


BROKEN SOUND
CLUB

The SOUND



SEPTEMBER 28, 2024

News You Can Use

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GENERAL INFORMATION

- Board of Governors Meeting Minutes (July 2024) are posted online. Click here to [view](#).
- Ladies' Card Play will be held in Starling on Wednesday, October 2 and Thursday, October 3 due to the Holiday Services.

AQUATICS UPDATE

- Due to the Rosh Hashanah holiday on Wednesday, October 2, the 3:00 pm Aquatics Class is canceled.
- Due to the Rosh Hashanah holiday on Thursday, October 3, all Aquatics Classes for the day have been canceled.

DINING UPDATE

- CIRQ Dinner on Saturday, September 28 is closed due to the Lobster Bash in Illuminations.
- Reminder: The Coffee and Bagel breakfast at Moonstone Café is a delightful on-site experience for everyone! We kindly ask all Members to enjoy the offerings here and refrain from taking items home or packing them in large quantities. Thank you for your cooperation and understanding!

GOLF UPDATE

- Golf play at the Club Course will be closed due to maintenance on Thursday, October 3, and Thursday, October 10.
- Golf play at The Old Course will be closed due to maintenance on Monday, September 30, and Monday, October 7. The OC Grill will not be available during this time.

YOUTH UPDATE

- If you're interested in joining the Broken Sound Youth What's App Chat, please click [here](#).

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Did You Know?

You can access our Staff Contact Us page broken down by Department. You will find Staff names, email, phone number, title and photo. To view the page, please click [here](#).

WE REMEMBER THEM

A Commemoration of October 7

Monday, October 7 | 6:00 pm | Illuminations

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

REGISTER NOW

Join us at Broken Sound Club for a meaningful evening as we commemorate the one-year anniversary of October 7th, a day that forever changed the lives of so many. We will honor the memory of those lost, reflect on stories of resilience, and celebrate the unwavering spirit of Israel.

Together, we stand united in hope and remembrance.

MEMBER

Informational Fair

**Wednesday, October 30 | 5:00 - 7:00 pm
Illuminations | All Members Welcome!**

Discover everything happening at Broken Sound this season.

Enjoy complimentary hors d'oeuvres and wine tastings while learning about our exciting seasonal events and activities. Representatives from all Club departments, amenities, and Board of Governors will be present to answer your questions and help you get involved in our vibrant community.

Don't miss this opportunity to explore all the wonderful offerings and make the most of your membership!



DINING UPDATE

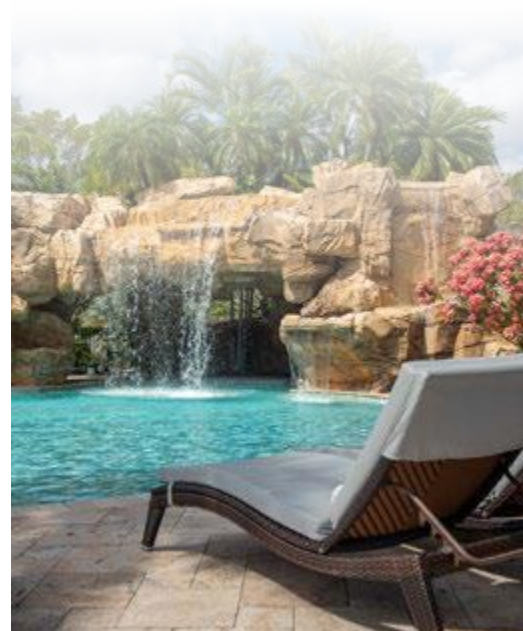
ANDREW HOWISEN, FOOD & BEVERAGE DIRECTOR



October brings a wave of activations across Broken Sound. With 1401 East and Zest undergoing a reopening, CIRQ reinventing their menu design and offerings, and Bistro undergoing a Food and Beverage refresh that includes Pool Side Service!

Behind the scenes, our team is diligently working to ensure a smooth transition for our seasonal staff. With extensive training planned to familiarize the seasonal staff with Broken Sounds standards of service. A key focus of our on-boarding process is instilling the importance of the membership service model, where our seasonal staff learn the techniques necessary to deliver an exceptional, personalized experience to every member.

Additionally, some of our managers are being strategically moved into new roles to enhance the overall membership experience. These changes not only improve service for our members but also provide our managers with valuable growth opportunities in their careers, further developing their leadership skills.



