

  
BROKEN SOUND  
CLUB

# *The* SOUND



AUGUST 17, 2024

# News You Can Use

## GENERAL INFORMATION

- Ladies' Evening Card Play will be held in Starling on Saturday, August 24 due to the Moonlight Social Club event.

## DINING UPDATE

- Zest will be closed beginning August 19 for approximately 3 weeks as we upgrade our kitchen. During this closure we will offer a Sushi & Sashimi menu at CIRQ during dinner hours. We appreciate your patience during this time.
- CIRQ Bar will be open for Bar Bites and a small Sushi menu on Saturday, August 24 from 3:00 pm - 9:00 pm
- Due to the holiday weekend, the Bistro All Day will now be a buffet on Saturday, August 31 and Sunday, September 1. We will also offer a Bistro Lunch Buffet on Labor Day, Monday, September 2.

## GOLF UPDATE

- Golf play at The Old Course will be closed due to maintenance 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, 30.

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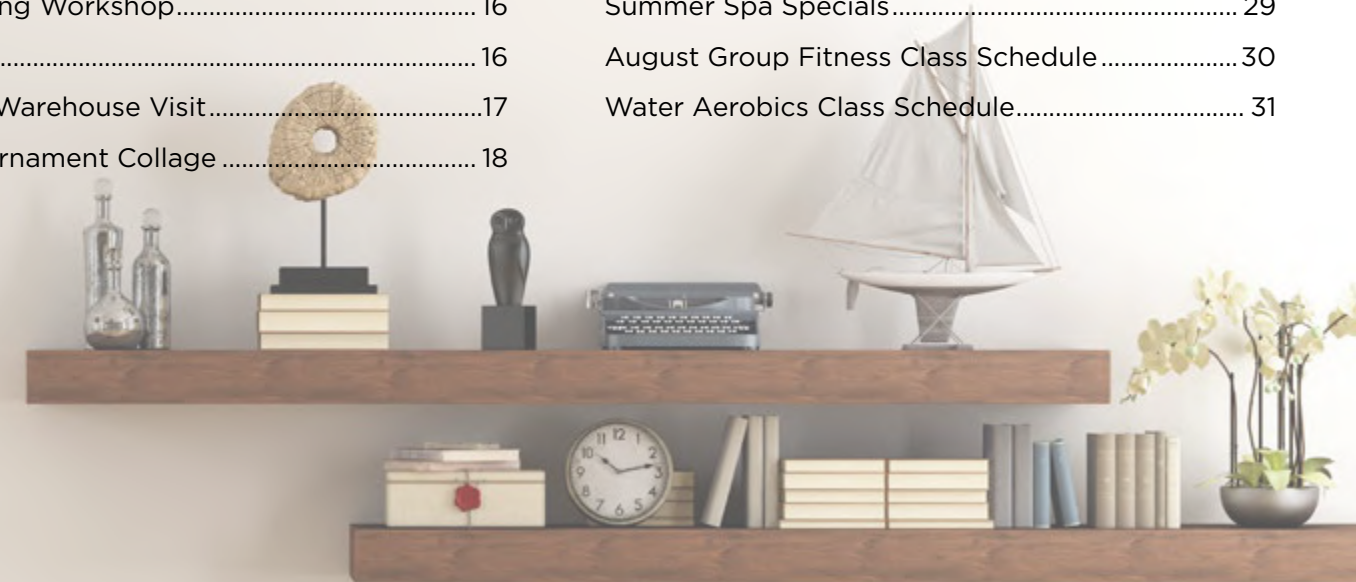
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## Did You Know?

