



FITNESS CLASSES AT OCEAN EDGE CLASS SCHEDULE JUNE 7, 2021— SEPTEMBER 5, 2021

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 S.C.M. (Step, Core, and More)
9:30 am Body Bar Plus
10:15 am Yoga
4:30 pm 20/20/20

Tuesday

8:15 am Pilates Plus
9:30 am S.C.M. (Step, Core, and More)
4:30 pm Spinning

Wednesday

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

Thursday

8:15 am Spinning
9:30 am Core Conditioning
4:30 pm MVE Chair Pilates

Friday

8:15 am Zumba / Barre
9:30 am C.S.I. (Cardio Strength Intervals)
10:15 am Tai Yoga Stretch

Saturday

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

Sunday

8:30 am Yoga

AQUA FIT CLASSES AT FLETCHER POOL

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

Monday: 9:15 am
Wednesday: 9:15 am
Thursday: 9:15 am
Friday: 9:15 am

BEACH YOGA AT THE BAY PINES BEACH

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

Thursday: 8:00 am
Friday: 8:00 am
Saturday: 8:00 am
Sunday: 7:00 am

CLASS DESCRIPTIONS

ALL CLASSES EXCEPT AQUA REQUIRE SIGN UP

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.

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.

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. All levels welcome.

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

S.C.M: Step, Core and MORE! A dynamic combination of step and weights to increase your cardio endurance and gain more strength in your core. 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: 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 held in the Bayside Mansion Studio.

Please call Mansion Front Desk, Ext. 6047 for class location.

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