

# *The* SOUND



AUGUST 10, 2024



# News You Can Use

## GENERAL INFORMATION

- Ladies' evening Card Play will take place in Osprey due to the Social Game Night.

## DINING UPDATE

- We will be introducing a revised CIRQ A la Carte Lunch menu starting Monday, August 12th that features a Salad Bar daily. Wednesdays will have a Build-Your-Own-Pasta station and Fridays will have a Stir Fry station. To view the menu, please click [here](#).
- To view the upcoming Dining Hours of Operation starting on Monday, August 12 please click [here](#).

## GOLF UPDATE

- Golf play at The Old Course will be closed due to maintenance on Monday, August 12 through Monday, August 19. The OC Grill Out will not be available during this time.
- Golf play at the Club Course will be closed due to maintenance on Tuesday, August 20 through Friday, August 30.

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## Did You Know?

You can quickly get to any event page by clicking on the page number in the table of contents or by clicking on the event listing in the calendar. You can also click on the colored section headers to go directly to the start of each section.



# THE BROKEN SOUND CLUB COUNTS

## VOTE IN THE 2024 FLORIDA PRIMARY

**August 20, 2024**

**Starling Room | 7:00 am - 7:00 pm**

Boca Raton city officials know that Broken Sound residents historically turn out in large numbers to vote, and they pay attention when Broken Sound speaks to them.

When coming to vote, please enter through the double doors by the Pool Locker Room entrance of the Club and exit through the Starling Room down the ramp. Signage will be posted in the appropriate locations.

**[PALMBEACHVOTES.GOV](https://PALMBEACHVOTES.GOV)**

**SAVE THE DATE**  
**President Election**  
**November 5, 2024**



# Welcome NEW MEMBERS

### CLUB COURSE

**David Levi & Alexandra Roth**  
*Moving from Manchester, NY*

**Kevin and Elana Lurie**  
*Moving from Solon, OH*

**Brenda & Amanda Young**

**Douglas Pridgen & Tammy Bors**

**Joseph & Inna Fooks**  
*Moving from Toronto, CA*

**ShengJu Lu & Kelly Chen**  
*Moving from Oyster Bay, NY*

**Alexander & Jennifer Phillips**  
*Moving from Boca Raton, FL*

**Mayer Hasbani & Dayna Giordano**  
*Moving from New Haven, CT*

*We look forward to seeing you  
around the Club!*



# August 10 - September 7

# Dining at a Glance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>THE OLD COURSE BISTRO MOONSTONE MAIN CLUBHOUSE</b></p> <p>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>						<p><b>10</b> Bistro All Day CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites Zest Dinner Piano &amp; Prime Dinner</p>

