

  
BROKEN SOUND  
CLUB

# *The* SOUND



FEBRUARY 1, 2025

# News You Can Use

## GENERAL UPDATE

- Ladies' Card Play will be held in Starling on Tuesday, February 11 due to the Ladies' Member-Guest Card Party.

## DINING UPDATE

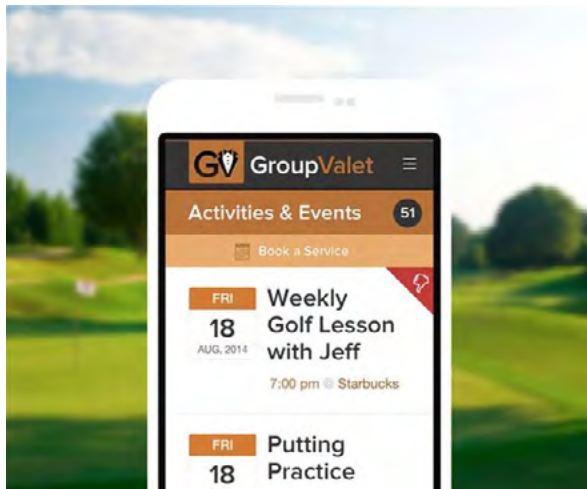
- CIRQ will be closed for dinner on Saturday, February 1 due to Piano & Prime. Bar Bites will be available.
- Dinner and Bar Bites at 1401 East at 1401 East will be closed on Sunday, February 2 due to the OC Social Mixer.
- 1401 East Bar Bites will be closed on Wednesday, February 5 due to the Meatballs & Martinis Golf Event.
- Dinner at CIRQ will be closed on Sunday, February 9 due to the Super Sunday Dinner. Bar Bites will be available prior.
- 1401 East Bar Bites will be closed on Monday, February 10 due to the Men's Night Out event.
- CIRQ lunch will be closed on Tuesday, February 11 due to the Ladies' Member-Guest Card Party.



## GROUP VALET

With GroupValet, you can create and manage your own activities for golf, tennis, dining, cards, or any other type of activity you do with a group. If you have a weekly golf, tennis or card game, you can now use GroupValet to get your group members to sign up each week. It will save you significant time and frustration.

As long as your group members can receive email, they will be able to use GroupValet. In the email is a Sign Up and Decline button. They click the button and they are done – it couldn't be more simple. If you have a special interest, you can use GroupValet to start your own club and let other members join that club. And because GroupValet automates the management of the activities, you won't be burdened with a lot of extra work.



### HOW TO GET STARTED:

Feel free to log in and start creating your own groups. As a member of Broken Sound Club you already have an account on GroupValet – make sure to use the same email address our club has on file. Just go to <http://www.groupvalet.com> and click Get My Password in the upper right, which will allow you to choose your own password and log in. Do not go to “Sign Up” as we’ve already created an account for you in GroupValet. To view the Quick Start Guide, please click [here](#).

**Click below to download the app.**

**APPLE PRODUCTS**

**ANDROID PRODUCTS**

# Table of Contents

## WEEKLY UPDATES

|                                     |   |
|-------------------------------------|---|
| Conversations with David & Ken..... | 4 |
| Fitness Spotlight .....             | 5 |
| Pastry Spotlight.....               | 6 |

## TASTE

|  |    |
|--|----|
| Dining at a Glance.....                    | 7  |
| Weekly Dining Events.....                  | 8  |
| 1401 East Shuttle Service .....            | 9  |
| Super Sunday Dinner.....                   | 10 |
| Wine Society Evening of Appreciation ..... | 10 |
| Dine with your Valentine .....             | 11 |
| Valentine's Dinner .....                   | 12 |
| Bistro Burgers & Brews .....               | 12 |
| President's Day Weekend Buffets .....      | 13 |
| Home on the Range .....                    | 14 |
| Orin Swift Wine Dinner .....               | 15 |
| Lobster Bash.....                          | 15 |
| Wine Society Exclusive Dinner .....        | 16 |
| OC Black & White Gala .....                | 17 |
| Wine Dinner Collage .....                  | 18 |
| Dining Al Fresco .....                     | 19 |

## LET'S GET SOCIAL

|  |    |
|--|----|
| Events at a Glance .....                     | 20 |
| Bowling Club.....                            | 21 |
| Hadassah Educational Forum .....             | 21 |
| Diaper Challenge.....                        | 22 |
| Duplicate Bridge.....                        | 23 |
| Studio Dance Class: Rumba.....               | 23 |
| Jewish Federation: Cocktails & Karaoke ..... | 24 |
| Pap Corps Viva Las Vegas.....                | 25 |
| Music on the Patio .....                     | 26 |
| Trivia Night .....                           | 26 |
| Oscar Talk.....                              | 27 |
| Book Club .....                              | 27 |
| Women's Club Luncheon .....                  | 28 |
| Dr. G. Peter Gliabus Lecture.....            | 29 |
| AI Workshop.....                             | 30 |
| Candlelight Concert.....                     | 31 |

|                        |    |
|------------------------|----|
| Color War Collage..... | 32 |
|------------------------|----|

## YOUTH & FAMILY

|                         |    |
|-------------------------|----|
| Movie Night .....       | 33 |
| Hooked on Fun.....      | 34 |
| February Calendar ..... | 35 |

## ON THE GREENS

|                                       |    |
|---------------------------------------|----|
| Hole-in-Ones .....                    | 37 |
| OCMGA President's Cup .....           | 38 |
| BSWGA 12 & Dine.....                  | 38 |
| OC Meatballs & Martinis .....         | 39 |
| XXIO Fitting Day .....                | 39 |
| OCMGA Guy's Night Out .....           | 40 |
| Sadie Hawkins Mixer .....             | 41 |
| OC Multi-Day Men's Member-Guest ..... | 42 |
| CC Ladies' Golf Guest Day.....        | 43 |
| CC Men's Member-Guest.....            | 44 |
| BSWGA Cocktail Party Collage .....    | 45 |

## RACQUETS

|                                    |    |
|------------------------------------|----|
| Getting Ahead of Alzheimer's ..... | 46 |
| Pickleball Club Championship.....  | 47 |
| Tennis Club Championship .....     | 48 |
| XGlosive Collage.....              | 49 |

## WELLNESS

|   |    |
|---|----|
| February Fitness Challenge .....            | 50 |
| Tai Chi .....                               | 51 |
| Belly Dance Class.....                      | 52 |
| Fitness Center Tour & Demos.....            | 53 |
| Love the Skin You're In.....                | 54 |
| Indulge in Love.....                        | 55 |
| February Group Fitness Class Schedule ..... | 56 |
| Water Aerobics Class Schedule.....          | 57 |



# *Conversations with* David & Ken



Join Club President David Bauer and GM/COO Ken Kosak for an interactive conversation with Members to ask questions and share insights.

Thursday, February 20  
3:30 pm – 4:30 pm | Starling

**REGISTER NOW**

**Registration will open two weeks in advance.**

*These meetings are designed to be smaller, ensuring that all members in attendance have speaking time. Space is limited. Should a wait list occur, future dates will be forthcoming.*





# FITNESS SPOTLIGHT



## **Jeff Weiner**, *Director of Fitness*

We're excited to unveil our brand-new strength equipment to our members! This includes an upgraded selection of machines, dumbbells, kettlebells, and more from Life Fitness. We're also thrilled to showcase a refreshed layout of the Fitness Center, complete with updated lighting. We know you'll have questions, so be sure to watch for upcoming orientation sessions where we'll answer any questions and provide demonstrations on how to use the new equipment safely and effectively.



We held our first Glow Dance Jam, led by Even, where participants "lit up the night" surrounded by vibrant glow-in-the-dark décor. Everyone came dressed in their most colorful fluorescent outfits and armed with glow sticks for this high-energy, fun-filled dance event!

# PASTRY SPOTLIGHT



We are incredibly proud of our Executive Pastry Chef, Hyewon Kwon, and are thrilled to offer a glimpse into the artistry and craftsmanship of our Pastry Department here at Broken Sound Club.