September 28 - October 26

Dining at a Glance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>THE OLD COURSE BISTRO 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>						<p>28 Bistro All Day CIRQ A la Carte Lunch Bistro Curbside CIRQ Bar Bites Lobster Bash</p>
<p>29 Bistro All Day CIRQ Brunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Asian Dinner Buffet</p>	<p>30 CIRQ A la Carte Lunch CIRQ Bar Bites Burgers & Brews</p>	<p>1 CIRQ A la Carte Lunch CIRQ Bar Bites CIRQ Twin Plates</p>	<p>2 Bistro Lunch CIRQ A la Carte Lunch Rosh Hashanah Dinner Buffet</p>	<p>3 Kiddush Brunch Bistro Lunch Bistro Curbside CIRQ Bar Bites CIRQ A la Carte</p>	<p>4 Bistro Lunch CIRQ A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Chef's Specials Lakeside Happy Hour</p>	<p>5 Bistro All Day CIRQ A la Carte Lunch Bistro Curbside CIRQ Bar Bites Piano & Prime</p>
<p>6 Bistro All Day CIRQ Brunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Family Dinner Buffet</p>	<p>7 CIRQ A la Carte Lunch CIRQ Bar Bites Burgers & Brews</p>	<p>8 CIRQ A la Carte Lunch CIRQ Bar Bites CIRQ Twin Plates</p>	<p>9 Bistro Lunch CIRQ A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Tuscan Dinner Buffet</p>	<p>10 Bistro Lunch Bistro Curbside CIRQ Bar Bites CIRQ A la Carte Lunch</p>	<p>11 Bistro Lunch CIRQ A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Chef's Specials Lakeside Happy Hour</p>	<p>12 Bistro All Day Yom Kippur Break the Fast Dinner Buffet</p>
<p>13 Bistro All Day CIRQ Brunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Family Dinner Buffet</p>	<p>14 CIRQ A la Carte Lunch CIRQ Bar Bites Burgers & Brews</p>	<p>15 CIRQ A la Carte Lunch CIRQ Bar Bites CIRQ Twin Plates</p>	<p>16 Bistro Lunch CIRQ A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Tuscan Dinner Buffet</p>	<p>17 Bistro Lunch Bistro Curbside CIRQ Bar Bites CIRQ A la Carte Lunch</p>	<p>18 Bistro Lunch CIRQ A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Chef's Specials Lakeside Happy Hour</p>	<p>19 Bistro All Day CIRQ A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Steak Night</p>
<p>20 Bistro All Day CIRQ Brunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Family Dinner Buffet</p>	<p>21 CIRQ A la Carte Lunch CIRQ Bar Bites Burgers & Brews</p>	<p>22 CIRQ A la Carte Lunch CIRQ Bar Bites CIRQ Twin Plates Jayson Pahlmeyer Wine Dinner</p>	<p>23 Bistro Lunch CIRQ A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Tuscan Dinner Buffet</p>	<p>24 Bistro Lunch Bistro Curbside CIRQ Bar Bites CIRQ A la Carte Lunch CIRQ Buffet Dinner</p>	<p>25 Bistro Lunch CIRQ A la Carte Lunch Bistro Curbside CIRQ Bar Bites CIRQ Chef's Specials Lakeside Happy Hour</p>	<p>26 Bistro All Day CIRQ 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

Bistro

A la Carte Lunch with Salad Bar
Mondays - Saturdays

[MENU](#)

Lunch
Wednesdays - Fridays

[MENU](#)

Brunch Buffet
Sundays

Bistro All Day
Saturdays & Sundays

Burgers & Brews
Mondays

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

[MENU](#)

Twin Plates
Tuesdays

[MENU](#)

Zest Restaurant

Tuscan Dinner Buffet
Wednesdays

[MENU](#)

Dinner
Tuesdays - Saturdays
Closed for restaurant enhancements

À la Carte Dinner
Thursdays & Fridays

[THURSDAY MENU](#)

[FRIDAY MENU](#)

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

Steak Night
Saturdays

[MENU](#)

Themed Dinner Buffet
Asian Dinner Buffet
SUNDAY, SEPTEMBER 29

[MENU](#)



Sunday Nights at CIRQ

Sundays | Seatings begin at 5:30 pm
\$34 Adults | \$17 Children

DINNER CASUAL ATTIRE

September 29 | Asian Dinner Buffet

[VIEW MENU](#)

Starting October 6, Sunday Dinner Buffet will now be "Family Dinner Buffet" every Sunday.

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.