<p><b>11</b> Bistro All Day CIRQ Brunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Asian Dinner Buffet</p>	<p><b>12</b> CIRQ Limited Buffet &amp; A la Carte Lunch CIRQ Bar Bites CIRQ Burgers &amp; Brews</p>	<p><b>13</b> CIRQ Limited Buffet &amp; A la Carte Lunch CIRQ Bar Bites CIRQ Wine &amp; Dine Zest Dinner</p>	<p><b>14</b> Bistro Lunch CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites Zest Dinner CIRQ Tuscan Dinner Buffet</p>	<p><b>15</b> Bistro Lunch Bistro Curbside Zest Dinner</p>	<p><b>16</b> Bistro Lunch CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites Zest Dinner CIRQ Chef's Specials Lakeside Happy Hour</p>	<p><b>17</b> Bistro All Day CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites Zest Dinner CIRQ Steak Night</p>
<p><b>18</b> Bistro All Day CIRQ Brunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ South Western Dinner Buffet</p>	<p><b>19</b> CIRQ Limited Buffet &amp; A la Carte Lunch CIRQ Bar Bites CIRQ Burgers &amp; Brews</p>	<p><b>20</b> CIRQ Limited Buffet &amp; A la Carte Lunch CIRQ Bar Bites CIRQ Wine &amp; Dine Zest Dinner</p>	<p><b>21</b> Bistro Lunch CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites Zest Dinner CIRQ Tuscan Dinner Buffet</p>	<p><b>22</b> Bistro Lunch Bistro Curbside Zest Dinner</p>	<p><b>23</b> Bistro Lunch CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites Zest Dinner CIRQ Chef's Specials Lakeside Happy Hour</p>	<p><b>24</b> Bistro All Day CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites Lobster Bash</p>
<p><b>25</b> Bistro All Day CIRQ Brunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Key West Dinner Buffet</p>	<p><b>26</b> CIRQ Limited Buffet &amp; A la Carte Lunch CIRQ Bar Bites CIRQ Burgers &amp; Brews</p>	<p><b>27</b> CIRQ Limited Buffet &amp; A la Carte Lunch CIRQ Bar Bites CIRQ Wine &amp; Dine Zest Dinner</p>	<p><b>28</b> Bistro Lunch CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites Zest Dinner CIRQ Tuscan Dinner Buffet Wine Tasting Dinner</p>	<p><b>29</b> Bistro Lunch Bistro Curbside Zest Dinner</p>	<p><b>30</b> Bistro Lunch CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites Zest Dinner CIRQ Chef's Specials Lakeside Happy Hour</p>	<p><b>31</b> Bistro All Day CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites Piano &amp; Prime</p>
<p><b>1</b> Bistro All Day CIRQ Brunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Hawaiian Lau Out Dinner Buffet</p>	<p><b>2</b> CIRQ Bar Bites Labor Day BBQ Dinner</p>	<p><b>3</b> CIRQ Limited Buffet &amp; A la Carte Lunch CIRQ Bar Bites CIRQ Wine &amp; Dine</p>	<p><b>4</b> Bistro Lunch CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Tuscan Dinner Buffet</p>	<p><b>5</b> Bistro Lunch Bistro Curbside</p>	<p><b>6</b> Bistro Lunch CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Chef's Specials Lakeside Happy Hour</p>	<p><b>7</b> Bistro All Day CIRQ Limited Buffet &amp; A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Steak Night</p>

# Weekly Dining Events



## Hours of Operation

View full schedule for all locations plus other important information.

[VIEW](#)

## CIRQ Grille and Bar

### A la Carte with Salad Buffet

Mondays - Wednesdays, Fridays & Saturdays | **Starting Monday, August 12**

[MENU](#)

### Brunch Buffet

Sundays

### Burgers & Brews

Mondays

### Wine & Dine

Tuesdays

[MENU](#)

### Tuscan Dinner Buffet

Wednesdays

[MENU](#)

### À la Carte Dinner

Fridays

### Steak Night

Saturdays

### Themed Dinner Buffet

Asian Night  
**SUNDAY, AUGUST 11**

[MENU](#)

## Bistro

### Lunch

Wednesdays - Fridays

[MENU](#)

### Bistro All Day

Saturdays & Sundays

[MENU](#)

### Bistro Curbside

Wednesdays - Sundays  
3:00 pm - 6:00 pm

[MENU](#)

## Zest Restaurant

### Dinner

Tuesdays - Saturdays

Daily Restaurant Menus, not including Special Event Dining or alternating Menus.





# Sunday Nights at CIRQ

**Sundays | Seatings begin at 5:30 pm**

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

DINNER CASUAL ATTIRE

**August 11 | Asian Dinner Buffet**

[VIEW MENU](#)

**August 18 | Southwestern Dinner Buffet**

[VIEW MENU](#)

**August 25 | Key West Dinner Buffet**

[VIEW MENU](#)

**September 1 | Hawaiian Lau Out Dinner Buffet**

**To reserve, please call  
561-241-6800.**

If a cancellation is needed, please call the Reservations team at least 6 hours prior to reservation.  
Members who fail to cancel in due time will result in a \$15 charge for each member of the party.

# Lobster Bash

**Saturday, August 24 | 5:30 pm**

**\$85 Adult | \$30 Child | Illuminations Ballroom**

DINNER CASUAL ATTIRE

*Reservations are required and are now 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.



**STE MICHELLE**

WINE ESTATES

# Wine Tasting Dinner

**Wednesday, August 28 | 6:00 pm**

**\$145 | Illuminations Ballroom**

Reservations are required.

**To reserve, please call 561-241-6800.**

Members must call Reception at 561-241-6800 to cancel at least 48 hours in advance.

