



## Ocean Edge Club Fitness Class Schedule

Please note that classes are subject to change!

### Member Sports Club at The Villages

Classes here are \$25 for Sponsored Guests and Resort Guests

Family Guests of Members and Accompanied Guests pay \$15.00 for classes. Facility use is complimentary.

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
8:20AM	Step and Strength	MVE Chair Pilates	Power Hour	Spinning	Power Hour	Spinning	
9:30 AM	Yoga in the studio		Weights & Balance	MVE Chair Pilates	ZUMBA	MVE Chair Pilates	9:15 Yoga on the beach
10:30AM		Step and Strength			Mat Pilates		
4:00PM	Abs only		Core Sculpt				
4:30 PM	Weights & Balance	Spinning		Yoga			

### Bayside Mansion Studio

Classes here are \$15 for Sponsored Guests and Resort Guests

Family Guests of Members and Accompanied Guests pay \$15.00 for classes. Facility use is complimentary.

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00AM			Yoga on the Beach	Yoga on the Beach	Yoga on the Beach	Yoga on the Beach	

### Fletcher Indoor Pool/Member Sports Club Pool at The Villages

Aqua classes here are \$15 for Sponsored Guests and Resort Guests.

Use of Member Sports Club Pool restricted to Aqua class only.

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
9:15 AM	Aqua Fitness At MSC**	Aqua Fitness FLETCHER	Aqua Fitness At MSC**	Aqua Fitness FLETCHER	Aqua Fitness AT MSC**		

## CLASS DESCRIPTIONS

Only Spinning classes, Pilates Chair classes require sign up.

<p><b>Aqua Fitness:</b> 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 only is \$15.00.</p> <p><b>Core Sculpt:</b> A combination of Mat pilates, weights and bands with stretching. All levels welcome.</p> <p><b>Power Hour:</b> A unique combination of weights, cardio and core work. Pilates and some light yoga stretching. All levels welcome.</p> <p><b>MVE Chair Pilates:</b> 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. This class requires a sign up. Please call 774-323-6300 to reserve a space.</p> <p><b>Zumba:</b> A cardio dance workout for all levels. Get a great workout and have fun doing it. Last 10 minutes of class will include a body toning segment.</p> <p><b>Step and Strength:</b> A dynamic combination of step and weights to increase your cardio endurance and gain more strength in your core. All levels welcome.</p>	<p><b>Spinning:</b> A non-impact cardio workout. Great music and a lot of fun. Try it and you'll be hooked! Please call 774-323-6300 to reserve a bike. Please indicate which time and location 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.</p> <p><b>Weights and Balance:</b> A strength weight workout with an added flair. All levels welcome. This is like personal training in a class room setting. No dance moves just body conditioning. All levels welcome.</p> <p><b>Yoga on the Beach:</b> Weather permitting, meet at Bay Pines Beach. If weather is poor class will be held in the Bayside Mansion Studio. Please call ext. 6052 for class location.</p> <p><b>Yoga in the Studio:</b> Strengthen and stretch with a yoga flow for everybody. You will feel rejuvenated and also relaxed in the same class.</p> <p><b>ABS ONLY!:</b> A half hour class focusing on just the trunk muscles using mat work and core conditioning.</p>
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## CLASS FEES

### Member Sports Club Classes and Fitness Access

**Family Guests:** \$15 for classes. Use of fitness facilities and pool are complimentary. Must present current Family Guest Card. Family Guests have access to the Club, 28 occurrences per membership year.

**Accompanied Guests:** \$15 for classes. Use of fitness facilities and pools are complimentary, but only when accompanied by Member. Accompanied Guests have access to the Club 14 occurrences per year.

**Hotel and Resort Guests:** \$25 per visit for use of fitness, classes and pool, and must present current Resort Card.

**Sponsored Guest:** \$25 per visit for use of fitness classes and pool and must present Sponsored Guest Card and process payment at the time of participation.

In the event of cold or inclement weather, the MSC aqua classes will be moved to Fletcher Pool. Please call 774-323 6300 for information.

### Bayside Fitness Mansion Classes and Fitness Center

**Family Guests:** \$15 for classes. Use of fitness facilities and pool are complimentary. Must present current Family Guest Card. Family Guests have access to the Club, 28 occurrences per membership year.

**Accompanied Guests:** \$15 for classes. Use of fitness facilities and pools are complimentary, but only when accompanied by Member. Accompanied Guests have access to the Club 14 occurrences per year.

**Hotel and Resort Guests:** \$15 per visit for use of classes. Access to resort fitness facilities and pools are complimentary (excluding the Member Sports Club) ) Guests must present current Resort Card.

**Sponsored Guest:** \$15 per visit for use of fitness, classes and pool (excluding the Member Sports Club) and must present Sponsored Guest Card and process payment at the time of participation.