HEBREW CONGREGATION
AT BROKEN SOUND

25th ANNUAL *High Holiday Services*

ROSH HASHANAH

Wednesday, October 2 | 5:30 PM

Thursday, October 3 | 10:00 AM
Pelican Room

YOM KIPPUR

Friday, October 11 | 7:00 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.

Rosh Hashanah DINNER BUFFET

Wednesday, October 2

Service starts at 5:30 PM in Pelican

Dinner available at 5:30 PM

Illuminations Ballroom and CIRQ

\$55 Adult | \$20 Child

Celebrate Rosh Hashanah with us as we welcome the Jewish New Year with a festive gathering. Enjoy traditional holiday dishes, warm community spirit, and a joyous atmosphere.

Dinner Dress – Jackets Suggested

Long-Sleeve Button Down Shirts Required

Reservations are now open and required.

For reservations, please call 561-241-6800.

[VIEW MENU](#)

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

Rosh Hashanah Kiddush Brunch

Thursday, October 3
Available from 11:00 AM - 3:00 PM
Illuminations Ballroom
\$39 Adult | \$20 Child

Daytime Dress Attire

[VIEW MENU](#)

Reservations are now open and required.
For reservations, please call 561-241-6800.



Piano & PRIME

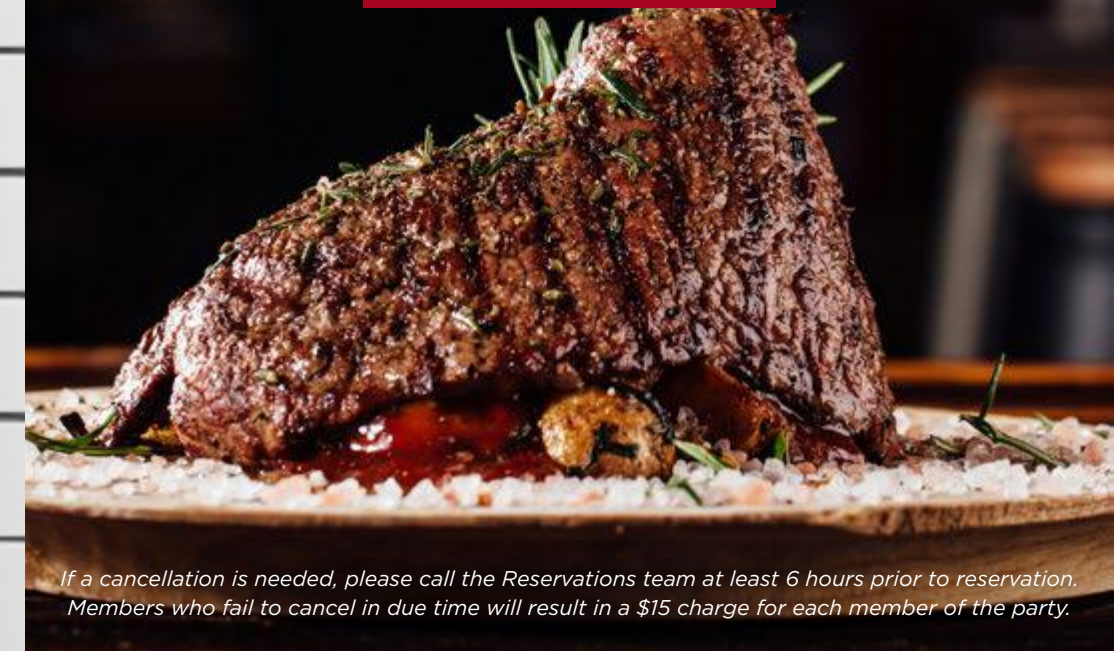
Saturday, October 5
Seatings begin at 5:30 pm
Illuminations Ballroom
DINNER CASUAL ATTIRE

Experience the magic of live music! Sit back, relax and enjoy the tunes while savoring our delicious cuisine.

Reservations are required and open two weeks in advance.

To reserve, please call 561-241-6800.

[VIEW MENU](#)



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.

**HEBREW CONGREGATION
AT BROKEN SOUND**

Food Drive in support of Boca Helping Hands

Wednesday, October 2 - Monday, October 14 | Ladies' Card Room Lobby

As we anticipate the Jewish High Holiday season, the Hebrew Congregation at Broken Sound will host a Food Drive in support of Boca Helping Hands. Your donations of non-perishable items will help feed families in need.