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

Dinner Dress Attire.





# LABOR DAY — BBQ — *Dinner Buffet*

Monday, September 2

Seatings begin at 5:00 pm | Illuminations Ballroom

\$40 Adults | \$20 Children | Dinner Casual Attire

[VIEW MENU](#)

*Reservations are required and are open.*

**To reserve, please call 561-241-6800.**



## 25<sup>th</sup> ANNUAL *High Holiday Services*

### SHABBAT SERVICE

Friday, September 6 | 5:30 PM  
Pelican Room

### SHABBAT SERVICE & DINNER

Friday, September 20 | 5:30 PM  
Illuminations

### ROSH HASHANAH

Saturday, October 2 | 5:30 PM  
Sunday, October 3 | 10:00 AM  
Pelican Room

### YOM KIPPUR

Friday, October 11 | 5:30 PM  
Saturday, October 12 | 10:30 AM & 5:00 PM  
Pelican Room

### *Forms*

*Click Below to View Forms*

[Tickets & Prayer Book Order](#)

[Tree of Life Donation](#)

[Yizkor Service](#)

We will have in-person services for Rosh Hashanah and Yom Kippur with Rabbi/Cantor Ellari Mirabel leading us again.

**Seating is limited; please complete the registration forms below for each service as quickly as possible.**

**Reservations for each dining event will open one month in advance.**

If you would like to join our dining events, please call our reservation team at 561-241-6800.



# Piano & PRIME

Photos from Saturday, August 3, 2024

*Thank you to everyone who attended!*

Stay tuned for the next Piano & Prime night on **Saturday, August 31.**



## August 3 - September 7

## Events at a Glance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>THE OLD COURSE CLUB COURSE MOONSTONE MAIN CLUBHOUSE</p> <p>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>						10
11	12 The Old Course Closed	13 The Old Course Closed Magic Hands Knitting Club Scrabble Club Photography Club Grief Support	14 The Old Course Closed 105 Tennis Under the Lights Speaker Series: Dr. Yijie Zhu	15 The Old Course Closed Fitness Class: Dance Jam BSC Singers Trivia Night	16 The Old Course Closed	17 The Old Course Closed
18 The Old Course Closed	19 The Old Course Closed	20 Club Course Closed Magic Hands Knitting Club Scrabble Club Primary Election	21 Club Course Closed 105 Tennis Under the Lights Book Club	22 Club Course Closed	23 Club Course Closed	24 Club Course Closed Youth Game Night Moonlight Social Club
25 Club Course Closed	26 Club Course Closed	27 Club Course Closed Magic Hands Knitting Club Scrabble Club Candle Making Workshop Grief Support	28 Club Course Closed 105 Tennis Under the Lights	29 Club Course Closed	30 Club Course Closed	31
1 Club Course Closed OC Labor Day Social Mixer	2 Club Course Closed Pickleball Labor Day Round Robin Tennis Labor Day Round Robin Labor Day Pool Party	3 Club Course Closed Magic Hands Knitting Club Scrabble Club	4 Club Course Closed 105 Tennis Under the Lights	5 Club Course Closed Bingo Night BSC Singers	6 Club Course Closed	7





# SPEAKER SERIES: Dr. Yijie Zhu

DISCOVER THE POWER  
AND SCIENCE BEHIND  
HURRICANES



Wednesday, August 14 | 4:00 pm  
Starling | Complimentary

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

**REGISTER NOW**

Members must call Reception at (561) 241 - 6800 to cancel 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, August 21 | 4:00 PM  
Starling | Complimentary

We will be discussing "James by Percival Everett"