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

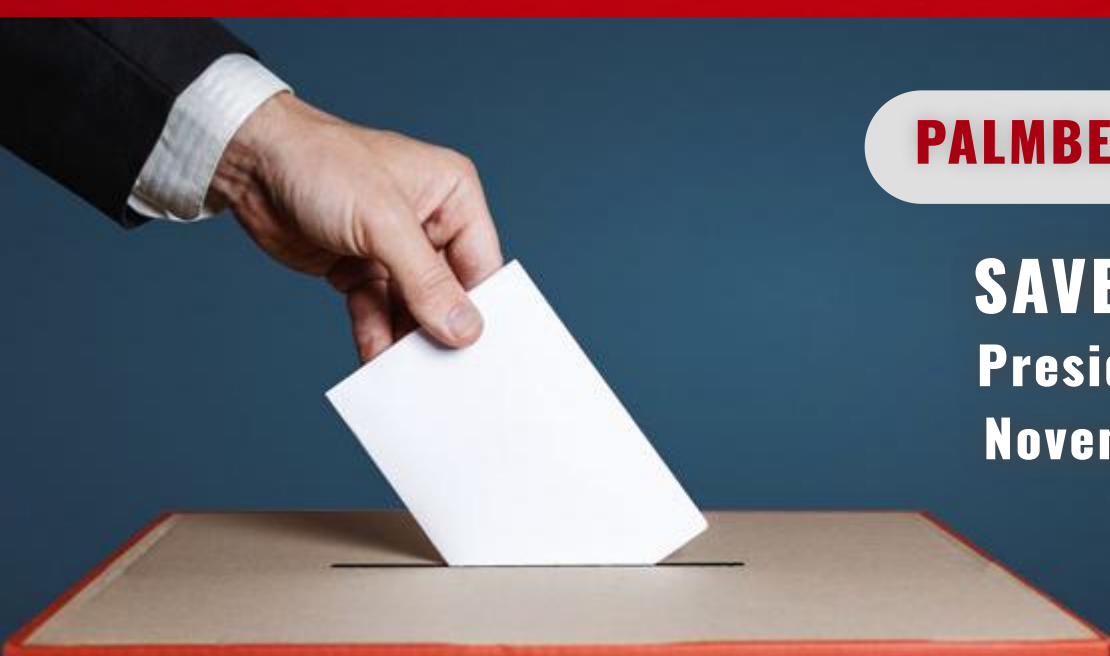
**August 20, 2024**  
**Starling Room | 7:00 am - 7:00 pm**

