

THE SEAGATE

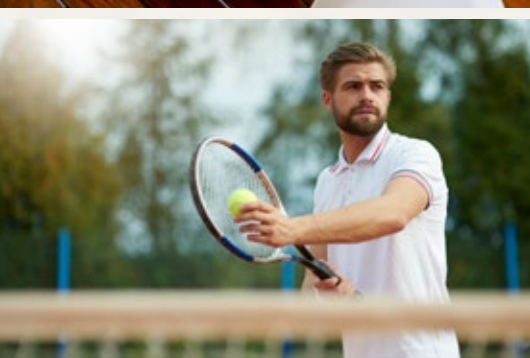




Welcome to [The Seagate Hotel & Spa](#), where your every need has been carefully considered long before you arrive in our lobby.



Visit the **Atlantic Grille**, our eclectic restaurant on the Avenue that perfectly captures the unique flavor of Delray Beach. Join us for our daily Happy Hour 4pm - 6pm. [Learn more.](#)



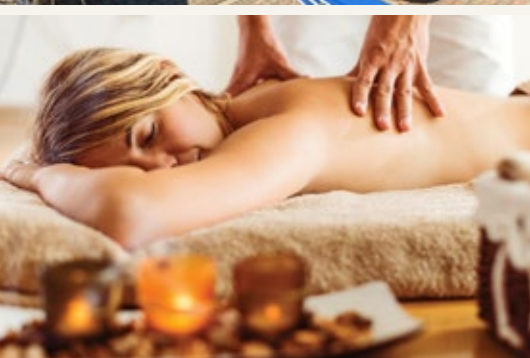
Escape to the **Seagate Spa** where every detail has been carefully designed to create the ideal environment for your relaxation and renewal. Feel your cares melt away as you enjoy a complete range of massage, skincare, and body treatments. [Learn more.](#)



You won't have to go far to discover some of the most fashionable finds, unique gifts, and delectable delights anywhere in South Florida. **Aqua Resortwear** is the ideal place to find the latest fashions and resortwear for men and women. For gifts, gourmet specialties, and beach essentials, **etc. café & gifts** has everything you need. [Learn more.](#)



The **Seagate Country Club** is a world-class golf and country club featuring one of the finest championship golf courses in all of Palm Beach County. The club and its recently restored course are now open hotel guests of The Seagate Hotel & Spa and provide activities such as golf, tennis, pickleball and more. **The Seagate Wellness Center**, which provides classes and personal training in its Technogym facility is also available to hotel guests. [Learn more.](#)



The **Seagate Beach Club** offers guests the prestige of a sophisticated retreat with the allure of a refined ambiance with personalized service. Amenities include direct beach access, oceanview dining, a beachside swimming pool, poolside and beach beverage service and more. [Learn more.](#)

And so you don't miss out on any of our activities, we offer complimentary transportation on our in-house car to and from the hotel and clubs on a first-come, first-served basis.

Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 24	JULY 25	JULY 26	JULY 27	JULY 28	JULY 29	JULY 30
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	10:00am Gentle Stretch	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics		8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities		8:30am Aquabilities
	9:00am Aquabilities		5:30pm Stretch on the Rooftop			9:00am Seagate Sweat
			6:00pm Pickleball Mixer			
JULY 31	AUG 1	AUG 2	AUG 3	AUG 4	AUG 5	AUG 6
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	10:00am Gentle Stretch	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics		8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities		8:30am Aquabilities
	9:00am Aquabilities		5:30pm Stretch on the Rooftop			9:00am Seagate Sweat
			6:00pm Pickleball Mixer			
			6:30pm Guided Meditation			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUG 7	AUG 8	AUG 9	AUG 10	AUG 11	AUG 12	AUG 13
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	10:00am Gentle Stretch	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics		8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities		8:30am Aquabilities
	9:00am Aquabilities		5:30pm Stretch on the Rooftop	7:30pm Full Moon Yoga		9:00am Seagate Sweat
			6:00pm Pickleball Mixer			
AUG 14	AUG 15	AUG 16	AUG 17	AUG 18	AUG 19	AUG 20
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	10:00am Gentle Stretch	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics		8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities		8:30am Aquabilities
	9:00am Aquabilities		5:30pm Stretch on the Rooftop			9:00am Seagate Sweat
			6:00pm Pickleball Mixer			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUG 21	AUG 22	AUG 23	AUG 24	AUG 25	AUG 26	AUG 27
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	10:00am Gentle Stretch	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics		8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities		8:30am Aquabilities
	9:00am Aquabilities		5:30pm Stretch on the Rooftop			9:00am Seagate Sweat
			6:00pm Pickleball Mixer			
AUG 28	AUG 29	AUG 30	AUG 31	SEPT 1	SEPT 2	SEPT 3
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	10:00am Gentle Stretch	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics		8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities		8:30am Aquabilities
	9:00am Aquabilities		5:30pm Stretch on the Rooftop			9:00am Seagate Sweat
			6:00pm Pickleball Mixer			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		