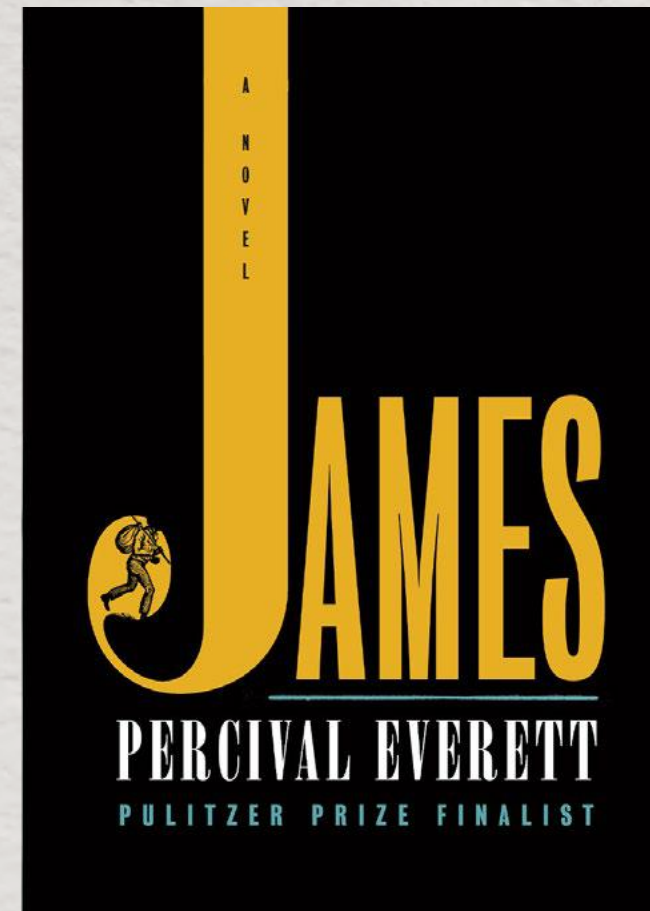
A brilliant, action-packed reimagining of *The Adventures of Huckleberry Finn*, both harrowing and ferociously funny, told from the enslaved Jim's point of view.

When the enslaved Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he decides to hide on nearby Jackson Island until he can formulate a plan. Meanwhile, Huck Finn has faked his own death to escape his violent father, recently returned to town. As all readers of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and too-often-unreliable promise of the Free States and beyond.

Hosted by Judy Friedman.

Register online or please call Member Experience at 561-241-6870.

**REGISTER NOW**



THURSDAY, AUGUST 15  
7:30 PM | PELICAN

COMPLIMENTARY | MEMBERS ONLY

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

**REGISTER NOW**

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

# MOONLIGHT SOCIAL CLUB

Saturday, August 24th  
8:30 pm - Midnight | Heron

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

**REGISTER NOW**

DJ Mark Gallo will be spinning your favorites from the 80s to 2000s!  
Late Night Snacks Available | Member-Charge Bar | Guests are Welcome



# Candle Making WORKSHOP

**Tuesday, August 27**  
**4:00 pm | Starling | \$49**

Join us for an interactive experience. Create your own customized candle with easy-to-use supplies. Perfect for beginners and enthusiasts alike, ignite your creativity and light up your space with handmade elegance.

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

**REGISTER NOW**

Members must call Reception at 561-241-6800 to cancel.  
Members who fail to cancel in due time will be charged in full.



# BINGO NIGHT

**Thursday, September 5**  
**7 PM | Pelican**

**Complimentary | Members Only**

*Join us for a night of Bingo!*

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

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

**REGISTER NOW**





# YOUTH Game Night

Saturday, August 24 | 5:30 - 9:00 pm

**New Location! Board Room | Complimentary | Members Only**

Drop-off begins at 5:30 pm, pick-up no later than 9:00 pm.

Light snacks provided. Limited Availability.

Register online or call Juniors at 561-241-6876

**REGISTER NOW**

*48 hr cancellation policy*

*If a cancellation is needed, please call Youth at 561-241-6828*

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



THE OLD COURSE  
AT BROKEN SOUND CLUB

# Summer Clearance!

**Sale starts today through Sunday, August 11!**

**50% OFF  
MEMBER PRICE**

**TIMBERTECH & OLD COURSE  
BRIDGE LOGO ITEMS,  
ALL GOLF SHOES &  
RED DOT ITEMS**

**30% OFF  
MEMBER PRICE**

**APPAREL &  
ACCESSORIES**

Sale excludes: Golf Clubs, Golf Balls and Bushnell Products Sale excludes already discounted items, special orders, Ping products, electronics, Bushnell/Garmin, Lily Pulitzer, golf clubs, and balls. While supplies last. Returns are accepted only until 14 days from the date of purchase. Discounted items are final sale. Sale only applicable at The Old Course Pro Shop.. Discounted items are final sale. Sale only applicable at The Old Course Pro Shop.



