



OCEAN EDGE RESORT AND GOLF CLUB

March 2010 Activities Program

Fee Activities
 Fitness classes \$15
 Pizza Pool Party \$8 adults, \$5 kids under 12
 Kids under 5 eat free

TIME	SATURDAY March 13	SUNDAY March 14	THURSDAY March 18	FRIDAY March 19	SATURDAY March 20	SUNDAY March 21
8:00am	Spinning Class Adults Only				Spinning Class Adults Only	
9:30am		Yoga in The Studio Adults Only		Body Bar Plus Class Adults Only		Yoga in The Studio Adults Only
9:45am			Aqua Fitness Fletcher Pool Adults Only			
10:00am	Daily Kids Craft Fletcher Pool		Daily Kids Craft Fletcher Pool	Daily Kids Craft Fletcher Pool	Daily Kids Craft Fletcher Pool	
10:30 - 11:00 am						
11:00am	Pizza Party & Pool Games at Fletcher Indoor Pool 11am-1pm			Pizza Party & Pool Games at Fletcher Indoor Pool 11am-1pm	Pizza Party & Pool Games at Fletcher Indoor Pool 11am-1pm	
1:00pm	Discounted admission to Cape Cod Museum of Natural History	Discounted admission to Cape Cod Museum of Natural History	Discounted admission to Cape Cod Museum of Natural History	Discounted admission to Cape Cod Museum of Natural History	Discounted admission to Cape Cod Museum of Natural History	Discounted admission to Cape Cod Museum of Natural History
3:30pm			Step and Strength Class Adults Only			
5:30pm			Yogalates Adults Only			
6:00 8:00pm	Family Movie		Family Movie		Family Movie	

March 2010 Weekend Schedule OE

Schedule subject to change

CLASS DESCRIPTIONS

*Only classes with *** require sign up*

Children 16 years and younger must be accompanied and supervised by an adult over the age of 18 at all pool facilities and adjacent areas

STEP AND STRENGTH	Guaranteed to give you a great workout. If you don't want to step you can do this low impact high intensity workout from the floor. All levels welcome.
WEIGHTS AND BALANCE	A class designed to improve your strength and balance. All levels welcome
BODY BAR PLUS	A strength weight workout with an added flair. All levels welcome. Excellent for balance and alignment.
AQUA FITNESS	You will feel great after this water workout. Designed for all levels. Come have fun and stay HEART HEALTHY!
YOGALATES	The newest fitness craze! De-stress and detoxify while gaining muscle strength! This class is designed for all fitness levels combining Yoga and the world famous Pilates method
SPINNING ***	A non-impact cardio workout. Great music and a lot of fun. Try it and you'll be hooked! Please call 774-323-6054 to reserve a bike.
YOGA IN THE STUDIO	This class is held on Sundays in the Ocean Edge Fitness Studio. All levels welcome.
MOM AND ME FITNESS	This class is specifically geared to Mom's and their children up to toddler age (0-3.5yrs). Enjoy exercise together with your child with music and age specific activities. 30 Minutes
KID'S DAILY CRAFT	Our Activities team will lead your children (& Adults!) through a different craft each day. These hands on craft activities are designed for kids from 3 to 12.

*****All AQUA CLASSES are held at Fletcher Pool. All other classes are held at Ocean Edge Fitness Center.***