

  
BROKEN SOUND  
CLUB

# *The* SOUND



JULY 27, 2024

# News You Can Use

## GENERAL INFORMATION

- Board of Governors meeting minutes for May 2024 are posted online. Click [here](#) to view.

## DINING UPDATES

- There is no Zest Dinner on Saturday, July 27 due to the Lobster Bash held in Illuminations Ballroom.
- Beginning on Thursday, August 1, the Bistro will be closed on Thursdays for dinner. To view the new Dining Schedule, please click [here](#).

## GOLF UPDATE

- Golf play at The Old Course will be closed due to maintenance on Monday, July 29 and August 5. The Old Course Food Truck will not be available during this time.
- Golf play at the Club Course will be closed due to maintenance through Sunday, July 28, and Thursday, August 1.

## YOUTH UPDATE

- Reminder: The last day of the Youth Summer Program is Friday, August 2.
- Starting Wednesday, August 7, our regular supervised hours will resume in the Toddler Room.

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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.

# HURRICANE SEASON IS HERE. DO YOU HAVE A PLAN?

Please make sure you download the Broken Sound Club App for all up-to-date storm notifications that may affect the Club.

Here is some information that you should keep on hand should you need it:

## STORM TRACKING SITES

[wpbf.com](http://wpbf.com) - You may also sign up for storm updates at that website.  
(ABC, News channel 13)

[nhc.noaa.gov](http://nhc.noaa.gov) - National Hurricane Center

[nws.noaa.gov](http://nws.noaa.gov) - National Weather Service

[ci.boca-raton.fl.us](http://ci.boca-raton.fl.us) - City of Boca Raton

[discover.pbcgov.org/publicsafety/dem/pages/default.aspx](http://discover.pbcgov.org/publicsafety/dem/pages/default.aspx)  
Hurricane Activation Homepage

[floridadisaster.org](http://floridadisaster.org) - State of Emergency Florida

[redcross.org/local/florida/south-florida](http://redcross.org/local/florida/south-florida) - American Red Cross

[floridahurricane.net](http://floridahurricane.net) - Florida Hurricane Homepage

## EMERGENCY TV AND RADIO COVERAGE

Channel 395 - Hotwire - Boca Gov't Access

Channel 20 - City of Boca Emergency Information (Comcast)

Channel 99 - AT&T U-Verse

Radio 1650 AM

To view and or download the 2024 Florida Hurricane Guide, please click [here](#).

# 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](http://PALMBEACHVOTES.GOV)

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

# ASSOCIATE SPOTLIGHTS

Welcome!

## Aaron Bristol Head Pickleball Professional

Born in Los Angeles, California, Aaron Bristol lived in several states including, New York, Connecticut, and Topeka, Kansas. At age 6, Aaron was introduced to tennis while living on his family farm with a private tennis court. However, it wasn't until his 16th birthday that his interest would turn into a passion for the sport.

He attended tennis camps at Duke University in North Carolina, discovering the importance of quality instruction, mentors, and coaches. Upon relocating to Boca Raton, Florida, in 1984, Aaron trained with renowned instructor CW Lewis and played key team matches for the Oaks of Boca Raton.

In 2016 he was introduced to the game of Pickleball by Raul Trevieso. Aaron is now a certified coach by the PPR and IPTPA. Aaron's passion for the game of Pickleball is the foundation of his enthusiasm and patience to instruct as he looks forward to introducing the sport to newcomers. In early 2022 Whitney Kraft introduced him to the game Padel. Aaron is also a certified Padel instructor.



Congratulations!

## Dalton Barkman Fitness Manager

We are proud to announce the promotion of Dalton Barkman to Fitness Manager, who has been with Broken Sound as a Personal Trainer since 2019. Dalton's strong work ethic, and attention to detail, as well as his positive relationship with our current staff and members, makes him the perfect addition to assist in the day-to-day operations of the Fitness Center.

In his free time Dalton enjoys spending time with his wife, working out, and also plays in a Billiards league. We are excited to watch Dalton grow in his new management role!