Acceptable non-perishable items to donate:

- Canned fruits, vegetables, beans, soup
- Cereal boxes, granola bars, crackers
- Canned fish or meat
- Canned or boxed milk, powdered juice
- Peanut butter, jelly
- Pasta, rice



Questions? Call Janet Peck (757) 560-7729

**YOM KIPPUR
DINNER BUFFET**
Break-the-Fast

Saturday, October 12 | 5:30 PM
Illuminations Ballroom and CIRQ
\$55 Adult | \$20 Child

Dinner Dress Attire

[VIEW MENU](#)

[VIEW TAKE-OUT MENU](#)

Reservations are now open and required.
For reservations, please call 561-241-6800.

September 28 - October 26

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>						<p>28 Family Trivia Night - Disney Edition Lynn University Philharmonia No. 1</p>
<p>29</p>	<p>30 The Old Course Closed</p>	<p>1 Lynn University Dialogue Speaker Series - Robert Watson Great Courses Magic Hands</p>	<p>2 105 Tennis Under the Lights Rosh Hashanah Services</p>	<p>3 Club Course Closed Rosh Hashanah Services</p>	<p>4</p>	<p>5 Youth Game Night</p>
<p>6</p>	<p>7 The Old Course Closed Commemoration of October 7</p>	<p>8 Photography Club Grief Support Magic Hands</p>	<p>9 105 Tennis Under the Lights Fitness Class: Sound Healing</p>	<p>10 Club Course Closed Fitness Class: Dance Jam Trivia Night</p>	<p>11 Yom Kippur Services</p>	<p>12 Yom Kippur Services</p>
<p>13 Pickleball Mixer Tennis Mixed Doubles Social</p>	<p>14 Current Events</p>	<p>15 Great Courses Magic Hands Candle Making Workshop</p>	<p>16 105 Tennis Under the Lights Book Club Music on the Patio</p>	<p>17 BSC Singers</p>	<p>18 Youth Movie Night Lynn University Drama Series: Funny Girl</p>	<p>19 Moonlight Social Club</p>
<p>20</p>	<p>21 The Old Course Closed</p>	<p>22 Magic Hands Hadassah Forum Grief Support</p>	<p>23 105 Tennis Under the Lights Speaker Series: Dr. James Bruce</p>	<p>24 OCWGA Little River Art Excursion</p>	<p>25 Halloween Bash</p>	<p>26 OC Welcome Back Cocktail Reception</p>

GREAT COURSES

AMERICA'S FOUNDING FATHER'S

Tuesday, October 1 | 7:30 PM
Starling | Complimentary

For more information, please contact
Harold Berzow at hsberzow@prodigy.net.

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

REGISTER NOW

On Tuesday, October 15, the lectures will be
No. 15 "James Wilson's Executive" and No. 16 "John Rutledge's Committee."



THURSDAY, OCTOBER 10
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.

GRIEF SUPPORT GROUP

Tuesday, October 8
7:00 pm | Sparrow
Complimentary | Members Only

For more information, please call Ellen Brazer at 305-790-8053,
Peter Berlin at 561-330-2909, or Member Experience at 561-241-6870

*This meeting is not a substitute for medical or other professional advice.
Broken Sound Club is not liable for any breach of confidentiality.*