AEROBICS

Country Club Main Ballroom
Mondays, Thursdays | 8am - 9am
Hotel Guests \$15

High energy, total body conditioning class that utilizes a variety of resistance equipment designed to increase definition and overall strength! Pump your heart rate up by performing cardiovascular movements with superstar instructor Rita!

Skill Level: Intermediate & Advanced

AQUABILITIES

Wellness Center Pool
Mondays, Thursdays, Saturdays | 8:30am - 9:30am
Beach Club Pool
Mondays, Wednesdays | 9am - 10am
Hotel Guests \$15

Get an excellent water workout without the impact of jumping in our therapeutic temperatures! Improve strength, balance, and function using equipment in the water.

Skill Level: Beginner & Intermediate

EMPOWERED ROTATION YOGA

Yacht Club Roof Top
Wednesdays | 5:30pm - 6:30pm
Hotel Guests \$15

A yoga class that focuses on mobilizing the hips and upper spine to allow you to get more out of your golf swing.

GENTLE STRETCH

Country Club Main Ballroom
Fridays | 10am - 11am
Hotel Guests \$15

Stretching is the key for a healthy body. Relaxation is the key for a healthy mind...The focus of this class is to help relieve the stresses of the day.

Skill Level: All levels

GUIDED MEDITATION

Yacht Club
First Wednesday of the month
6:30pm - 7pm
Hotel Guests \$10

Meditation is a grounding practice which helps you know yourself better, appreciate yourself and others more, and allows you to get a more relaxed and sound sleep

Skill Level: All levels

JUNIOR CARDIO TENNIS CLINIC

Racquets Center (Country Club)
Thursdays | 6pm - 7pm
Hotel Guests \$25

Juniors (Ages 9+) participate in a variety of highly active tennis drills and games.

PICKLEBALL CLINIC

Racquets Center (Country Club)
Wednesdays | 5pm - 6pm
Hotel Guests \$25

Players receive instruction while participating in a variety of drills and games that improve players' performance.

PICKLEBALL MIXER

Racquets Center (Country Club)
Wednesdays | 6pm - 7pm
Hotel Guests \$30

Players warm-up with the pro followed by several rounds of match-play. Beverage service included.



SEAGATE SUP YOGA

Seagate Hotel Pool Deck
Mondays, Thursdays | 7:30am - 8:30am
Hotel Guests \$25

Benefits include improved balance, strengthened muscles, refined technique, and the opportunity to relax outdoors on the water. Bring stretchy, water-resistant workout attire, bathing suits, rash guards, yoga clothing, boardshorts. Limited availability.

SEAGATE SWEAT

Country Club - Wellness Center
Saturdays | 9am - 9:30am
Hotel Guests \$15

Train your body in the way it was intended to work, as a complete unit. This class will incorporate strength, endurance, coordination, and balance using various tools such as weights, bands, balls and body weight for optimal conditioning.

Skill level: All levels

SKILLS TENNIS CLINIC

Racquets Center (Country Club)
Wednesdays | 9am - 10am
Hotel Guests \$30

Players focus on learning technique and shot selection at a steady pace.

SUNRISE BEACH YOGA

Beach Club - Oceanside
Saturdays | 8am - 9am
Hotel Guests \$15

A creative blend of yoga postures, uniting clear intelligent alignment, energetic movement, meditation, and pranayama (breathing techniques). Bring a large towel or blanket as mats can get sandy.

Skill Levels: All levels

SURF'S UP SUNDAYS

Beach Club - Oceanside
Sundays | 1pm
Hotel Guests \$35

Payment accepted only through Hotel Guest account.