## July 27 - August 24

## 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>27</b> Bistro All Day CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites Lobster Bash</p>
<p><b>28</b> Bistro All Day CIRQ Brunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Mexican Fiesta Dinner Buffet</p>	<p><b>29</b> CIRQ Lunch Buffet CIRQ Bar Bites CIRQ Burgers &amp; Brews</p>	<p><b>30</b> CIRQ Lunch Buffet CIRQ Bar Bites CIRQ Wine &amp; Dine Zest Dinner</p>	<p><b>31</b> Bistro Lunch CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Tuscan Dinner Buffet Zest Dinner Stags' Leap Wine Dinner</p>	<p><b>1</b> Bistro Lunch Bistro Curbside Zest Dinner</p>	<p><b>2</b> Bistro Lunch CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Chef's Specials Zest Dinner Lakeside Happy Hour</p>	<p><b>3</b> Bistro All Day CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites Zest Dinner Piano &amp; Prime Dinner</p>
<p><b>4</b> Bistro All Day CIRQ Brunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Havana Night Dinner Buffet</p>	<p><b>5</b> CIRQ Lunch Buffet CIRQ Bar Bites CIRQ Burgers &amp; Brews</p>	<p><b>6</b> CIRQ Lunch Buffet CIRQ Bar Bites CIRQ Wine &amp; Dine Zest Dinner</p>	<p><b>7</b> Bistro Lunch CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Tuscan Dinner Buffet Zest Dinner</p>	<p><b>8</b> Bistro Lunch Bistro Curbside Zest Dinner</p>	<p><b>9</b> Bistro Lunch CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Chef's Specials Zest Dinner Lakeside Happy Hour</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 Lunch Buffet CIRQ Bar Bites CIRQ Burgers &amp; Brews</p>	<p><b>13</b> CIRQ Lunch Buffet CIRQ Bar Bites CIRQ Wine &amp; Dine</p>	<p><b>14</b> Bistro Lunch CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Tuscan Dinner Buffet</p>	<p><b>15</b> Bistro Lunch Bistro Curbside</p>	<p><b>16</b> Bistro Lunch CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Chef's Specials Lakeside Happy Hour</p>	<p><b>17</b> Bistro All Day CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites 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 Lunch Buffet CIRQ Bar Bites CIRQ Burgers &amp; Brews</p>	<p><b>20</b> CIRQ Lunch Buffet CIRQ Bar Bites CIRQ Wine &amp; Dine</p>	<p><b>21</b> Bistro Lunch CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Tuscan Dinner Buffet</p>	<p><b>22</b> Bistro Lunch Bistro Curbside</p>	<p><b>23</b> Bistro Lunch CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites CIRQ Chef's Specials Lakeside Happy Hour</p>	<p><b>24</b> Bistro All Day CIRQ Lunch Buffet Bistro Curbside CIRQ Bar Bites Lobster Bash</p>

# Weekly Dining Events



## Hours of Operation

View full schedule for all locations plus other important information.

CIRQ Grille and Bar	Bistro
<b>Lunch Buffet</b> Mondays - Wednesdays, Fridays & Saturdays	<b>Lunch</b> Wednesdays - Fridays <a href="#">MENU</a>
<b>Brunch Buffet</b> Sundays	<b>Bistro All Day</b> Saturdays & Sundays <a href="#">MENU</a>
<b>Burgers &amp; Brews</b> Mondays <a href="#">MENU</a>	<b>Bistro Curbside</b> Wednesdays - Sundays 3:00 pm - 6:00 pm <a href="#">MENU</a>
<b>Wine &amp; Dine</b> Tuesdays <a href="#">MENU</a>	<h3>Zest Restaurant</h3>
<b>Tuscan Dinner Buffet</b> Wednesdays <a href="#">MENU</a>	<b>Dinner</b> Tuesdays - Saturdays NO DINNER ON SATURDAY, JULY 27
<b>À la Carte Dinner</b> Fridays	<p>Daily Restaurant Menus,                      not including Special Event Dining or                      alternating Menus.</p>
<b>Steak Night</b> Saturdays	
<b>Themed Dinner Buffet</b> Mexican Fiesta <b>SUNDAY, JULY 28</b> <a href="#">MENU</a>	