# Labor Day Pool Party

Monday, September 2

11:00 AM - 3:00 PM | Pool Deck & Bistro Parking Lot

Complimentary | No Reservations Required



Come enjoy some water slides, games, floats and music with DJ Danny!



THE SIGNATURE SHOP

**SRIXON® & TaylorMade®**  
**Golf Ball and Glove Sale**

**40% MEMBER PRICE**  
**August 10 - 31**

For more information, please call the  
Signature Shop at 561-241-6860

## GOLF COURSE CLOSURES

**THE OLD COURSE**  
AUGUST 12 - 19  
SEPTEMBER 9

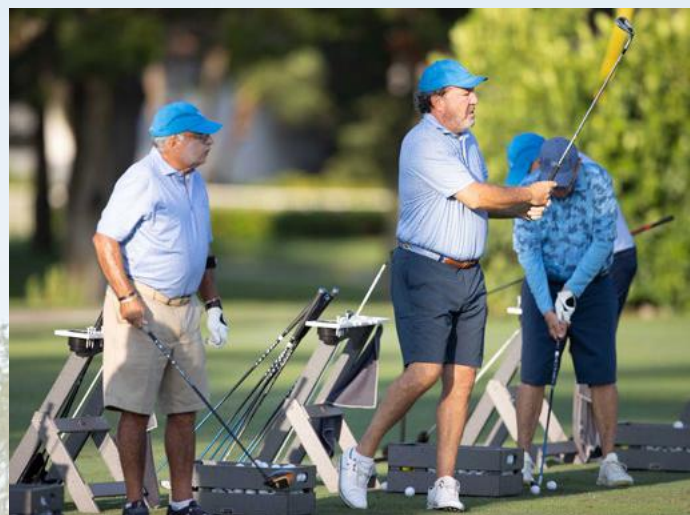
**CLUB COURSE**  
AUGUST 20 - 30  
SEPTEMBER 5



# South County MEN'S GOLF LEAGUE

Wednesday, August 7, 2024

Click [here](#) for the current league standings!



## Say Cheese!

Photo Credits: Andrew Millar

Keep an eye out for Andrew who will be taking Club event & activity photos!



# LABOR DAY

Monday, September 2 | 9:00 AM  
Complimentary

## PICKLEBALL ROUND ROBIN

Mix & Match Round Robin.  
Single sign-ups.  
Meet by pickleball courts at 9:00 AM.  
Lite bites to follow on Zest Patio.

To join the waitlist, please call the Racquets Pro Shop 561-241-6880 for more information.