Executive Pastry Chef, Hyewon and her team are responsible for every decadent creation that our Members enjoy throughout the Club, from the freshly baked pastries at Moonstone, to the meticulously crafted lunch buffet offerings at Cirq, to the elegant, plated desserts served at 1401East and Cirq for dinner, and even the signature cookies at Zest! Each product is made fresh daily with attention to detail and precision. Whether it's the intricate desserts you savor during dinner or the thoughtfully composed sweet treats at our special events, everything is designed and executed in-house by our talented Executive Pastry Chef, Hyewon, and her exceptional team of pastry professionals.



Through Hyewon's extensive experience in fine dining restaurants and 5-diamond resorts across South Florida, she's learned that exceptional desserts go beyond technical expertise, they require passion, intuition, and an unwavering dedication to quality. The craft of pastry is about achieving harmony in flavor, texture, and presentation, creating something that not only satisfies but leaves a lasting impression. Hyewon brings this philosophy to life with every dessert she creates.



February 1 - March 1

Dining at a Glance

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**THE OLD COURSE BISTRO MOONSTONE MAIN CLUBHOUSE**

Dinner reservations are available two weeks in advance and Special Events can be reserved one month prior to the event date. For more detailed information about Dining Options, Dress Code, Cancellation Policy and Hours of Operation, please see our current dining schedule located on our website and on our app.

**1**

Bistro All Day  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
Piano & Prime  
1401 East Dinner

**2**

Bistro All Day  
CIRQ Brunch Buffet  
1401 East Brunch Buffet  
CIRQ Bar Bites  
Bistro Pizzeria  
CIRQ Family Dinner Buffet

**3**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
Burgers & Brews  
Zest Dinner

**4**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Twin Plates  
Zest Dinner

**5**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Tuscan Dinner Buffet  
Zest Dinner

**6**

Bistro Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Prime Rib Special  
Zest Dinner  
1401 East Wine & Dine Dinner Special

**7**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Chef's Specials  
Lakeside Happy Hour  
Zest Dinner  
1401 East Dinner  
Shabbat Dinner

**8**

Bistro All Day  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Ocean to Table Special  
1401 East Dinner

**9**

Bistro All Day  
CIRQ Brunch Buffet  
1401 East Brunch Buffet  
CIRQ Bar Bites  
Bistro Pizzeria  
The Big Game Super Sunday

**10**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
Burgers & Brews  
Zest Dinner

**11**

Bistro Lunch  
1401 East Lunch  
CIRQ Bar Bites  
CIRQ Twin Plates  
Zest Dinner

**12**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Tuscan Dinner Buffet  
Zest Dinner  
Wine Society: Evening of Appreciation

**13**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Prime Rib Special  
Zest Dinner

**14**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
Zest Dinner  
CIRQ Asian Dinner Buffet  
Valentine's Day Dinner Dance  
1401 East Dinner

**15**

Bistro Brunch Buffet  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Ocean to Table Special  
1401 East Dinner

**16**

Bistro Brunch Buffet  
CIRQ Brunch Buffet  
1401 East Brunch Buffet  
CIRQ Bar Bites  
Bistro Pizzeria

**17**

Bistro Lunch Buffet  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
Burgers & Brews  
Bistro Burgers & Brews  
Zest Dinner

**18**

Bistro Lunch  
1401 East Lunch  
CIRQ Bar Bites  
CIRQ Twin Plates  
Zest Dinner  
Wine Dinner: Orin Swift

**19**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Tuscan Dinner Buffet  
Zest Dinner

**20**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
Lobster Bash  
1401 East Wine & Dine Dinner Special

**21**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Chef's Specials  
Lakeside Happy Hour  
Zest Dinner  
1401 East Dinner

**22**

Bistro All Day  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Ocean to Table Special  
1401 East Dinner

**23**

Bistro All Day  
CIRQ Brunch Buffet  
1401 East Brunch Buffet  
CIRQ Bar Bites  
Bistro Pizzeria

**24**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
Burgers & Brews  
Zest Dinner

**25**

Bistro Lunch  
1401 East Lunch  
CIRQ Bar Bites  
CIRQ Twin Plates  
Zest Dinner

**26**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Tuscan Dinner Buffet  
Zest Dinner

**27**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Prime Rib Special

**28**

Bistro Lunch  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Chef's Specials  
Lakeside Happy Hour  
Zest Dinner

**1**

All Day Buffet  
1401 East Lunch  
CIRQ Lunch  
CIRQ Bar Bites  
CIRQ Ocean to Table Special



# Weekly Dining Events



Hours of Operation & Dress Code

[VIEW](#)

## CIRQ Grille and Bar

### Lunch Buffet

Monday - Saturday

[MENU](#)

### Limited A la Carte

Daily

[MENU](#)

### Sunday Brunch

[MENU](#)

### Bar Bites

Daily

[MENU](#)

### Burgers & Brews

Monday

[MENU](#)

### À la Carte Dinner

Monday, Thursday - Saturday

[MENU](#)

### Tuscan Dinner Buffet

Wednesday

[MENU](#)

### Twin Plates

Tuesday

[MENU](#)

### Prime Rib Night

Thursday

[MENU](#)

### Chef's Specials

Friday

[MENU](#)

### Ocean to Table

Saturday

No Dinner on February 1

[MENU](#)

### Family Dinner Buffet

Sunday

[MENU](#)

### Youth

Daily

[MENU](#)

## Bistro

### Lunch

Monday - Friday

Saturday & Sunday | Opens at 9:00 am

[MENU](#)

### Youth

Daily

[MENU](#)

### Bistro Pizzeria

Sunday

[MENU](#)

## Zest Restaurant

### Dinner

Monday - Friday

[MENU](#)

### Youth

Daily

[MENU](#)

## 1401 East Restaurant

### Lunch

Daily

[MENU](#)

### Brunch

Sunday

[MENU](#)

### Wine & Dine

Thursday

[MENU](#)

### Dinner

Friday & Saturday

[MENU](#)

### Uncorked After Fore

Sunday

No Dinner on February 2

[MENU](#)

### Bar Bites

Daily

[MENU](#)



# 1401 East



## Shuttle Service

We are delighted to offer our members a **complimentary luxury shuttle service** to and from the Old Course.

The 1401 East Shuttle will operate every 30 minutes on Friday and Saturday evenings from 5:00 pm to 10:00 pm.

To use this service, simply park or valet your car at the Main Clubhouse, and our 15-person shuttle will be waiting near the Valet Bag Drop. After dinner, your shuttle will be stationed near the Old Course Port Cochère for your return trip.

### Hours of Operation:

Friday and Saturday evenings, 5:00 pm - 10:00 pm

Shuttle picks up at Main Clubhouse - 5:00 pm

Arrives for pick up every half hour until 9:30 pm

Shuttle arrives at Old Course on the quarter hour, starting at 5:15 pm

Arrives every half hour until 10:00 pm



# SUPER SUNDAY



**Sunday, February 9**

**Seating begins at 5:30 pm | CIRQ & Lakeview Terrace**

**\$34 Adults | \$17 Children**

**DINNER CASUAL ATTIRE**

**Reservations are required and open.  
To reserve, please call 561-241-6800.**

**VIEW MENU**

## Evening of Appreciation

Wednesday, February 12 | 6:30 pm | 1401 East

Dress Code: Club Attire

Price Included with Wine Society Membership

To reserve, please call 561-241-6800.



For details regarding the Wine Society Membership, please email [winesociety@brokensoundclub.org](mailto:winesociety@brokensoundclub.org)



# Dine with your Valentine



## ZEST

RESTAURANT

### Dinner Menu

Reservations Now Open

[VIEW MENU](#)



## CIRO

GRILLE & BAR

### Asian Dinner Buffet

Reservations Now Open

[VIEW MENU](#)



## 1401 East

### Dinner Menu

Reservations Now Open

[VIEW MENU](#)



## Lakerview Happy Hour

### Happy Hour

5:30 pm - 7:30 pm

In the event of inclement weather, Happy Hour will be moved to Bistro.