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**

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



## August 17 - September 14

## 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>17</b></p> <p>Bistro All Day                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      Zest Dinner                      CIRQ Steak Night</p>
<p><b>18</b></p> <p>Bistro All Day                      CIRQ Brunch Buffet                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Southwestern Dinner Buffet</p>	<p><b>19</b></p> <p>CIRQ A la Carte Lunch                      CIRQ Bar Bites                      CIRQ Burgers &amp; Brews</p>	<p><b>20</b></p> <p>CIRQ A la Carte Lunch                      CIRQ Bar Bites                      CIRQ Wine &amp; Dine</p>	<p><b>21</b></p> <p>Bistro Lunch                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Tuscan Dinner Buffet</p>	<p><b>22</b></p> <p>Bistro Lunch                      Bistro Curbside                      CIRQ A la Carte Dinner</p>	<p><b>23</b></p> <p>Bistro Lunch                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Chef's Specials                      Lakeside Happy Hour</p>	<p><b>24</b></p> <p>Bistro All Day                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      Lobster Bash</p>
<p><b>25</b></p> <p>Bistro All Day                      CIRQ Brunch Buffet                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Key West Dinner Buffet</p>	<p><b>26</b></p> <p>CIRQ A la Carte Lunch                      CIRQ Bar Bites                      CIRQ Burgers &amp; Brews</p>	<p><b>27</b></p> <p>CIRQ A la Carte Lunch                      CIRQ Bar Bites                      CIRQ Wine &amp; Dine</p>	<p><b>28</b></p> <p>Bistro Lunch                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Tuscan Dinner Buffet                      Wine Tasting Dinner</p>	<p><b>29</b></p> <p>Bistro Lunch                      Bistro Curbside                      CIRQ A la Carte Dinner</p>	<p><b>30</b></p> <p>Bistro Lunch                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Chef's Specials                      Lakeside Happy Hour</p>	<p><b>31</b></p> <p>Bistro All Day Buffet                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      Piano &amp; Prime</p>
<p><b>1</b></p> <p>Bistro All Day Buffet                      CIRQ Brunch Buffet                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Hawaiian Luau Dinner Buffet</p>	<p><b>2</b></p> <p>Labor Day Bistro Lunch Buffet                      Labor Day BBQ Dinner</p>	<p><b>3</b></p> <p>CIRQ A la Carte Lunch                      CIRQ Bar Bites                      CIRQ Wine &amp; Dine</p>	<p><b>4</b></p> <p>Bistro Lunch                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Tuscan Dinner Buffet</p>	<p><b>5</b></p> <p>Bistro Lunch                      Bistro Curbside                      CIRQ A la Carte Dinner</p>	<p><b>6</b></p> <p>Bistro Lunch                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Chef's Specials                      Lakeside Happy Hour</p>	<p><b>7</b></p> <p>Bistro All Day                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Steak Night</p>
<p><b>8</b></p> <p>Bistro All Day                      CIRQ Brunch Buffet                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Mediterranean Dinner Buffet</p>	<p><b>9</b></p> <p>CIRQ A la Carte Lunch                      CIRQ Bar Bites                      Burgers &amp; Brews</p>	<p><b>10</b></p> <p>CIRQ A la Carte Lunch                      CIRQ Bar Bites                      CIRQ Wine &amp; Dine</p>	<p><b>11</b></p> <p>Bistro Lunch                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Tuscan Dinner Buffet</p>	<p><b>12</b></p> <p>Bistro Lunch                      Bistro Curbside                      CIRQ A la Carte Dinner</p>	<p><b>13</b></p> <p>Bistro Lunch                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      CIRQ Chef's Specials                      Lakeside Happy Hour</p>	<p><b>14</b></p> <p>Bistro All Day                      CIRQ A la Carte Lunch                      Bistro Curbside                      CIRQ Bar Bites                      Piano &amp; Prime</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 - Wednesdays  
Fridays & 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](#)

#### Wine & Dine

Tuesdays

[MENU](#)

### Zest Restaurant

#### Tuscan Dinner Buffet

Wednesdays

[MENU](#)

#### Dinner

Tuesdays - Saturdays

Zest will be closed starting  
Monday, August 19 for  
approximately 3 weeks

#### À la Carte Dinner

Thursdays & Fridays

#### Steak Night

Saturdays

#### Themed Dinner Buffet

Southwestern Night

**SUNDAY, AUGUST 18**

[MENU](#)

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 18** | *Southwestern Dinner Buffet*

[VIEW MENU](#)

**August 25** | *Key West Dinner Buffet*

[VIEW MENU](#)

**September 1** | *Hawaiian Luau Dinner Buffet*

**September 8** | *Mediterranean 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.



moonstone CAFE

# PIZZA

Join us for a cheesy addition to the Moonstone Menu!

Now Available!

Try our new flavors:

Cheese • Proscuitto • Pepperoni



# Lobster Bash



Saturday, August 24 | 5:30 pm

\$85 Adult | \$20 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.

[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 Dinner Dress Attire.



# Piano & PRIME

**Saturday, August 31**  
**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.*



**NEW!**

## Sunday Brunch

Starting **Sunday, September 1**, from 11:30 AM to 2:30 PM, CIRQ will be featuring exciting new stations and offerings to elevate your experience!

Sunday Brunch will now be featuring:

- Bottomless Mimosas!
- Pancake & Waffle Bar
- Charcuterie & Cheese Board
- Mezze Platter Display
- Smoked Fish Display

**Adult \$30 | Child \$15**

Dress Code: Daytime Casual Attire

Reservations are not required but recommended.

For parties of 6 or more please call 561-241-6800 to reserve your table.





**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.**



HEBREW CONGREGATION  
 AT BROKEN SOUND

**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**

Wednesday, October 2 | 5:30 PM  
 Thursday, 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

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.

