



OCEAN EDGE RESORT AND CLUB CLASS SCHEDULE

Heidi Van Amburgh-Buol, Fitness Director | 774-323-6054 | Schedule effective 6/27/09-09/07/09

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am		Spinning		Spinning			
8:00am	Yoga on the Beach	Indoor/Outdoor Boot Camp		Yoga on the Beach		Spinning ***	
9:30am	Step and Strength		Weights and Balance		Body Bar Plus		
9:30am Water	AQUA FITNESS Fletcher Pool	AQUA FITNESS Fletcher Pool	AQUA FITNESS Fletcher Pool	AQUA FITNESS Fletcher Pool			Yoga In the studio
10:30am	Low impact Aerobics		Abs 30 min		Tai Yoga Stretch		
2:30pm		Kid's Boot Camp	Hip Hop for kids ages 8 to 11 yrs***	Hip Hop for kids ages 12-15 yrs***			
5:30pm	Spinning ***	Body Bar Plus	Spinning ***	Yogalates			

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.

CIRCUIT JAM

A unique combination of cardio, resistance bands and weights. 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/AQUA BOX

You will feel great after this water workout. Designed for all levels. Come have fun and stay **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. 90 minutes.

INDOOR/OUTDOOR BOOT CAMP ***

This new innovative class is for all levels of fitness. Meet at the Ocean Edge Fitness Center. Class may have exercises indoors and outdoors.

HIP HOP DANCE CLASS

Two classes designed for each age group. Taught by MTV Grind Host Heidi Van Amburgh.

KID'S BOOT CAMP

A 45 minute class designed for ages 7-12 yrs. Sports training and stretching is included. Class meets at group exercise studio but may go outside.

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. Call ext 6052 if you have any question on 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.**