# Sunday Nights at CIRQ

Sundays | Seatings begin at 5:30 pm

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

DINNER CASUAL ATTIRE

**July 28** | *Mexican Fiesta Dinner Buffet*

[VIEW MENU](#)

**August 4** | *Havana Night Dinner Buffet*

[VIEW MENU](#)

**August 11** | *Asian Dinner Buffet*

**August 18** | *Western 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.



# Wine & Dine

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

**\$45 Prix Fixe Menu**

DINNER CASUAL ATTIRE

*Dinner includes a glass of our featured wine.*

**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.*

## Stags' Leap Wine Tasting Dinner

**Wednesday, July 31 | 6:00 pm**

**\$125 per person | Illuminations**

Featuring wines from Stags' Leap Winery alongside a carefully curated 5-course meal.

**Reservations are required**

To reserve, please call 561-241-6800

[VIEW MENU](#)

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.



**STE MICHELLE**

WINE ESTATES

# Wine Tasting Dinner

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

**\$145 | Illuminations Ballroom**

Featuring wines from Ste Michelle Wine Estates alongside a carefully curated 5-course meal.

Reservations are required and open on Sunday, July 28th

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.

# Join our **Host Committee** and Cheer on **Chef Michael Bass** at the **Ultimate**



Hosted by St. Andrews County Club  
Thursday, November 14, 2024

The Chef Showdown is an annual fundraising event in support of Trustbridge Hospice Foundation. The 2023 event was hosted by Broken Sound Club.

As a member of the Host Committee, you'll play a pivotal role in bringing together top chefs, food enthusiasts, and community leaders for an unforgettable night of gourmet delights and thrilling competition while helping ensure families in our community receive the care they truly deserve.



### If you are interested in joining the Host Committee

Contact Broken Sound Member  
**Bob Friedman** at  
(561) 376-9662  
**Or**  
**Aubrey Fleming** at  
afleming@tbfdn.org  
(561) 494-6894



Raise your hand for a chance to be at the heart of the action!

Sign up today and make the Chef Showdown an event to remember.

Purchase tickets and sponsorship



## July 27 - August 24

## Events at a Glance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>THE OLD COURSE CLUB COURSE 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>27</b> Club Course Closed</p>
<p><b>28</b> Club Course Closed</p>	<p><b>29</b> The Old Course Closed</p>	<p><b>30</b> Magic Hands Knitting Club Scrabble Club</p>	<p><b>31</b> 105 Tennis Under the Lights</p>	<p><b>1</b> Club Course Closed BSC Singers Fitness Class: Dance Jam</p>	<p><b>2</b></p>	<p><b>3</b></p>
<p><b>4</b></p>	<p><b>5</b> The Old Course Closed Fitness Class: Reike &amp; Sound Healing</p>	<p><b>6</b> Magic Hands Knitting Club Scrabble Club</p>	<p><b>7</b> 105 Tennis Under the Lights</p>	<p><b>8</b> Club Course Closed Summer Canasta Tournament</p>	<p><b>9</b></p>	<p><b>10</b> Youth Back-to-School Ice Cream Social</p>
<p><b>11</b></p>	<p><b>12</b> The Old Course Closed</p>	<p><b>13</b> The Old Course Closed Magic Hands Knitting Club Scrabble Club Photography Club Grief Support</p>	<p><b>14</b> The Old Course Closed 105 Tennis Under the Lights Speaker Series: Dr. Yijie Zhu</p>	<p><b>15</b> The Old Course Closed BSC Singers Trivia Night</p>	<p><b>16</b> The Old Course Closed</p>	<p><b>17</b> The Old Course Closed</p>
<p><b>18</b> The Old Course Closed</p>	<p><b>19</b> The Old Course Closed</p>	<p><b>20</b> Club Course Closed Magic Hands Knitting Club Scrabble Club Primary Election</p>	<p><b>21</b> Club Course Closed 105 Tennis Under the Lights Book Club</p>	<p><b>22</b> Club Course Closed</p>	<p><b>23</b> Club Course Closed</p>	<p><b>24</b> Club Course Closed Youth Game Night Moonlight Social Club</p>