*Forms*

*Click Below to View Forms*

[Tickets & Prayer Book Order](#)

[Tree of Life Donation](#)

[Yizkor Service](#)

# August 17 - September 14

# 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>						17
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 Shabat Service	7
8	9 The Old Course Closed	10 Magic Hands Knitting Club Scrabble Club	11 105 Tennis Under the Lights	12 Club Course Closed BSC Singers	13 Delray's Art Excursion Youth Movie Night	14

# 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"

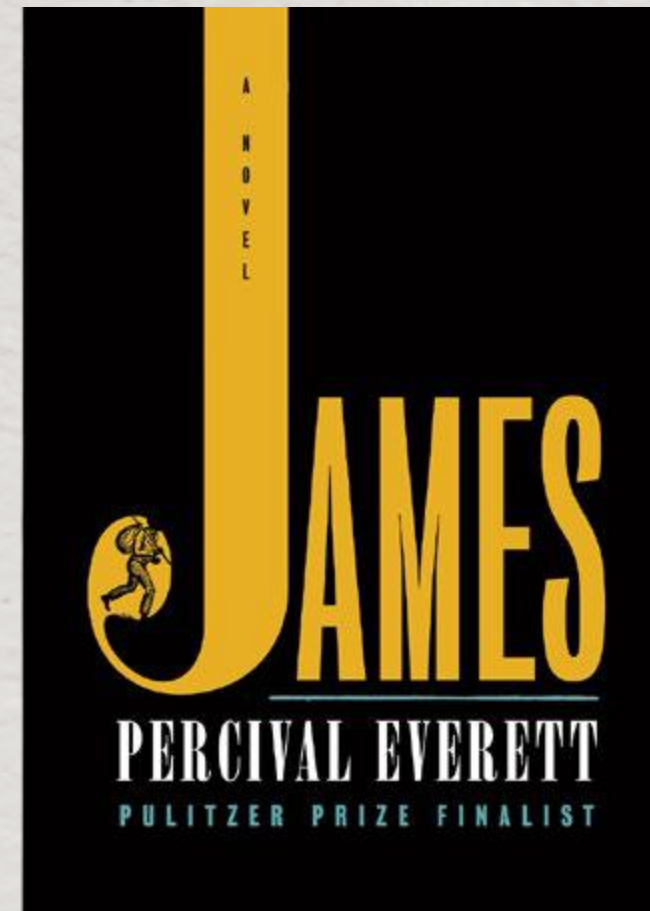
A brilliant, action-packed reimagining of The Adventures of Huckleberry Finn, both harrowing and ferociously funny, told from the enslaved Jim's point of view.

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**



# MOONLIGHT SOCIAL CLUB

Saturday, August 24th

8:30 pm - Midnight | Pelican

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 | 21 and Up





# 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.

# Delray Arts WAREHOUSE Studio & Exhibitions Visit

Friday, September 13 | 2:00 PM | \$35

313 NE 3rd St, Delray Beach, FL 33444

*Transportation will not be included. We will meet outside the studio.*

Join curator Ross Karlan for an afternoon exploring exhibitions in a vibrant and community-driven art space. Resident artist Katya Neptune will guide you through her exhibit, "Echoes Unveiled," focusing on mental health, motherhood, and spirituality. You'll also explore Haitian artist Dominique Denis' exhibit, "Coming Home." Afterward, you'll have the opportunity to meet artists and learn more about their work.

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

*Last day to register or cancel is Monday, September 9.*

**REGISTER NOW**



# BINGO NIGHT

Thursday, September 5  
7:00 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.

# Summer Canasta TOURNAMENT

Thursday, August 8



# 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.*

# 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!

# YOUTH Movie Night

Featuring "Freaky Friday"

Friday, September 13  
Drop off 6:15 pm | Pick up 8:45 pm | Fitness Studio 1  
Complimentary | Members Only

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.