# Valentine's Day

## Dinner Dance

Friday, February 14

Seating Begins at 5:30 pm

Illuminations Ballroom | \$110

COCKTAIL ATTIRE

Join us for a special two-course prix fixe menu featuring an exquisite dessert display carefully crafted to delight your senses. Indulge in romantic ambiance, exceptional cuisine and unforgettable memories.

[VIEW MENU](#)

Reservations are required and open.

If a cancellation is needed, please call Reception at least 48 hours prior to reservation.

Members who fail to cancel in due time will be charged in full.

bistro

BURGERS  
& BREWS

Monday,  
February 17

5:00 pm - 8:00 pm

[VIEW MENU](#)



# Presidents Weekend at bistro

## BRUNCH BUFFET

Saturday, February 15 & Sunday, February 16

9:00 am – 3:00 pm | Bistro | \$24 Adults | \$12 Children

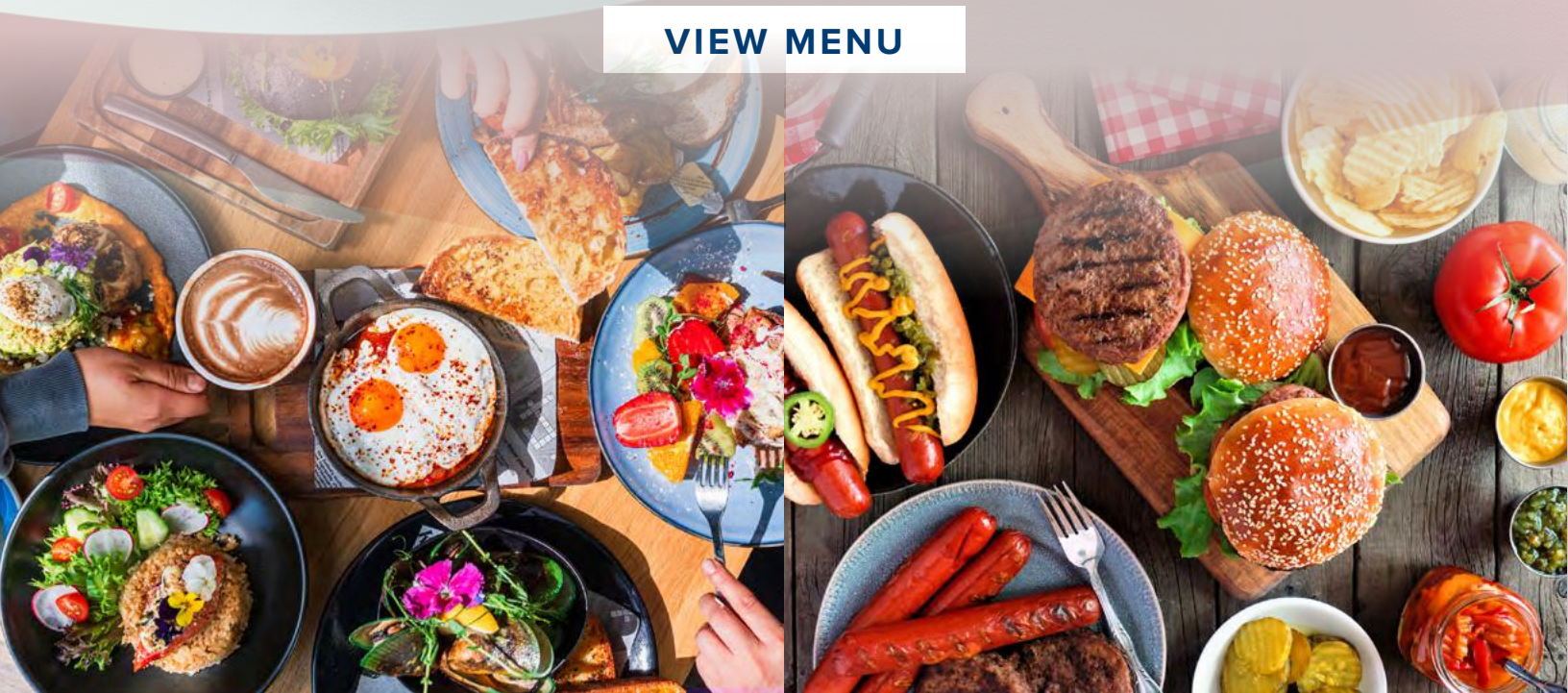
[VIEW MENU](#)

## BBQ LUNCH BUFFET

Monday, February 17

11:30 am - 3:00 pm | Bistro | \$21 Adults | \$11 Children

[VIEW MENU](#)







*Saddle Up for Family Fun!*

# HOMIE ON THE RANGE BBQ



**Sunday, February 16**  
3:30 pm – 7:00 pm | Driving Range  
Adults \$40 | 12 & Under \$20  
*Guest Welcome! | Food Stations Included*

**GAMES FOR ALL AGES!**

**REGISTER NOW**

**VIEW MENU**

**AXE THROWING**

**GAMES PETTING ZOO**

**BULL RIDING**

**PONY RIDE**

**FARMER'S MARKET**



# ORIN SWIFT *Wine Dinner*

Tuesday, February 18  
6:00 pm | Illuminations | \$105

DRESS CODE: CLUB ATTIRE

[VIEW DRESS CODE](#)

[VIEW MENU](#)

Reservations are required and open.  
To reserve, please call 561-241-6800.

# *Lobster Bash*

Thursday, February 20 | 5:30 pm  
\$85 Adult | \$20 Child | Illuminations Ballroom

DINNER CASUAL ATTIRE

*Reservations are required and open.*

To reserve, please call 561-241-6800.

[VIEW MENU](#)

*If a cancellation is needed, please call Reception at least 48 hours prior to reservation.  
Members who fail to cancel in due time will be charged in full.*



# Wine Society Exclusive Dinner

Tuesday, February 25  
6:00 pm | 1401 East | \$225

Dress Code: Club Attire

To reserve, please call 561-241-6800.

Exclusive to Wine Society Members.

[VIEW MENU](#)

Cancellations must be made at least 48 hours prior to the event.  
Any cancellations made after this time will incur the full charge.





PLEASE JOIN US FOR  
THE ANNUAL OLD COURSE

UNDER THE STARS  
GALA

MARCH

08

2025

7:00 pm | Illuminations | \$160 per person  
Premium Open Bar | Outstanding Entertainment

*Old Course Members Only | Black & White Cocktail Attire*

To reserve, please call 561-241-6800.

DRESS CODE

VIEW MENU

AN EVENING NOT TO BE MISSED







# WINE SOCIETY EXCLUSIVE DINNER

## DARJIOUSH | Wednesday, January 29





# Dining Al Fresco

Thursday, January 30



# February 1 - March 1

# Events at a Glance

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

THE OLD COURSE CLUB COURSE MOONSTONE MAIN CLUBHOUSE

Dinner reservations are available two weeks in advance and Special Events can be reserved one month prior to the event date. For more detailed information about Dining Options, Dress Code, Cancellation Policy and Hours of Operation, please see our current dining schedule located on our website and on our app.