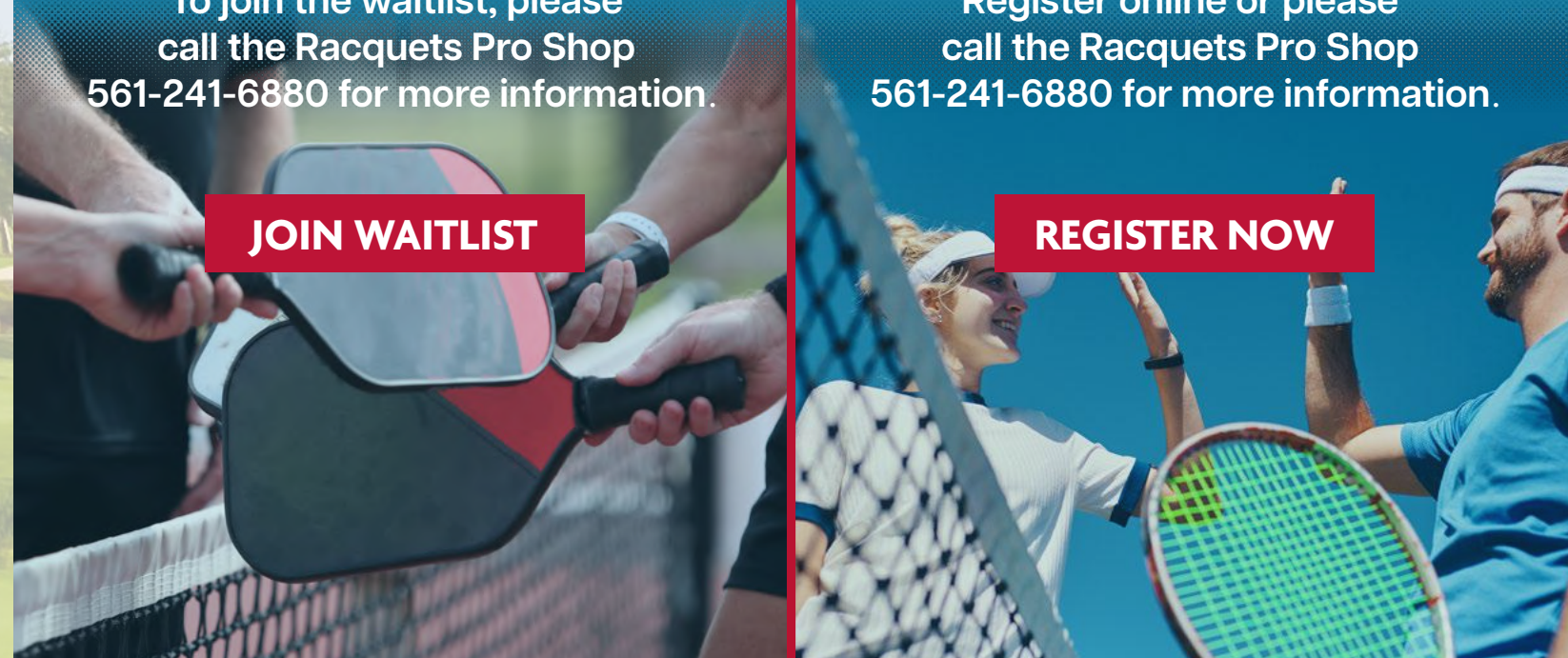
**JOIN WAITLIST**

## TENNIS ROUND ROBIN

Meet on Tennis Patio at 8:45 AM.  
Men's and Ladies' Doubles.  
Single sign-up. Lite bites to follow on Zest Patio.

Register online or please call the Racquets Pro Shop 561-241-6880 for more information.

**REGISTER NOW**





# DANCE JAM

Thursday, August 15 | 9:30 - 10:25 am  
Complimentary | Studio 1

Join Tressy and move to the music! No dance experience needed for this fun cardio workout. You'll explore diverse dance styles from various countries immersing yourself in a rhythmic journey. Leave class feeling energized and confident! Reservations required.

Online Registration Required  
Reservations are now open.

**REGISTER NOW**

## Sizzling Summer Spa Specials

VALID THROUGH SEPTEMBER 30, 2024

### Instant Rejuvenate Treatment with Microdermabrasion

**\$175 (\$200 Value) | 60 Minutes**  
Microdermabrasion followed with an infusion of vitamins and antioxidants in a hyaluronic based serum using pressurized oxygen.

### Express Hydrafacial with LED Light Therapy

**\$145 (\$175 Value) | 45 Minutes**  
A Hydrafacial treatment followed by light therapy to stimulate collagen production, reduce the appearance of fine lines and increase cellular turnover.

### 90-Minute Massage Special

Schedule any 90-minute Massage and receive a complimentary Aromatherapy or Hot Stone Upgrade.

### Derma-Glow Facial

**\$145 (\$175 Value) | 60 Minutes**

Combines dermaplaning to resurface and prepare the skin followed by a customized peel to achieve the maximum result. Safe and effective for all skin types, from sensitive to resilient.

### Perfecting Body Treatment

**\$55 (\$75 Value) | 30 Minutes**  
Unisex body treatment utilizes a concentration of extraordinary seaweed varieties and innovative active ingredients to refine the silhouette, combat loss of elasticity, relieve fluid retention and rejuvenate the skin. (Can be added to any Massage or Facial treatment).

