Yoga
9:15am Aqua Fitness at Fletcher Pool
10:15am Tai Yoga Stretch (outdoor class in front of MSC)**
3:45pm Abs Back and Arms **

Friday

8:00am Beach Yoga
9:15am C.S.I. (Cardio Strength Interval)
10:15am Tai Yoga Stretch (outdoor class in front of MSC)**

Saturday

8:00am Beach Yoga
9:30am Yoga with Anne (outdoor class in front of MSC) **

Sunday

8:00am Beach Yoga
9:30 Yoga with Anne (outdoor door class in front of MSC)**

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 class room 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.