**JOIN WAITLIST**

To join waitlist 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 BACK TO SCHOOL Ice Cream Social

Saturday,  
August 10



## THE SIGNATURE SHOP

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

**40% MEMBER  
 PRICE**

**Through  
 Monday, August 31**

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

  
 THE OLD COURSE  
 AT BROKEN SOUND CLUB

**LABOR DAY**  
*Social Mixer*



Sunday, September 1

8:30 AM Shotgun • \$65 • 18-Hole Scramble  
 Open to Club Course & Old Course Golf Members.

Register via Foretees by August 30.

For more information, please call  
 The Old Course Pro Shop at 561-994-8505.



# SAVE OUR DATE

Men's Member Guest  
 Format: Four-Ball Match Play  
 December 5th-7th, 2024  
 Broken Sound Club Course

## GOLF COURSE CLOSURES

**THE OLD COURSE**  
 AUGUST 19  
 SEPTEMBER 9, 16 - 20

**CLUB COURSE**  
 AUGUST 20 - 30  
 SEPTEMBER 5 & 12





FLORIDA SOUTH EAST CHAPTER  
CHARTER CHAMPIONSHIP  
MONDAY, AUGUST 12 & TUESDAY, AUGUST 13

We'd like to highlight and send a thank you to our Club Golf Professionals for representing Broken Sound Club in this past week's Florida Southeast Chapter Charter Championship held at The Old Course.