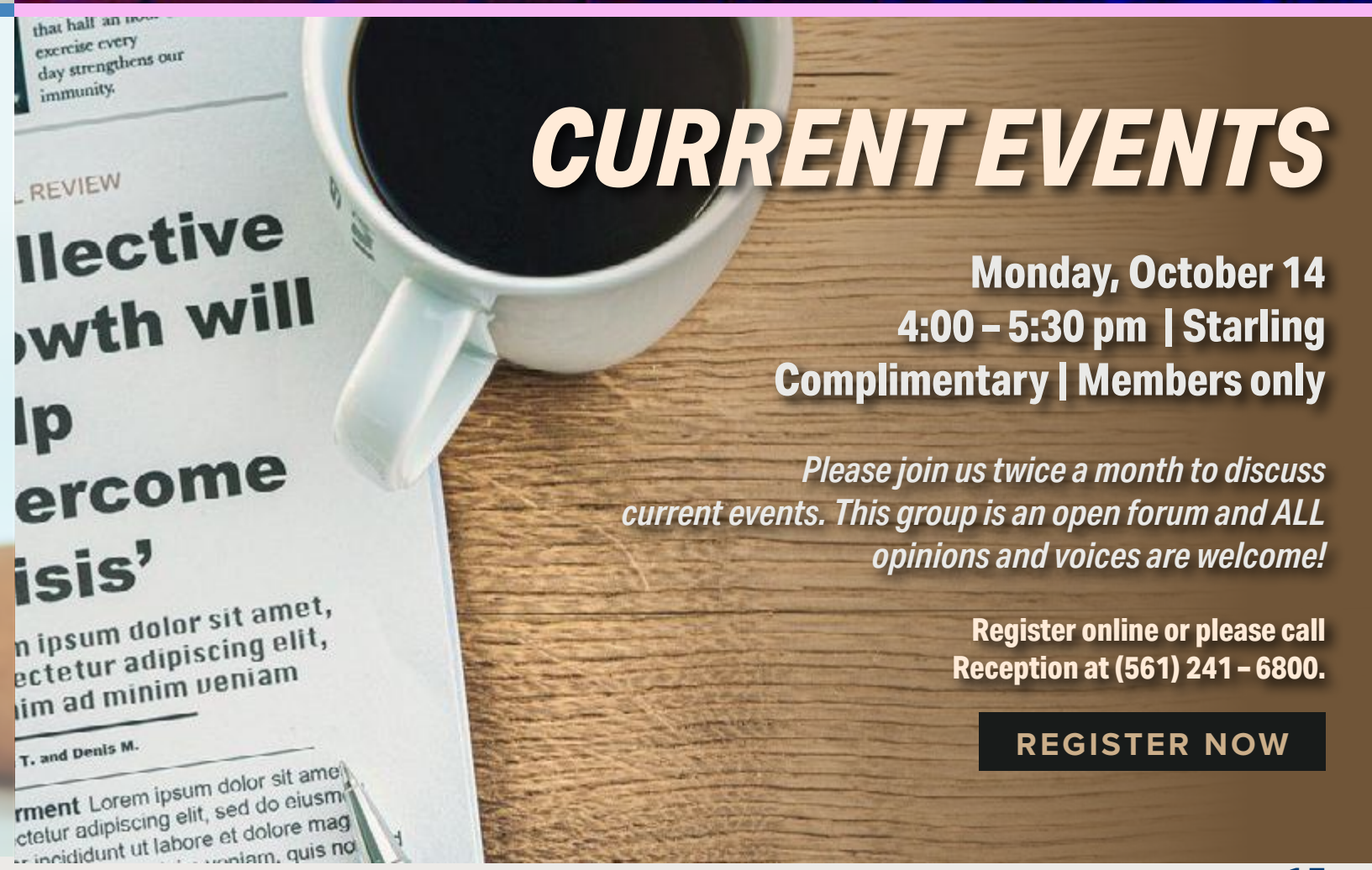
CURRENT EVENTS

Monday, October 14
4:00 – 5:30 pm | Starling
Complimentary | Members only

*Please join us twice a month to discuss
current events. This group is an open forum and ALL
opinions and voices are welcome!*

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

REGISTER NOW



Candle Making WORKSHOP

Tuesday, October 15
4:00 pm | Starling | \$49

Join us for an interactive experience. Create your own customized candle with easy-to-use supplies.

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

RESERVE NOW

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



Music on the Patio

Wednesday, October 16
4:30pm – 7:30pm | Complimentary

Join us for an evening of music with The Jazz Source Trio on the Lakeview Terrace.

Reservations are not required on the terrace. Drink specials will be available.



THE NUMBER ONE BESTSELLING AUTHOR

LEIGH BARDUGO

THE FAMILIAR

BOOK CLUB

Good Books, Good Conversation, and Good Company!

Wednesday, October 16 | 4:00 PM
Starling | Complimentary

We will be discussing "The Familiar" by Leigh Bardugo

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

REGISTER NOW

Next Meeting: November 20
"America's First Daughter" by Stephanie Dray and Laura Kaye.

LYNN
UNIVERSITY

Funny Girl

Friday, October 18 | 7:30 pm | \$40 per person
Keith C. and Elaine Johnson Wold Performing Arts Center

3601 N. Military Trail, Boca Raton, FL 33431
Transportation not included.

REGISTER NOW

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

Last day to register or cancel is Friday, October 4. Lower Orchestra seating.

Hadassah Welcomes the JINSA Organization,
Presenting...

LIEUTENANT GENERAL STEVEN RUDDER, USMC (RET.)

Tuesday, October 22 | 7:30 pm

Refreshments Provided

\$15.00 Per Person

REGISTER FORM



Lieutenant General Rudder attended a JINSA trip this month to commemorate the October 7 Terror attack anniversary. He will share his observations from the trip, discuss developments over the past year, and offer his expert perspective on the future Israel, the Middle East, and beyond.