|  |   |   |  |  |  |  |
|--|---|---|--|--|--|--|
|  |   |   |  |  |  | <p><b>1</b></p> <p>Racquets Men's Member-Guest</p> <p>Broward Center Presents: Beautiful Noise</p> <p>Youth Game Night</p> |
| <p><b>2</b></p> <p>OC Social Mixer</p>   | <p><b>3</b></p> <p>Hadassah Educational Forum</p> <p>OC President's Cup</p> <p>Bowling Club</p> | <p><b>4</b></p> <p>CC 12 &amp; Dine</p> <p>Writers Workshop</p> <p>Great Courses</p>                            | <p><b>5</b></p> <p>OC Meatballs &amp; Martinis</p>                             | <p><b>6</b></p> <p>Jewish Federation: Cocktails &amp; Karaoke</p> <p>Rumba Dance Class</p> | <p><b>7</b></p>  | <p><b>8</b></p> <p>Tennis Singles Championships</p> <p>Pap Corps Viva Las Vegas</p> <p>Live at Lynn</p>                    |
| <p><b>9</b></p> <p>Tennis Singles Club Championship</p>                        | <p><b>10</b></p> <p>Spa Event: "Love the Skin You're In"</p> <p>Current Events</p>              | <p><b>11</b></p> <p>Ladies' Member-Guest Card Party: Mamma Mia</p> <p>Photography Club</p> <p>Grief Support</p> | <p><b>12</b></p> <p>Music on the Patio</p> <p>Fitness Class: Sound Healing</p> | <p><b>13</b></p> <p>OCWGA Mixer #2</p> <p>Trivia Night</p> <p>Rumba Dance Class</p>        | <p><b>14</b></p> <p>Youth Movie Night</p>  | <p><b>15</b></p> <p>Family Fishing Derby</p> <p>Oscar Talk</p>   |
| <p><b>16</b></p> <p>CC Sadie Hawkins Mixer</p> <p>Youth: Home On The Range</p> | <p><b>17</b></p>  | <p><b>18</b></p> <p>Writers Workshop</p> <p>Great Courses</p>   | <p><b>19</b></p> <p>Book Club: The Frozen River</p> <p>Dink &amp; Drink</p>    | <p><b>20</b></p> <p>Conversations with David &amp; Ken</p> <p>BSC Singers</p>              | <p><b>21</b></p> <p>Women's Club Luncheon: Renee Silvin</p> <p>Lynn University - A Chorus Line</p> | <p><b>22</b></p> <p>Pickleball Doubles Club Championship</p>   |
| <p><b>23</b></p> <p>CC Member-Member</p>                                       | <p><b>24</b></p> <p>Current Events</p> <p>Workshop Series</p>                                   | <p><b>25</b></p> <p>Fitness Class: Belly Dancing</p> <p>Grief Support</p>                                       | <p><b>26</b></p> <p>OC Clinic: Putting &amp; Pizza</p>                         | <p><b>27</b></p> <p>OC Men's Multi-Day Member-Guest</p> <p>Candlelight Concert</p>         | <p><b>28</b></p> <p>OC Men's Multi-Day Member-Guest</p>  | <p><b>1</b></p> <p>Getting Ahead of Alzheimer's Tennis &amp; Pickleball</p> <p>OC Men's Multi-Day Member-Guest</p>         |



BROKEN SOUND

# Bowling Club

Monday, February 3 | 7:00 pm

Bowlero - 21046 Commercial Trail, Boca Raton

\$14+ Games | \$6+ Shoe Rental | Members Only

As a reminder, League bowlers receive additional benefits which includes two free games a week, discounted bowling prices and 20% off food and non-alcoholic beverages from the League bowler menu. All levels of play welcome!

Register on the Mobile App or please call Reception at (561) 241 - 6800.

REGISTER NOW



## Hadassah Educational Forum

*presents*

## Hillel of Broward and Palm Beach Counties

Monday, February 3

7:30 pm | Location: Starling

The presentation will include  
The Rise of Antisemitism on college campuses.  
Being Jewish on College Campuses.

REGISTRATION FORM

All Welcome, Reservations Preferred,  
Walk-Ins Accepted. \$15.00 Per Person



For more information, please contact  
Paula Gluckman at 561-988-0506  
Checks payable to Hadassah

**HADASSAH**   
the power  
of women  
who **DO**

# JOIN OUR 1,000,000 DIAPER CHALLENGE!



**Broken Sound Club** is partnering with Boca West Children's Foundation to create a friendly competition among neighborhoods, country clubs and local organizations to collect and donate **1,000,000 diapers** to the Diaper Bank, Covering South Florida **for the month of February 2025**. Join us in this exciting challenge and help ensure that every baby has a healthy start!

## Why Diapers?

- 1 in 2 families in the U.S. struggle to afford diapers for their children.
- Diapers are a basic necessity, but not covered by government assistance programs.
- Without providing an adequate supply of diapers, parents cannot send children to state-funded early education. This means parents cannot work or attend school, keeping them in the cycle of poverty.



**Donation by check:** please make checks payable to *The Diaper Bank Covering South Florida*

## Broken Sound Club Diaper Challenge

February 3, 2025 - February 17, 2025

Collection Boxes located at: Moonstone Rotunda & Pool Parking Lot Entrance (Carl's Desk)

Donations can be made 3 ways:

- Drop off Diapers
- Check payable to Diaper Bank, Covering South Florida
- QR Code on this flyer be sure to mark Broken Sound in the comment section

Club Contact: Vicki Katz - Vickiskatz@gmail.com



BROKEN SOUND  
CLUB



## THANK YOU TO OUR OTHER PARTICIPANTS



For more information contact:  
Christina Irving at 561-488-6980 or  
email: cirving@BocaWestCC.org



BOCA WEST  
CHILDREN'S  
FOUNDATION

www.BocaWestFoundation.org





# Duplicate Bridge

Wednesday, February 5 & 19  
7:00 PM | Osprey | Members & Guests \$12

Calling all Bridge players! Whether you're a seasoned pro or a beginner, all levels are welcome.

Register on the Mobile App or  
please call Reception at 561-241-6800.

February 5

**REGISTER NOW**

February 19

**REGISTER NOW**

STUDIO DANCE CLASS:

## Rumba

Thursday, February 6 & 13  
5:00 pm | Studio 1 | \$8

Join us for an exciting and dynamic Rumba dance class with the talented Ellen Cullivan! Learn the passionate and rhythmic movements of the Rumba, a Latin dance known for its smooth, flowing style and sensual steps.

Register on the Mobile App

**REGISTER NOW**

or call Reception at (561) 241-6800.



If a cancellation is needed, please call the reception team at least 48 hours prior to the event. Members who fail to cancel in due time will be charged in full.



Join us for a meaningful evening of strength, resilience, and community benefiting the Jewish Federation of South Palm Beach County.

# Cocktails & Karaoke

Together, we'll explore the impactful work our Federation does locally, globally, and in Israel during such critical times, as well as hear from Natalie Sanandaji, Public Affairs Officer at the Combat Antisemitism Movement (CAM) and a Nova Festival survivor.

Don't miss this powerful opportunity to connect and make a difference while praying for the release of the hostages, and to stand united in hope and support of Israel.

We look forward to sharing this special evening wrapped with cocktails, food, music and Karaoke!

**Thursday, February 6 | 6:30 pm**  
**Couvert \$100 | Main Clubhouse**

### Minimum Donation

\$500 Couple | \$250 Individual | \$300 1<sup>st</sup> Time pledge per Couple

[DONATE NOW](#)

[REGISTER NOW](#)

To RSVP please use the link "Register Now" or call the clubhouse. To make a gift please use the link "Donate Now" or contact Shirley Gross at 310.220.7518 or at ShirleyG@BocaFed.org



**Jewish Federation**  
of South Palm Beach County  
— together we thrive —



*This Event is Generously Sponsored by:*



*This Event is Generously Underwritten By*  
Dana F. Charles



**Toby Weinman Palchik**  
CENTER FOR JEWISH PHILANTHROPY



BOCA FRIENDS CHAPTER OF THE PAP CORPS PRESENTS  
BOCA FRIENDS CHAPTER OF THE PAP CORPS PRESENTS

# VIVA *Cas Vegas*

SPONSORED BY THE CANELL FAMILIES

SATURDAY, FEBRUARY 8, 2025 • 7PM

BROKEN SOUND CLUB - ILLUMINATIONS BALLROOM  
\$150 PP • INCLUDES \$50 IN PLAY CHIPS • COCKTAIL ATTIRE

OPEN BAR



BLACKJACK • ROULETTE • CRAPS • SLOTS

Scan to register



CLICK HERE  
TO REGISTER

Questions please call Jenn Geller 914-552-1853  
or Jill Knopf 516-524-6255

Please mail check to Jeff Berger  
2491 NW 59th St. #1001 Boca Raton, FL 33496  
Make checks payable to The Pap Corps





# Music on the Patio

Wednesday, February 12  
4:30 pm – 7:30 pm | Lakeview Terrace  
Complimentary

Join us for an evening of music!  
Reservations are not required on  
the terrace and the bar bites  
menu will be available.