**Salon Special: \$25 OFF all Smoothing Hair Treatments**

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

moonstone SPA & SALON



# Group Fitness Class Schedule | August 2024

FITNESS CENTER / ROTUNDA | PHONE 561-241-6840

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Stretch</b> Studio 1 9:30 - 10:25 Lisa B.	<b>Aerobics &amp; More</b> Studio 1 8:30 - 9:25 Nora	<b>Stretch</b> Studio 2 7:30 - 8:25 Roberta	<b>Vinyasa Flow</b> Studio 1 8:00 - 9:00 Terri	<b>UltraFit Strength</b> Studio 2 8:30 - 9:25 Ginger	<b>Circuit Training</b> Studio 2 8:00 - 8:55 Ginger	<b>Men's Stretch</b> Studio 1 8:00 - 8:55 Roberta
<b>UltraFit Conditioning</b> Studio 2 10:30 - 11:25 Robert	<b>Functional Conditioning</b> Studio 2 9:30 - 10:25 Roberta	<b>UltraFit Strength</b> Studio 1 8:30 - 9:25 Ginger	<b>Aerobics &amp; More</b> Studio 2 8:30 - 9:25 Nora	<b>Barre Fusion</b> Studio 1 8:30 - 9:25 Roberta	<b>Vinyasa Flow</b> Studio 1 8:00 - 9:00 Amy	<b>Cycle</b> Cycle Studio 8:15 - 9:00 Ginger
<b>Slow Yoga Flow</b> Studio 1 11:30 - 12:30 Shelby	<b>Cycle &amp; Core</b> Cycle Studio 9:30 - 10:25 Robert	<b>Mat Pilates</b> Studio 2 9:15 - 10:10 Terri	<b>UltraFit Conditioning</b> Studio 2 9:45 - 10:40 Ginger	<b>Stretch</b> Studio 1 9:45 - 10:40 Roberta	<b>Barre / Pilates Fusion</b> Studio 1 9:15 - 10:10 Terri	<b>Functional Conditioning</b> Studio 1 9:00 - 9:55 Roberta
	<b>Chair Strength</b> Studio 1 10:00 - 10:55 Rita	<b>Stretch</b> Studio 1 9:45 - 10:40 Roberta	<b>Chair Strength</b> Studio 1 10:30 - 11:25 Rita	<b>Yoga Sculpt</b> Studio 2 10:45 - 11:40 Terri	<b>UltraFit Conditioning</b> Studio 2 9:30 - 10:25 Robert	<b>UltraFit Conditioning</b> Studio 2 9:15 - 10:10 Ginger
	<b>Stretch</b> Studio 2 10:45 - 11:40 Roberta	<b>Slow Gentle Yoga</b> Studio 1 11:00 - 12:15 Kristin	<b>Youth Self Defense</b> Studio 2 5:00 - 6:00 (Registration required)	<b>PiYo</b> Studio 1 5:30 - 6:25 Robert	<b>Youth Self Defense</b> Studio 2 5:00 - 6:00 (Registration required)	<b>Chair Strength</b> Studio 1 10:30 - 11:25 Rita
	<b>PiYo</b> Studio 1 11:15 - 12:10 Terri	<b>UltraFit Conditioning</b> Studio 2 6:00 - 6:55 Stacey	<b>Gentle Restorative Yin Yoga</b> Studio 1 5:00 - 6:15 Kristin			
	<b>Circuit Training/ Boxing</b> Studio 2 5:30 - 6:25 Leo					

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 2024

AQUATICS / POOL HOURS OF OPERATION

Daily: Sunrise - Sunset

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:00 - 10:00</b> Andrew	<b>8:00 - 9:00</b> Pam	<b>8:00 - 9:00</b> Lois	<b>8:00 - 9:00</b> Andrea	<b>8:00 - 9:00</b> Pam	<b>8:00 - 9:00</b> Lois	<b>8:00 - 9:00</b> Muge
	<b>11:00 - 12:00</b> Ginger	<b>10:00 - 11:00</b> Muge	<b>11:00 - 12:00</b> Ginger	<b>10:00 - 11:00</b> Karina	<b>11:00 - 12:00</b> Ginger	<b>10:00 - 11:00</b> Andrew
	<b>3:00 - 4:00</b> Muge	<b>3:00 - 4:00</b> Ginger	<b>3:00 - 4:00</b> Karina	<b>3:00 - 4:00</b> 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

2401 WILLOW SPRINGS DRIVE  
BOCA RATON, FLORIDA 33496