# Magic Hands

## KNITTING CLUB



**Tuesdays | 10:00 am - Noon**  
**Osprey | Members & Guests**  
**Complimentary Knitting Lessons**

If you are interested or have any questions,  
please contact Nancy Ehrlich at (954) 646-1189.

# SPEAKER SERIES:

## Dr. Yijie Zhu

**DISCOVER THE POWER  
AND SCIENCE BEHIND  
HURRICANES**



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

Dr. Yijie Zhu will deepen our understanding of the relationships between changing climate and the post-landfall weakening of hurricanes, especially for inland communities, and to provide valuable insights that can help improve our ability to mitigate the impacts of these inland moving storms. Whether you're a weather enthusiast, a student of science, or a community leader preparing for disaster resilience, Dr. Yijie Zhu will engage and educate, leaving you informed and inspired.

**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.

# Summer Canasta

## TOURNAMENT



**Thursday, August 8 | 7:00 pm**  
**Pelican | \$10 | Members Only**

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

*Last day to register or cancel is Monday, August 5.*

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



# TRIVIA



## Night

**THURSDAY, AUGUST 15**

**7:30 PM | PELICAN**

**COMPLIMENTARY | MEMBERS ONLY**

Join us for an evening of trivia that features a range of family-friendly questions, covering diverse topics such as history, sports, literature, current events, music, and more.

Prepare to unleash your vast repertoire of useless knowledge and get ready to immerse yourself in a night of brain-teasing fun!

**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

YOUTH

# BACK TO SCHOOL Ice Cream Social

August 10 | 3:00 pm | Pool Deck  
Complimentary | Members Only

Join us for a fun-filled ice cream social to share summer stories and gear up for the new school year! Enjoy sweet treats, games, and great company.

Register online or  
please call Youth at 561-241-6828

**REGISTER NOW**



# YOUTH Game Night

Saturday, August 24 | 5:30 - 9:00 pm  
Starling Room | 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 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.*



# Back to School PBC Supplies Drive!

THANK YOU TO EVERYONE WHO DONATED!



# 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.

## GOLF COURSE CLOSURES

**THE OLD COURSE**  
JULY 29 & AUGUST 5  
AUGUST 12 - 19

**CLUB COURSE**  
JULY 27 & JULY 28  
AUGUST 20 - 30

# 105 TENNIS UNDER THE LIGHTS

**Wednesdays | 5:00 pm - 6:30 pm**  
**\$35 per person | Racquets Center**

105 is a doubles tennis cardio game that is taking over clubs across the nation. Be ready to run, get energized and hone your tennis skills in a fun but competitive environment. It is a fun workout that is suitable for all levels. Come down and see for yourself the workout everyone is talking about!

**To register, please call the Racquets Pro Shop at 561-241-6880.**





## Reiki & Sound Healing

August 5, 2024 ~ 5:30 - 7:00 pm  
Complimentary ~ Studio 1

Join Kristin and Amy for a transformative 90-minute session. Experience the harmonious blend of meditation, Reiki, and soothing sounds from crystal singing bowls, chimes, and Tibetan sound bowls. Together, we'll harness healing vibrations to cultivate balance and nourish your energy flow. Don't miss this opportunity for holistic rejuvenation!

Online Registration Required

[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 open on Wednesday, August 7

# 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.

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

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



# Group Fitness Class Schedule | July 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 Robert	Functional Conditioning Studio 2 9:30 - 10:25 Roberta	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 Robert	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 10:00 - 10:55 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 Robert	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 Robert	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			
	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.

# 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