**THURSDAY, FEBRUARY 13**  
**7:30 PM | PELICAN**  
**COMPLIMENTARY**  
**MEMBERS ONLY**

Register on the Mobile App  
or please call Reception  
at 561-241-6800.

**REGISTER NOW**

Members must call Reception at 561-241-6800  
cancel at least 48 hours in advance,  
or a \$10 per person no-show fee will be charged.



*Best Picture*  
**OSCAR TALK**  
*with Dan Hudak*

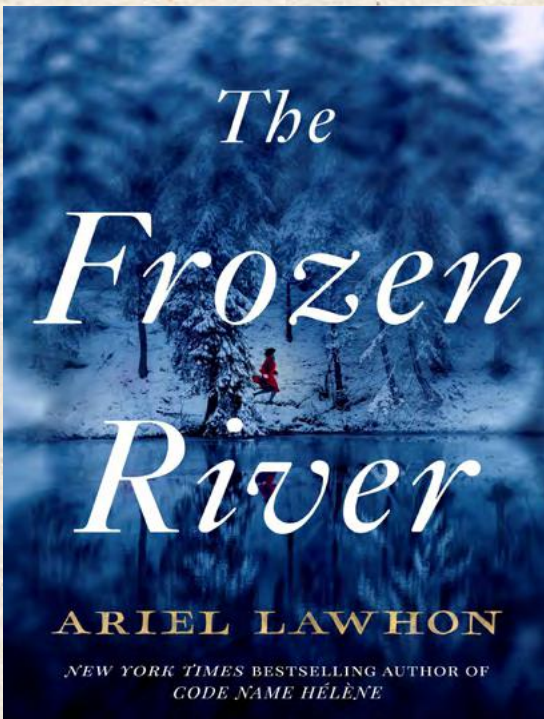
**Saturday, February 15 | 4:00 pm**  
**Illuminations Ballroom | Members Only**  
**Complimentary**

*Attendees are encouraged to watch as many nominated films as possible before the presentation.*

Register on the Mobile App or please call Member Experience at 561-241-6870.

**REGISTER NOW**

*Members must call Reception at least 48 hours in advance, or a \$10 per person no-show fee will be charged.*



**BOOK CLUB**

*Good Books, Good Conversation, and Good Company!*

**Wednesday, February 19 | 4:00 PM**  
**Starling | Complimentary**

The Frozen River by Ariel Lawhon is a captivating historical mystery set in Maine in 1789.

Next meeting will be on Wednesday, March 19th.

Register online or please call Reception at 561-241-6800.

**REGISTER NOW**

Hosted by Sheryl Lucas.  
 For more information, please call 516-242-1942.





YOU ARE CORDIALLY INVITED TO THE  
**WOMEN'S CLUB LUNCHEON**  
FRIDAY, FEBRUARY 21

**GUEST SPEAKER:**  
MR. RENE SILVIN

**TOPIC: ELIZABETH TAYLOR: A LIFE  
OF PASSION AND RESILIENCE**



Back by popular demand, Mr. Silvin will regale us with inside stories about one of Hollywood's most famous super stars. He'll reflect on the milestone events of Dame Elizabeth Rosemond Taylor's career, on her tumultuous love-life, and on the impact of her activism. Don't miss out on this opportunity to learn more about one of the world's most iconic women from a brilliant historian and lecturer.

11:45 am Registration | Noon Luncheon Buffet | Couvert \$45

Please register on the Mobile App or call the Reception Desk at 561 241 6800\*  
Kindly RSVP no later than Friday, February 14.

**REGISTER NOW**

Please notify us with any food allergies or food concerns.

48 Hour cancellation policy in effect.

Guests who are **NOT** Broken Sound members are welcomed on a space-available basis.

For additional information, please contact:

Lois Verb at 312 446 8372 or [lverb@barcode-us.com](mailto:lverb@barcode-us.com)  
or Carole Armon at 561 716 2449 or [carolearmon@gmail.com](mailto:carolearmon@gmail.com)

\*If you are part of a GROUP RESERVATION, please have a table captain call and provide the list of names when you register.



Join Us As

Broken Sound Welcomes

## Dr. G. Peter Gliebus

Discussing Alzheimer's Disease and  
Related Dementias,  
New Drug Therapies and Risk Reduction



Friday February 21, 2025  
4:00 pm  
Illuminations Ballroom

Dr. G. Peter Gliebus received his medical degree from Vilnius University in Vilnius, Lithuania. After completing the neurology residency at Drexel University College of Medicine in Philadelphia, PA, where he was named a chief resident, Dr. Gliebus was named the J. Rosenstone Behavioral and Cognitive Neurology Fellow at the Cognitive Neurology and Alzheimer's Disease Center at Northwestern University, Chicago, IL. Before joining Baptist Health, he served as the Chair of the Department of Neurology at Drexel University College of Medicine in Philadelphia. He is currently a Vice Chair for Neurosciences and the Director of the Behavioral and Cognitive Neurology Program at Marcus Neurosciences Institute of Baptist Health.

REGISTER NOW

Reservations are  
Required and Open  
To Reserve, Please  
Call 561-241-6800

ALZHEIMER'S  ASSOCIATION®

# A.I. Session

**Monday, February 24**  
**7:30 pm | Staring | Complimentary**

Dive into the fascinating world of Artificial Intelligence! Learn the basics of AI, discover its real-world applications, and gain hands-on experience with tools and technologies shaping the future. Whether you're a beginner or tech enthusiast, this workshop will spark your curiosity and empower you to navigate the AI-driven world.

**Register on the Mobile App**  
**or please call Reception at (561) 241- 6800.**

**REGISTER NOW**





# *Candlelight Concert*

## CLASSIC ROCK ON STRINGS

**Thursday, February 27**  
**7:30 pm Dessert Reception | 8:00 pm Show**  
**Lakeview Terrace | \$48 Members & Guests**

Thousands of candles will illuminate the terrace, casting a warm glow and creating the perfect atmosphere for an unforgettable evening. This candlelight concert features a live quartet performing a captivating rendition of 'Classic Rock on Strings.'

**Register on the Mobile App or please call Reception at (561) 241- 6800.**

**REGISTER NOW**

*If a cancellation is needed, please call the Reception team at least 48 hours prior to the event. Members who fail to cancel in due time will be charged in full.*





# COLOR WAR

Saturday, January 25 & Sunday, January 26





# COLOR WAR

Saturday, January 25 & Sunday, January 26





**YOUTH**  
*Slumber Style*  
**Movie Night**  
Featuring... "Gnomeo & Juliet"

**Friday, February 14**  
**Drop off 6:15 pm | Pick up 8:45 pm | Fitness Studio 1**  
**Complimentary | Members Only**

***PJs, blankets and pillows welcomed!***

Moonstone Café will be open until 6:45 pm with kids' menu and goodies.  
The game room will be closed during the movie unless accompanied by parents.

**REGISTER NOW**

**Register on the Mobile App or  
call Youth at 561-241-6828**

*If a cancellation is needed, please call Youth at 561-241-6828  
at least 48 hours prior to the event.*

*Members who fail to cancel in due time will be charged a  
no-show fee of \$10 per person.*



YOUTH



# Hooked on Fun

## FAMILY FISHING DERBY

Bring your fishing poles and your best fishing stories—  
we'll provide the bait and the fun!

Saturday, February 15

1:00 pm - 3:00 pm | Lake by the Clock Tower

Complimentary | Members Only

*Grandchildren Welcome | Parental Supervision Required*

Register on the Mobile App  
or call Youth at 561 -241 -6828.