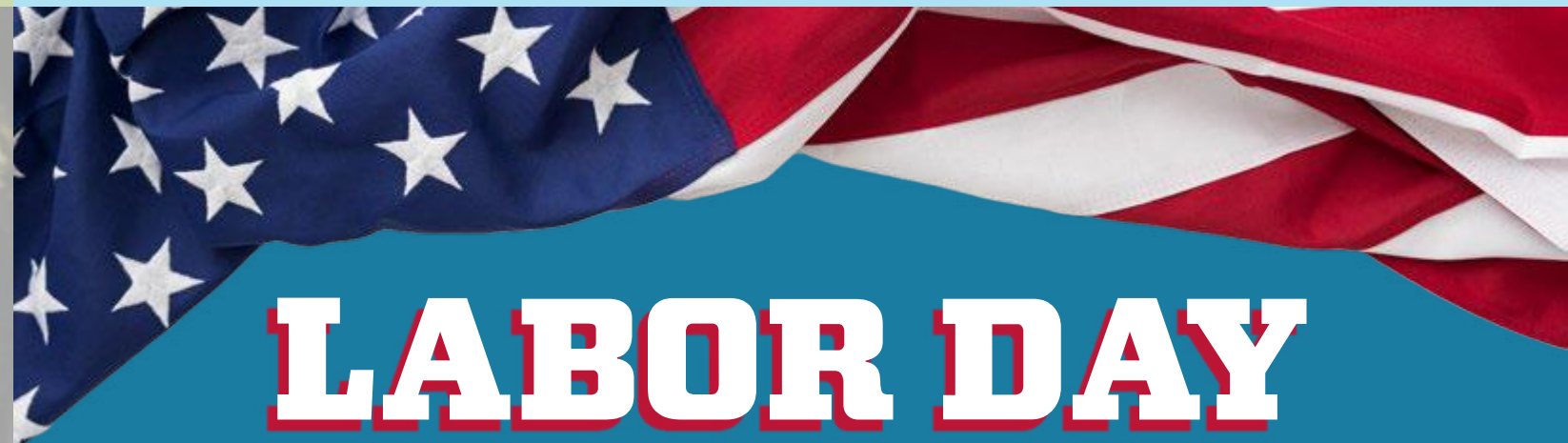


**Nathan Lingard**  
Assisant Golf Professional  
Club Course



**Jeff Waber**  
Director of Golf Operations  
Old Course

**Rick Sutton**  
Director of Golf Operations  
Club Course



# 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.

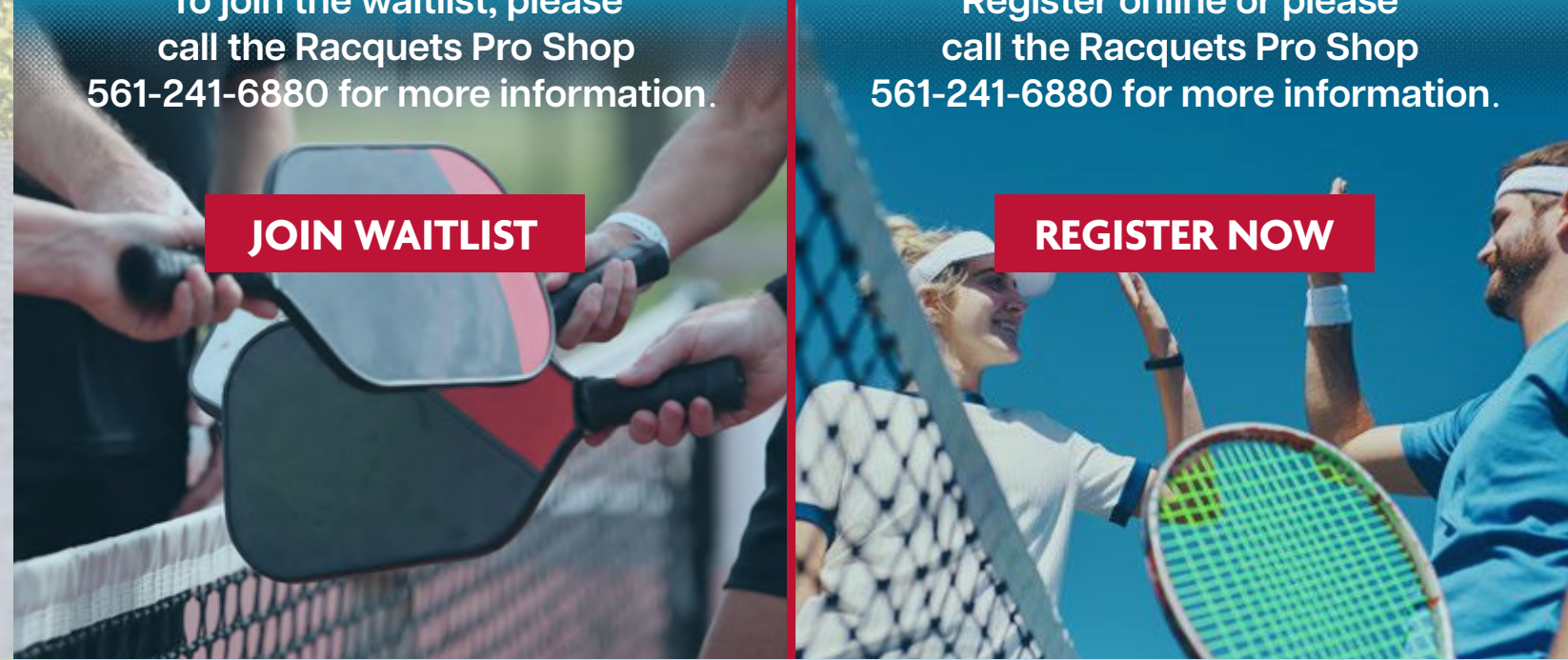
**JOIN WAITLIST**

## 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**



# GOLF & TENNIS PILATES TRAINING SESSIONS

## Elevate Your Game with Pilates!

*Looking to take your golf or tennis skills to the next level?  
Pilates might be the missing piece in your training!*

Join us to experience training that enhances core strength, flexibility, balance, and overall body control—key elements for sports like golf and tennis.

Discover why top athletes like Coco Gauff, Serena Williams, Rory McIlroy, and Tiger Woods incorporate Pilates into their routines. Whether it's for warm-up, cooldown, or regular training, our expert instructors will create a sport-specific program to boost your performance!

**30 MIN / \$50 ■ 45 MIN / \$65 ■ 60 MIN / \$85**

**BOOK YOUR SESSION!  
CONTACT 561-241-6858**

## 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.

### 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).

### 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.

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