Lieutenant General Steven Rudder retired as the commanding general of Marine Forces Pacific, where he led an organization responsible for all Marine Operations in Asia Pacific. He continues to serve in the aerospace and defense industry.



Speaker Series: Dr. James Bruce

Edward Snowden: Leaker, Traitor, Hero, or Spy?



Wednesday, October 23 | 7:00pm
Starling | Complimentary

Join retired CIA Senior Executive Officer, James Bruce, Ph.D., former Chief of Counterintelligence Training, as he explores the Edward Snowden case. Is Snowden a leaker, traitor, hero, or spy? With 24 years in the CIA, Bruce brings expert insights from his work analyzing operations, debriefing defectors, and exposing American spies. Don't miss this chance to hear from a key figure in intelligence.

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.



A MASQUERADE MURDER MYSTERY DINNER

Sunday, October 27

5:30 pm Cocktail Reception

6:30 pm Dinner Buffet

Illuminations | Members Only

\$54 per person

Dinner Dress Attire & Masks are Encouraged

Reservations are required and are now open.

If a cancellation is needed, please 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.

Get ready for a glamorous evening of mystery, intrigue, and murder at this masquerade murder mystery party!

Attend the Masquerade Dinner and help get this soiree back on track by trading clues with your guests, gathering information, and solving the crime before the masked menace gets away!

Member-Charge Bar | Smaller tables will be merged to enhance the experience.

the over show

a new musical

Book by **Rick Elice**

Sunday, November 24

6:30 PM Show | \$140

Broward Center for the Performing Arts

Bus departs the Moonstone parking lot at 5:15 PM.

Please note these seats will be in the front half of the upper Orchestra.

Superstars come and go. Cher is forever. The Cher Show is the Tony Award-winning musical of her story, and it's packed with so much Cher that it takes three women to play her: the kid starting out, the glam pop star, and the icon.

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

Tickets are final sale and above price is based on a ticket minimum.

REGISTER NOW

MOONLIGHT SOCIAL CLUB

SATURDAY,
SEPTEMBER 21



YOUTH Game Night

Saturday, October 5 | 5:30 - 9:00 pm
Starling | Complimentary | Members Only

An evening of board games, card games, crafts and lego creations for children 4 and up.

Drop-off begins at 5:30 pm, pick-up no later than 9:00 pm.
 Light snacks provided. Limited Availability.

Register online or call Youth 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.*

YOUTH Slumber Style Movie Night

Featuring...
"Hotel Transylvania: Transformania"

Friday, October 18
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

*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 HALLOWEEN BASH

Friday, October 25
 5:00 - 8:00pm | Bistro Parking Lot
 Complimentary | Members Only

Join us for a spooky soiree featuring trunk-or-treating, arts and crafts, bounce houses, and much more! Food and beverages will be available for purchase.

If interested in participating in Trunk-or-Treat, please register with the Youth Department at 561-241-6828 by October 10.

Register online or call reception at 561-241-6800.

REGISTER NOW

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.



3rd Annual TRICK or TREAT

Thursday, October 31 | 4:30 - 7:00 pm
 Hosted by Laurel Pointe at Broken Sound Club
 Complimentary

Music, refreshments and special treats.
 Food will be available for purchase via food truck.
 Please park at the Tennis Center. Shuttle will be provided.
 Parental supervision required.

For more information, please call Marla Golberg at 561-251-4663 or call Youth at 561-241-6828.

YOUTH RACQUETS DEVELOPMENT PROGRAM

**Tuesday, Wednesday & Thursday
beginning September 10**

PEE WEES (AGES 4 – 5)

Tennis: Tuesday-Thursday

Pickleball: Wednesday

4-Week Session | 4:30 pm – 5:15 pm

1 Day/Week \$95 | 2 Days/Week \$185 | 3 Days/Week \$280

JUNIORS STARS (AGES 6 & UP)

Tennis: Tuesday-Thursday

Pickleball: Wednesday

4-Week Session | 4:30 pm – 5:30 pm

1 Day/Week \$125 | 2 Days/Week \$245 | 3 Days/Week \$365

For more information, please contact Ben Wirth
at bwirth@brokensoundclub.org or call the Racquets Shop at 561-241-6880.

All clinics run in 4 week sessions. If a clinic is rained out or is canceled due to a holiday, there will be a makeup day. There must be at least two participants signed up in each clinic. There are no refunds



HOLE-IN-ONE

**Congratulations to
DAVID SCHACHTER
on his Hole-In-One.**



**Saturday, September 21
The Old Course
Hole | #12
Club Used | 5 Hybrid**



GOLF COURSE CLOSURES

THE OLD COURSE

SEPTEMBER 30

OCTOBER 7, 21

CLUB COURSE

OCTOBER 3 & 10

Pickleball Mixer

Sunday, October 13 | 10:00 - 11:30 am

Meet at the Pickleball Courts at 9:45 am.
Lite bites to follow on Zest Patio.