**REGISTER NOW**

If a cancellation is needed, please call Youth at 561 241 6828 at least 48 hrs prior to the event.  
Members who fail to cancel in due time will be charged a no-show fee of \$10 per person.



# February Youth Class Calendar

| SUNDAY | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--------|---|---|--|---|--|---|
|        | <p><b>BASKETBALL</b><br/>4:00 - 4:30 PM<br/>(AGES 4-6)</p> <p>BASKETBALL COURT<br/>COMPLIMENTARY WALK-IN</p>        | <p><b>TENNIS CLINIC</b><br/>4:30 - 5:30 PM<br/>(AGES 4 &amp; UP)</p> <p>RACQUET CENTER<br/>REGISTER WITH RACQUET SHOP</p> | <p><b>TODDLER ROOM SUPERVISION</b><br/>3:00 - 6:00 PM</p>  | <p><b>TODDLER ROOM SUPERVISION</b><br/>3:00 - 6:00 PM</p>   | <p><b>TODDLER ROOM SUPERVISION</b><br/>9:00 - 12:00 PM</p> | <p><b>TODDLER ROOM SUPERVISION</b><br/>9:00 - 12:00 PM</p>  |
|        | <p><b>BASKETBALL</b><br/>4:30 - 5:30 PM<br/>(AGES 7 &amp; UP)</p> <p>BASKETBALL COURT<br/>COMPLIMENTARY WALK-IN</p> |   | <p><b>*SELF-DEFENSE</b><br/>5:00 - 6:00 PM<br/>(AGES 5 &amp; UP)</p> <p>FITNESS STUDIO 2<br/>REGISTRATION REQUIRED</p> | <p><b>TENNIS CLINIC</b><br/>4:30 - 5:30 PM<br/>(AGES 4 &amp; UP)</p> <p>RACQUET CENTER<br/>REGISTER WITH RACQUET SHOP</p> |  | <p><b>FITNESS</b><br/>12:00 - 12:30 PM<br/>(AGES 4-6)</p> <p>FITNESS STUDIO 2<br/>COMPLIMENTARY WALK-IN</p>       |
|        |   |   |  |   |  | <p><b>FITNESS</b><br/>12:30 - 1:30 PM<br/>(AGES 7 &amp; UP)</p> <p>FITNESS STUDIO 2<br/>COMPLIMENTARY WALK-IN</p> |

\* TO REGISTER FOR SELF-DEFENSE CLASS PLEASE CONTACT CARLOS SUAREZ AT 561 929 0812

# HOLE-IN-ONES

**Congratulations to  
ARTHUR FRIEDMAN**  
on his Hole-In-One.

**Wednesday, January 29**  
**The Old Course**  
**Hole | #14**  
**Club Used | 9 Iron**  
**Yards | 135**



**Congratulations to  
ZOEL SILVERMAN**  
on his Hole-In-One.

**Friday, January 31**  
**Club Course**  
**Hole | #7**  
**Club Used | 9 Iron**  
**Yards | 146**





  
THE OLD COURSE  
AT BROKEN SOUND CLUB

# OCMGA PRESIDENT'S CUP

MONDAY | 9:00 AM  
**FEBRUARY 3** | OLD COURSE

**Match Play – Best Ball**



## BSWGA 12 & DINE

**Tuesday, February 4**  
**Club Course | \$50<sup>+</sup> tax**

**1:30 pm | Shotgun**

**4:30 pm | Cocktail Reception on Zest Terrace**

**5:30 pm | Buffet Dinner in Illuminations**

**Pick Your Own Foursome**

**Register via Foretees.**





# Meatballs & Martinis

Wednesday, February 5  
Dinner Before Play  
7:00 pm Shotgun | \$125

Make Your  
Own Eightsome  
Register Via Foretees

## XXIO

### EXPERIENCE DAY



Monday, February 10  
11:00 am - 3:00 pm  
Club Course Driving Range

[REGISTER NOW](#)



  
THE OLD COURSE  
AT BROKEN SOUND CLUB

— OCMGA —  
**GUYS' NIGHT OUT**

MONDAY | 12:30 PM  
FEBRUARY 10 | OLD COURSE

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**Stableford / Skins**  
\$105 per person





# SADIE HAWKINS *Mixer*

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**SUNDAY,  
FEBRUARY 16  
CLUB COURSE  
9:00 AM SHOTGUN**

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**Format: Step-Aside Scramble**

**Pick Your Own Foursome**

**Lunch & Awards**

**Following Play**

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**Register via ForeTees**

**Lunch Only Sign-up available by  
calling the Signature Shop 561-241-6860.**

**\$65\***

Golf members only.  
\*Plus tax. Price includes golf and food.







## Thursday, February 27 through Saturday, March 1

**\$1,795 Per Twosome**

### **Thursday**

Optional PM practice round.

6:00 pm Pairings Party with contests, gifts, and important information.

### **Friday**

Three 9-Hole Matches followed by dinner.

### **Saturday**

Two 9-Hole Matches with Shootout and Playoff occurring immediately following play.

Register via  
ForeTees.

Handicap Index between partners will be limited to a 10 shot differential. The higher handicap player will receive a handicap index deduction if differential is greater than 10.

All participants will be issued their lowest handicap index in the GHIN database from the past year.





# CLUB COURSE

## Ladies' Golf Guest Day

Tuesday, March 4

8:30 am - Breakfast and Gifts  
10:00 am - Tournament Shotgun  
2:00 pm - Luncheon and Awards



Wednesday, March 5

8:30 am - Breakfast and Gifts  
10:00 am - Tournament Shotgun  
2:00 pm - Luncheon and Awards

## Never Never Land With a Golfing Peter Pan

\$500\* per Twosome (Member & Guest)  
Format - 4 Person Scramble - Sign up with  
another Twosome to create your Team.

Register via ForeTees.

Registration is for Member-Guest Groups only, no  
Member-Member teams allowed to participate.

Register for the day you prefer to play.

Each day limited to the first 30 teams registered.

\*Plus tax, price includes golf, food and gifts.

Invitation will follow once registration is confirmed.



# MEN'S SINGLE DAY MEMBER-GUEST

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**TUESDAY, MARCH 11  
&  
WEDNESDAY, MARCH 12**  
**PM SHOTGUN  
CLUB COURSE**

---

**Register via ForeTees.**

**\$550 per team\***

---

Golf members only.  
\*Plus tax. Price includes golf and food.





# BSWGA League

## *Queen of the Greens*

### *Cocktail Reception*

January 20, 2025





# Getting AHEAD of Alzheimer's March 1 & 2, 2025

## SATURDAY, MARCH 1, 2025 FUN WALK/RUN FOR ALZHEIMER'S

\*rain date:  
Sunday, March  
2nd

8:00 am Registration/Stretching  
(at clubhouse parking lot)

9:00 am Fun Walk/Run

FEE  
**\$50**

\*\$25 FOR 16 & UNDER

\*\*\$75 DONATION INCLUDES EVENT T-SHIRT

\*\*\$125 INCLUDES ATTENDANCE TO THE  
SUNDAY CLOSING CEREMONY

**MINIMUM DONATION**

## SUNDAY, MARCH 2, 2025

### Tennis & Pickleball Mixed Doubles Round Robin

Pick Your Partner - Division A or B

*\*Women may be partnered together*

*This event is open to all members and Guests are welcome!*

11:30 am Registration Opens

12:00 pm Play Begins

1:00 pm Vendor Fair Begins

FEE  
**\$250**

**PER TEAM**

INCLUDES EVENT T-SHIRT

3:00 pm Closing Ceremony:

Vendor Shopping | Raffles

Hors d'oeuvres | Cash Bar

### Register for one or both events!

Scan the QR code & click "donate to team"



**FOR MORE INFORMATION ON YOUR REGISTRATION  
OR QUESTIONS, CONTACT:**

**SAUL SIMON AT ALZBSCC@GMAIL.COM**



A man and a woman are celebrating on a pickleball court. The man, wearing a blue t-shirt, has his arm around the woman's shoulder. The woman, wearing a white tank top, has her arm raised. They are both smiling and looking at each other. The background shows a blue and red pickleball court with a black fence and some buildings in the distance.

