



# OCEAN EDGE RESORT AND CLUB

## CLASS SCHEDULE

Heidi Van Amburgh-Buol, Fitness Director | 774-323-6054 | Schedule effective 6/21/10-09/6/10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am	Yoga on the Beach		Spinning/Pilates Fusion ***	Zumba!	Yoga on the Beach	Spinning ***	
9:30am	Step and Strength		Weights and Balance	Cardio Core	Body Bar Plus	9:15am Pump Fusion	
9:30am Water	AQUA FITNESS Fletcher Pool	AQUA FITNESS Fletcher Pool	AQUA FITNESS Fletcher Pool	AQUA FITNESS Fletcher Pool	AQUA FITNESS Fletcher Pool		Yoga In the studio 9:00AM
10:35am	Mommy and Me Fun 2 B Fit Group Exercise Studio 30 min Reserve space Ext. 6054		Mommy and Me Swim 30 min Bayside Pool Reserve space ext. 6054				
12:00pm		Tai Yoga Stretch 45 min		Step and Strength 45 min	Spin/Pilates Fusion 45 min		
5:30pm	Spinning ***	Body Bar Plus	Spinning/Pilates Fusion ***	Yogalates			
7:15pm	Sunset Yoga on the beach						

# CLASS DESCRIPTIONS

**There is a \$15.00 class fee for resort guests, renters and member guests**

*Only classes with \*\*\* require sign up*

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
CARDIO CORE	A unique combination of weights, cardio and core work. All levels welcome
BODY BAR PLUS	A strength weight workout with an added flair. All levels welcome. Excellent for balance and alignment.
PUMP FUSION	This class has something for everyone. A combination of weights and Pilates to strengthen the whole body. All levels welcome.
ZUMBA!	The latest fitness craze! A cardio dance workout for all levels. Get a great workout and have fun doing it.
AQUA FITNESS	You will feel great after this water workout. Designed for all levels. Come have fun and stay HEART HEALTHY!
YOGALATES/TAI YOGA STRETCH	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. 75- 90 minutes.
SPINNING/PILATES FUSION ***	This new innovative class is for all levels of fitness. Meet at the Ocean Edge Fitness Studio. Please call 774-323-6054 to reserve a bike.
MOMMY AND ME	Two different classes one in the pool and one in the studio. A fun way to bring fitness to your 3.5yr and under child. Babies welcome! This is an interactive class so there must be one parent or guardian with each child. Pool classes will require parent to be in the water. Lots of fun and great photo opportunities!
YOGA ON THE BEACH / SUNSET YOGA ON THE BEACH	Weather permitting, classes held at the Ocean Edge Beach. All levels welcome. For inclement weather the class will move inside to the Ocean Edge Fitness Studio in the West Wing. Placement of class will be decided by 7:30am that day for am classes and 6:00pm for evening. Call ext 6052 for class location.

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

***Classes are 50 minutes to one hour unless otherwise specified.***