To join waitlist, please call
Racquets Pro Shop at 561-241-6880.

JOIN WAITLIST

TENNIS MIXED DOUBLES SOCIAL

Sunday, October 13 | 10:00 - 11:30 am

Meet at the Tennis Courts at 9:45 am.
Lite bites to follow on Zest Patio.

Register online or please call the
Racquets Pro Shop at 561-241-6880.

REGISTER NOW

OCTOBER FITNESS CHALLENGE

SQUATOBER is here!

We are looking for those that can do the most bodyweight squats in one minute.

How to Participate? Ask one of our floor staff to time you and they will record your result on our list.
Only one attempt allowed for each member.

Competition Begins October 1
The winner will receive a free 30 minute session with one of our trainers!



2024-2025 Personal Training & Pilates

Pricing Effective, October 3



PERSONAL TRAINING

45 Minute: \$70

45 Minute Partner: \$55 / person

PILATES CLASS

30 Minute: \$60

45 Minute: \$70

60 Minute: \$90

30 Minute Partner: \$40 / person

60 Minute Partner: \$60 / person

60 Minute "Trio": \$45 / person





PILATES

Group Classes

Classes Start October 8th | Pilates Studio

Tuesdays 9:00 - 10:00 AM & 5:30 - 6:30 PM with Kim

Thursday's 12:30 PM with Kim | Friday's 7 AM w/ Patricia

\$45 per person (3 per class)

We are excited to announce the start of Pilates Group Classes! This is a fantastic opportunity to enhance your fitness routine, connect with fellow enthusiasts, and experience the benefits of Pilates in a supportive group setting.

Why join our Pilates Group Classes?

- Expert instruction: Our certified instructors will guide you through each class, ensuring proper form and technique.
- Motivating Environment: Working out in a group can boost your motivation and make your fitness journey more enjoyable.
- Varied Classes: Whether you are a beginner or an experienced practitioner, we have classes that cater to all levels.
- Comprehensive Workouts: Each session will focus on building core strength, improving flexibility, and enhancing overall body balance.

Call Fitness Reception at 561-241-6840 to schedule.

Registration will open one week in advance of each class. Reservations close 24 hours prior to class start time. Full charge for cancellations without 24 hours notice. Classes with less than 3 participants 24 hours prior to class start will be canceled.



Sound Healing

Wednesday, October 9 ~ 5:00 - 6:15 pm

Complimentary ~ Studio 1

Join Kristin and experience the harmonious blend of meditation, and soothing sounds from crystal singing bowls, chimes, and Tibetan sound bowls. Don't miss this opportunity for holistic rejuvenation.

Online Registration Required

Reservations will open on September 30.

REGISTER



DANCE JAM

Thursday, October 10 | 9:30 - 10:25 am
Complimentary | Studio 2

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!

Online Registration Required.
Reservations open October 1.

[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



Autumn Renewal Specials

Hydra Bright Facial \$155

Target dryness, rough texture and uneven skin tone with gentle peel that brightens and resurfaces the skin to enhance the appearance of glowing, healthy complexion. Effective on all skin types, including sensitive skin. Includes a complimentary trial size PCA HydraBright moisturizer for home use and a complimentary glass of bubbles.

Treat yourself with a warm hydrating hand or foot treatment. Complimentary with any 60 or 90 minute Massage during the month of October.