# PICKLEBALL MIXED DOUBLES CLUB CHAMPIONSHIP

**Sunday, March 16**  
**Semi Finals & Finals**

**10:00 am | Pickleball Courts**

Must sign up with a partner and be available for Semi Finals and Finals.  
Registration closes Tuesday, February 11. Draw will be posted Friday, February 14.  
Preliminary Rounds scheduled independently prior to Semi Finals and Finals.

**Register on the Mobile App or please email**  
**[tennis\\_proshop@brokensoundclub.org](mailto:tennis_proshop@brokensoundclub.org)**

**REGISTER NOW**

Rain Date Monday, March 17.



# TENNIS MIXED DOUBLES CLUB CHAMPIONSHIP



**Saturday, March 29** & **Sunday, March 30**  
**Semi Finals** **Finals**

**10:00 am | Racquets Center**

Must sign up with a partner and be available for Semi Finals and Finals.  
Registration closes Tuesday, February 18. Draw will be posted Friday, February 21.  
Preliminary Rounds scheduled independently prior to Semi Finals and Finals.

**Register on the Mobile App or please email  
[tennis\\_proshop@brokensoundclub.org](mailto:tennis_proshop@brokensoundclub.org)**

**REGISTER NOW**

Rain Date Monday, March 31.



# XGLO SIVE

Thursday, January 30





# FEBRUARY FITNESS **CHALLENGE**

***Keep going and rowing!***

It's a race to see who can finish 500m the fastest!

To participate, simply ask one of our professional staff to time and record your performance.

*(Only one attempt allowed for each member)*

The winner will receive a free 30-minute session with one of our trainers!

[VIEW VIDEO](#)





# TAI CHI

**Sunday, February 9 | 12:15 pm - 1:15 pm**  
**Fitness Studio 2**  
**Complimentary | Members Only**

Instructed by Tai Chi Master, Lisa Kirshon, come and explore an exquisite ancient Chinese form of mind-body exercises. Traditionally known as martial arts, today we practice Tai Chi for health and wellness, practiced slowly to help integrate the mind-body connection. The result is greater focus and coordination, balance and strength, joy, and much more!

*Reservations are required and open Saturday, February 1.*

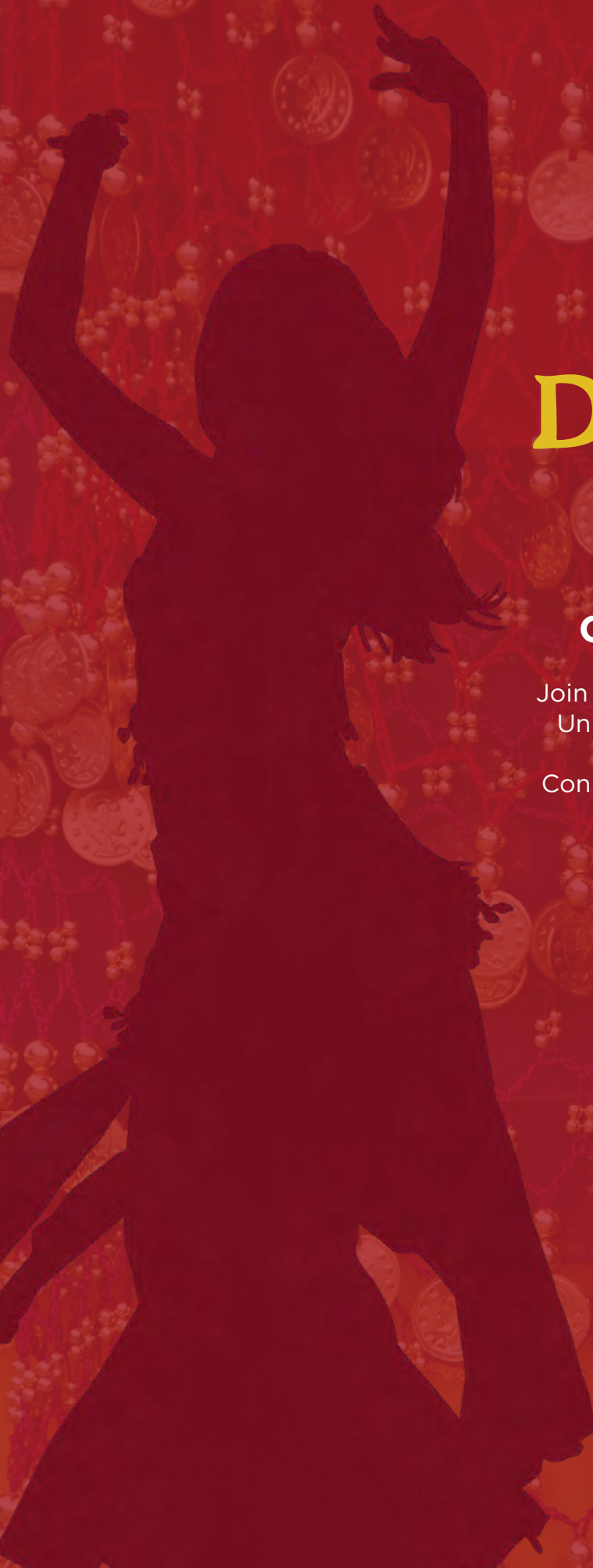
**Register on the Mobile App. For more information, please call the Fitness Desk at 561-241-6840.**

**REGISTER NOW**

To cancel, Members must call the Fitness Desk at 561-241-6840 24 hours prior to the event, or a \$10 per person no-show fee will be charged.







# Belly Dance Class

**Tuesday, February 25**  
**10:30 am - 11:15 am | Studio 2**  
**Complimentary | Members Only**

Join Yukta for a unique Yogic Belly Dancing experience. Unleash your inner goddess in this beginner-friendly class celebrating feminine energy! Connect your body and soul with graceful movements.

Hip scarves and veils will be provided.

*Reservations are required and open on Saturday, February 15.*

**Register on the Mobile App.**

**For more information, please call the Fitness Desk at 561-241-6840.**

To cancel, Members must call the Fitness Desk at 561-241-6840 24 hours prior to the event, or a \$10 per person no-show fee will be charged.



# FITNESS CENTER TOUR & DEMOS



Mondays at 2:30 PM and  
Fridays at 1:30 PM,  
beginning in February.



Tour the Fitness Center  
and explore all it has to  
offer! From classes to  
training, we have  
something for everyone.  
Check out our new  
state-of-the-art  
equipment and  
learn how to use it.  
**Got questions?  
We're here to help!**



moonstone<sup>SPA</sup>

# *“Love the Skin You’re In”*

## Instant Rejuvenate Treatment with Microdermabrasion

Experience a 30-minute Dermaplaning and LED Light Therapy facial, designed to reveal a smoother, brighter complexion. Dermaplaning gently exfoliates your skin, removing dead cells and peach fuzz for an instant glow, while LED Light Therapy targets specific skin concerns like fine lines, acne, and redness, promoting healing and rejuvenation. The perfect combination of exfoliation and skin therapy to leave your skin radiant, refreshed, and ready to shine.

Book your appointment today and fall in love with your skin all over again! The event includes a complementary gift, and participants will receive 25% off retail on the day of the event. Sweet Treats and bubbles will be served.

Monday, February 10  
2:00 pm - 5:00 pm | \$65.00

To schedule please call the  
Moonstone Spa at 561-241-6868.





moonstone<sup>SPA</sup>

# *Indulge in Love: A Luxurious Valentine's Spa Escape*

## **Instant Rejuvenate Treatment with Microdermabrasion**

**Price - \$185 (\$210 Value)**

Treat yourself to the ultimate rejuvenation with our Microdermabrasion + Oxygen Infusion Facial. We begin with Microdermabrasion to exfoliate and resurface your skin, revealing a smoother, brighter complexion. A nourishing blend of vitamins, antioxidants, and a hyaluronic acid-based serum is infused with pressurized oxygen, delivering deep hydration and instant radiance. Experience immediate results with a glow that continues to improve in the days that follow. Treat your skin to something special this month — schedule during the month of February and receive a complimentary gift!

