

# OCEAN EDGE CLUB

## CLASS SCHEDULE 06/24/18 - 09/03/18<sub>8</sub>

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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:20AM	Step and Strength	Pilates Plus	Power Hour	Spinning	Zumba/ Power	Spinning	<b>*930am</b> Yoga in the studio
9:30AM-10:15Am	H.I.I.T IT!	Bands, Bars and Balls	Weights and Balance <b>*9:30—10:30</b>	Arms and Abs	H.I.I.T IT!	MVE Chair Pilates <b>9:30 –10:30 *</b>	
10:15AM	Yoga in the studio						
4:30PM	20/20/20	Spinning	MVE Chair Pilates	Yoga			

### Yoga at Ocean Edge Bay Pines Beach

\$15 for Sponsored Guests & Resort Guests

TIME	MONDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	Yoga on the beach	Yoga on the beach	Yoga on the beach	Yoga on the beach	Yoga on the beach

### 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	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15AM	Aqua Fitness @MSC	Aqua Fitness @Fletcher	Aqua Fitness @MSC	Aqua Fitness @Fletcher	Aqua Fitness @MSC		

# CLASS DESCRIPTIONS

*All classes except Aqua require sign up  
All cardio classes require a personal heart rate monitor*

**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.

**MVE CHAIR PILATES PLUS:** This is a fast moving class with advanced variations of the MVE chair Pilates. Not recommended for beginners or those with balance issues.

**ZUMBA/BARRE:** 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:** 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.

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

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