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

Group Fitness Class Schedule | October 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
Stretch Studio 1 9:30 - 10:25 Lisa B.	Aerobics & More Studio 1 8:30 - 9:25 Nora	Stretch Studio 2 7:30 - 8:25 Roberta	Vinyasa Flow Studio 1 8:00 - 9:00 Terri	UltraFit Strength Studio 2 8:30 - 9:25 Ginger	Circuit Training Studio 2 8:00 - 8:55 Ginger	Men's Stretch Studio 1 8:00 - 8:55 Roberta
UltraFit Conditioning Studio 2 10:30 - 11:25 Shelley	Functional Conditioning Studio 2 9:30 - 10:25 Shelley	UltraFit Strength Studio 1 8:30 - 9:25 Ginger	Aerobics & More Studio 2 8:30 - 9:25 Nora	Barre Fusion Studio 1 8:30 - 9:25 Roberta	Vinyasa Flow Studio 1 8:00 - 9:00 Amy	Cycle Cycle Studio 8:15 - 9:00 Ginger
Slow Yoga Flow Studio 1 11:30 - 12:30 Shelby	Cycle & Core Cycle Studio 9:30 - 10:25 Shelley	Mat Pilates Studio 2 9:15 - 10:10 Terri	UltraFit Conditioning Studio 2 9:45 - 10:40 Ginger	Stretch Studio 1 9:45 - 10:40 Roberta	Barre / Pilates Fusion Studio 1 9:15 - 10:10 Terri	Functional Conditioning Studio 1 9:00 - 9:55 Roberta
	Chair Strength Studio 1 10:30 - 11:25 Rita	Stretch Studio 1 9:45 - 10:40 Roberta	Chair Strength Studio 1 10:30 - 11:25 Rita	Yoga Sculpt Studio 2 10:45 - 11:40 Terri	UltraFit Conditioning Studio 2 9:30 - 10:25 Shelley	UltraFit Conditioning Studio 2 9:15 - 10:10 Ginger
	Stretch Studio 2 10:45 - 11:40 Roberta	Slow Gentle Yoga Studio 1 11:00 - 12:15 Kristin	Youth Self Defense Studio 2 5:00 - 6:00 (Registration required)	PiYo Studio 1 5:30 - 6:25 TBA	Youth Self Defense Studio 2 5:00 - 6:00 (Registration required)	Chair Strength Studio 1 10:30 - 11:25 Rita
	PiYo Studio 1 11:15 - 12:10 Terri	UltraFit Conditioning Studio 2 6:00 - 6:55 Stacey	Gentle Restorative Yin Yoga Studio 1 5:00 - 6:15 Kristin			Youth Multi-Sports Studio 2 Ages 4 - 6 12:00 - 12:30 Ages 7 & Up 12:30 - 1:00
	Circuit Training/ Boxing 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
9:00 - 10:00 Andrew	8:00 - 9:00 Pam	8:00 - 9:00 Lois	8:00 - 9:00 Andrea		8:00 - 9:00 Lois	8:00 - 9:00 Muge
	11:00 - 12:00 Ginger	10:00 - 11:00 Muge	11:00 - 12:00 Ginger		11:00 - 12:00 Ginger	10:00 - 11:00 Andrew
	3:00 - 4:00 Muge	3:00 - 4:00 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.

Wildlife

AROUND THE SOUND

If you've taken a nice wildlife photo *Around the Sound* and would like to have it highlighted in the next wildlife edition, please email jricco@brokensoundclub.org



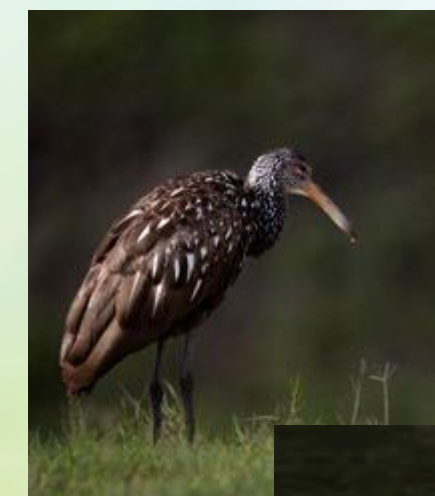
Woodpecker
Photo by Jeffrey Kramer



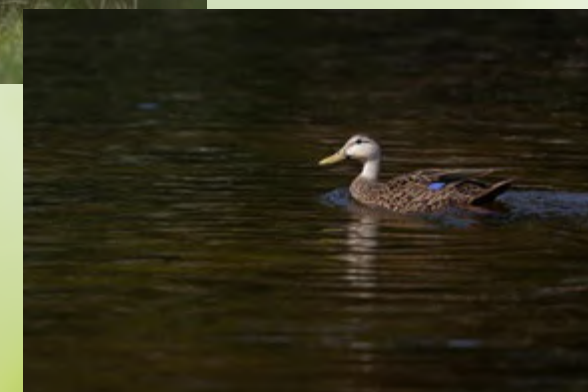
Bald Eagle
Photo by Cindi Gold



Peregrina with a Honey Bee & Wild Mushroom
Photos by Jon Ricco



Glossy Ibis & Mottled Duck
Photos by Andrew Millar





BROKEN SOUND
CLUB

2401 WILLOW SPRINGS DRIVE
BOCA RATON, FLORIDA 33496