## **“Perfect Pair Treatment”**

**Add 30-minute Nourishing Scrub to any massage | Price - \$35.00**

Book any 60/90-minute massage and add a 30-minute nourishing scrub for the perfect combination of relaxation and rejuvenation. Let the soothing massage melt away stress while the scrub exfoliates and hydrates, leaving your skin soft, glowing, and ready to take on the day. Whether it's for yourself or a loved one, this indulgent duo is the perfect way to unwind and feel your best this Valentine's season.

**To schedule please call the Moonstone Spa at 561-241-6868.**





# Group Fitness Class Schedule | February 2025

FITNESS CENTER | PHONE 561-241-6840

HOURS Monday - Friday: 5:30 am - 9:00 pm | Saturday - Sunday: 7:00 am - 7:00 pm

All classes require registration through the Mobile App.

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|---|--|--|---|---|
| <b>Functional Strength</b><br>Studio 1<br>9:30 - 10:25<br>Lisa B.  | <b>Aerobics &amp; More</b><br>Studio 2<br>8:15 - 9:10<br>Ingrid       | <b>Stretch</b><br>Studio 2<br>7:30 - 8:25<br>Roberta              | <b>Vinyasa Flow</b><br>Studio 1<br>8:00 - 9:00<br>Terri                  | <b>Stretch</b><br>Studio 1<br>7:30 - 8:25<br>Roberta                   | <b>Circuit Training</b><br>Studio 2<br>8:00 - 8:55<br>Ginger        | <b>Men's Stretch</b><br>Studio 1<br>8:00 - 8:55<br>Roberta  |
| <b>Stretch</b><br>Studio 1<br>10:30 - 11:25<br>Lisa B.             | <b>Barre Strength</b><br>Studio 1<br>8:45 - 9:40<br>Shelley           | <b>UltraFit Strength</b><br>Studio 1<br>8:30 - 9:25<br>Ginger     | <b>UltraFit Conditioning</b><br>Studio 2<br>9:30 - 10:25<br>Ginger       | <b>UltraFit Strength</b><br>Studio 2<br>8:30 - 9:25<br>Ginger          | <b>Vinyasa Flow</b><br>Studio 1<br>8:00 - 9:00<br>Amy               | <b>Cycle</b><br>Cycle Studio<br>8:15 - 9:00<br>Ginger   |
| <b>Barre/Pilates Fusion</b><br>Studio 2<br>11:00 - 11:55<br>Karina | <b>Functional Conditioning</b><br>Studio 2<br>9:30 - 10:25<br>Roberta | <b>Mat Pilates</b><br>Studio 2<br>9:15 - 10:10<br>Terri           | <b>Chair Strength</b><br>Studio 1<br>10:30 - 11:25<br>Rita               | <b>Barre Fusion</b><br>Studio 1<br>8:30 - 9:25<br>Roberta              | <b>Barre / Pilates Fusion</b><br>Studio 1<br>9:15 - 10:10<br>Terri  | <b>Functional Conditioning</b><br>Studio 1<br>9:00 - 9:55<br>Roberta                                |
| <b>Slow Yoga Flow</b><br>Studio 1<br>11:30 - 12:30<br>Shelby       | <b>Cycle &amp; Core</b><br>Cycle Studio<br>10:00 - 10:55<br>Shelley   | <b>Stretch</b><br>Studio 1<br>9:45 - 10:40<br>Roberta             | <b>Barre/Pilates Fusion</b><br>Studio 2<br>11:00 - 11:55<br>Evan         | <b>Cardio Dance</b><br>Studio 2<br>9:30 - 10:25<br>Evan                | <b>UltraFit Conditioning</b><br>Studio 2<br>9:30 - 10:25<br>Shelley | <b>Boot Camp</b><br>Studio 2<br>9:15 - 10:10<br>Ginger  |
|  | <b>Chair Strength</b><br>Studio 1<br>10:30 - 11:25<br>Rita            | <b>Slow Gentle Yoga</b><br>Studio 1<br>11:00 - 12:15<br>Kristin   | <b>Youth Self Defense</b><br>Studio 2<br>5:00 - 6:00                     | <b>Stretch</b><br>Studio 1<br>9:45 - 10:40<br>Roberta                  | <b>Slow Yoga Flow</b><br>Studio 1<br>10:30 - 11:30<br>Shelby        | <b>Chair Strength</b><br>Studio 1<br>10:30 - 11:25<br>Rita  |
|  | <b>Stretch</b><br>Studio 2<br>10:45 - 11:40<br>Roberta                | <b>UltraFit Conditioning</b><br>Studio 2<br>6:00 - 6:55<br>Stacey | <b>Gentle Restorative Yin Yoga</b><br>Studio 1<br>5:00 - 6:15<br>Kristin | <b>Vinyasa Flow &amp; Sculpt</b><br>Studio 2<br>10:45 - 11:40<br>Terri | <b>Barre/Pilates Fusion</b><br>Studio 2<br>10:30 - 11:25<br>Shelley | <b>Youth Multi-Sports</b><br>Studio 2<br>Ages 4 - 6<br>12:00 - 12:30<br>Ages 7 & Up<br>12:30 - 1:30 |
|  | <b>Circuit Training/Boxing</b><br>Studio 2<br>5:30 - 6:25<br>Leo      |   |  |  | <b>Youth Self Defense</b><br>Studio 2<br>5:00 - 6:00                |   |

Cardio
  Strength & Cardio
  Strength & Balance
  Mind, Body & More
  Yoga
  Youth

Please visit the Club's website for a selection of pre-recorded group fitness classes to view at your own leisure. For questions regarding Youth classes, please contact Beata Delanoe at 561-241-6828.



# Water Aerobics Class Schedule 2025

## AQUATICS / POOL HOURS OF OPERATION

Daily: Sunrise - Sunset

| SUNDAY                 | MONDAY                  | TUESDAY (NYE)           | WEDNESDAY              | THURSDAY                | FRIDAY                  | SATURDAY              |
|------------------------|-------------------------|-------------------------|------------------------|-------------------------|-------------------------|-----------------------|
| 8:00 - 9:00<br>Karina  | 8:00 - 9:00<br>Andrea   | 8:00 - 9:00<br>Lois     | 8:00 - 9:00<br>Andrea  | 8:00 - 9:00<br>Shelley  | 8:00 - 9:00<br>Lois     | 9:30 - 10:30<br>Einat |
| 9:30 - 10:30<br>Karina | 11:00 - 12:00<br>Ginger | 10:00 - 11:00<br>Andrea | 11:00 - 12:00<br>Einat | 10:00 - 11:00<br>Karina | 11:00 - 12:00<br>Ginger |                       |
|                        |                         |                         | 3:00 - 4:00<br>Ingrid  | 3:00 - 4:00<br>Ginger   |                         |                       |

## Water Aerobics

All of the Water Aerobics classes are equal level exercises and a great low impact workout. Classes are 1 hour and include cardio, dumbbell exercises, noodle exercises and stretching.

Classes are held in the Grotto Pool and the water temperature is 85 degrees.

If the outside temperature is under 60 degrees, classes will be canceled.

All participants are welcome to join, no reservation needed.

Please call the Towel Hut with any questions at 561-241-6819.

If there is inclement weather, classes will be canceled.

## Lap Lanes

There are 6 lap lines that are 25 yards long and vary in depth. Lap lanes are reserved by the hour.

The lap pool water temperature is 82 degrees.

Reservations are recommended. For reservation times or questions, please call the Towel Hut at 561-241-6819.





BROKEN SOUND  
CLUB

Photos/videos may be taken at any/all events.  
Participation implies consent for Broken Sound Club to  
use these photos for marketing purposes.

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