Drop in to catch a swell with Delray Water Sports Team. Instructors will guide you to the perfect wave.

WAKE UP TO THE SUN YOGA

Country Club - Main Ballroom
Tuesdays | 7:30am - 8:30am
Hotel Guests \$15

This class allows you to arrive and enjoy quiet stillness, warm up and energize the body, and leave class ready to enter the rest of your day with vitality and calmness.

Skill Level: All levels

SEAGATE ZUMBA

Country Club - Main Ballroom
Saturdays | 8am - 8:45am
Hotel Guests \$15

The combination of dance and fitness moves done to a background of exhilarating rhythms. This class features merengue, salsa, cha-cha, reggaeton, bachata, samba, and hip-hop.

Skill Level: All levels

REGISTRATION

SEAGATE COUNTRY CLUB AND BEACH CLUB WELLNESS

To register, please see the hotel concierge. Reservations are required unless noted otherwise.

THE SEAGATE RACQUETS CENTER

Sign-up by texting or calling 561-475-0652.

Summer Sunset

S E R I E S

Wednesdays | 5pm - 8pm

Adults \$20.95* | Kids 6 - 12 \$10.95* | Kids 5 & Under Complimentary
Country Club - Center Dining Room

Join us for the summer sunset series, featuring a special 3-course menu on Wednesdays, all summer long.

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. 24-hour cancellation policy in effect. Regular dining menu will not be offered during event.
All adult beverages will be charged to your Room Account.*



Menu

SOUP & SALAD

All menu Options are served with your choice of
Chef's Soup, Market Salad or a Caesar Salad

ENTRÉES

Herb Crusted Prime Rib

Au Jus & Horseradish Crème Fraiche, Yukon Gold Mashed Potato

Grilled Local Swordfish

Preserved Lemon Compound Butter & Sautéed Spinach

Pan Roasted Organic King Salmon

Ginger Orange Beurre Blanc, Lemongrass Scented Jasmine Rice, Soy Glazed Green Beans

Bell and Evans Chicken Picatta

Sautéed Chicken Breast, Lemon Caper Butter Sauce, handmade Spaghetti Noodles

Broiled Prime Filet Mignon

Six-Ounce Prime Filet Mignon, Local Tomato and Balsamic Fondue, Truffle Salt Fries

Kung Pao Cauliflower

Wok Roasted Cauliflower, Cashews, Red Peppers, Tamari Soy Glaze, Sesame Soba Noodles

Crab Stuffed Shrimp

Blue Crab Stuffed Jumbo Shrimp, Summer Corn and Bacon Succotash, Old Bay Butter

DESSERT

Ice Cream Sundae Bar

Choose from Vanilla, Chocolate, Coffee, or Oreo Cookie Ice Cream with Your Favorite Toppings to
include Sprinkles, Caramel, Hot Fudge, Whipped Cream, Cookie Crumbles, Brownie, Chocolate
Sauce, and Cherries

GUIDED MEDITATION

Wednesday, August 3 | 6:30pm - 7pm

\$10 per person | Yacht Club

Meditation is a grounding practice which helps you know yourself better, appreciate yourself and others more, and allows you to get a more relaxed and sound sleep. With the glow of golden hour and the sounds of the water surrounding you in our one-of-a-kind space, join us to experience the beauty of a guided meditative practice overlooking the intracoastal .

Class Level: All Levels

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

48-hour cancellation policy in effect.



FULL MOON YOGA

Thursday, August 11 | 7:30pm - 8:30pm
Member \$10 | Member Guest & Hotel Guest \$20
Beach Club - Oceanside

Join us in this all levels Vinyasa class during the rise of the full moon over the ocean on Delray Beach! Come take an hour for yourself to quiet your mind and energize your body and spirit

We open with a moon meditation, followed by moon salutations, a cool down, and end as the moon rises over the ocean. Please bring yourselves, a mat, a few towels or a tapestry to place under your mat on the sand, a water bottle, and any friends who may be interested. We will meet just south of the Casuarina Road. See you on the sand!

Weather Call: Please note as we approach the fast-moving weather season, we will be working to deliver updates 1 hour prior to Full moon yoga. We encourage you to check email prior to attending!



Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

48-hour cancellation policy in effect.



ELEMENTS OF
Health & Wellness
RITUAL

EXCLUSIVELY FOR OUR HOTEL GUESTS & CLUB MEMBERS



Begin your journey with a 60-minute Personal Training Session with one of our Wellness Professionals between the hours of 7am and 12pm, followed by a 90-minute Sports Massage. This customized therapeutic treatment includes the use of hot and cold stones, trigger-point, deep tissue, and Swedish Massage modalities. Concentration is on increasing range of motion and flexibility, relieving muscle soreness, and promoting quick recovery due to overuse.

Personal Training 60 Minute Single: \$120

Discounted Sports Massage \$220

Total Package: \$340*

Personal Training 60 minute couple: \$120 each

Discounted sports massage \$230 each

Total Package: \$680*

**Spa bookings at appointments@seagatedelray.com or contact our direct spa line (561) 665-4950.
For personal training bookings, call the Concierge at (561) 665-4990.**

**Gratuuity not included. Subject to availability.*

summer SEASIDE KIDS activities

Weekly Thursdays - Sundays | 11am - 3pm

Members & Guests Complimentary | Beach Club - Oceanside

Drop by the Seaside Kids tent for fun family-friendly activities and crafts all Summer. You never know what game we may be playing so swing by and have fun!

*Seaside Kids activities will be extended during the holidays.
Please check with the Hotel Concierge for scheduling.*





Mini Kids' **SPORTS MORNING**

**Mondays | 9am - 10am
\$25 per person | Ages 4 - 6
Country Club - Racquet Center**

Calling all munchkins! Join us at the courts for a fun morning of tennis, pickleball, and other awesome games!

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.
24-hour cancellation policy is in effect.



Kids' SPORTS MORNING

Mondays | 10am - 12pm
\$50 per person | Ages 7 - 11
Country Club - Racquet Center

Attention kids! Join us at the courts for games,
tennis, pickleball, and more!

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.
24-hour cancellation policy is in effect.

Summer KIDS' CAMP

Tuesday, August 2 - Friday, August 12 | 9am - 2pm

Kids 5 - 12 | \$80* per day | \$300* per week

Country Club - Kids' Club Room

It's your last chance to take advantage of all the fun summer activities in Kids' Club! Join your favorite Kids' Club Counselors and Seagate professionals before summer comes to an end.

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity.*



TUESDAY SCHEDULE

9am: Kids Arrive & Check In

9:30am: Snack Time

10am: Swimming

11:30am: Lunch in Kids' Club

12:15pm: Golf

2pm: Pick Up

WEDNESDAY SCHEDULE

9am: Kids Arrive & Check In

9:30am: Snack Time

10am: Swimming

11:30am: Lunch in Kids' Club

12:15pm: Tennis

2pm: Pick Up

THURSDAY SCHEDULE

9am: Kids Arrive & Check In

9:30am: Fitness Center/Snack

10:30am: Swimming

12:15pm: Lunch in Kids' Club

1pm: Craft/Organized Activity

2pm: Pick Up

FRIDAY SCHEDULE

9am: Kids Arrive & Check In

9:30am: Snack Time

10am: Swimming

11:30am: Lunch in Kids' Club

12:15pm: Field Day/Wild Card

2pm: Pick Up

TUESDAY

MORNING SNACKS

Assorted Yogurts | Granola Bars

Seagate Water & Juices

LUNCH

Cheesy Pizza with steamed broccoli and carrots

Water, Lemonade, Assorted Gatorades & Juice Boxes

AFTERNOON SNACKS

Ice Pops, Chocolate Chip Cookies, or Brownies

WEDNESDAY

MORNING SNACKS

Assorted Yogurts | Granola Bars

Seagate Water

LUNCH

Deli Box: Sliced turkey meat, cheese, red grapes

and gluten free crackers

Water, Lemonade, Assorted Gatorades & Juice Boxes

AFTERNOON SNACKS

Ice Pops, Chocolate Chip Cookies, or Brownies

THURSDAY

MORNING SNACKS

Assorted Yogurts | Granola Bars

Seagate Water

LUNCH

Crispy Chicken Fingers with French Fries

Water, Lemonade, Assorted Gatorades & Juice Boxes

AFTERNOON SNACKS

Ice Pops, Chocolate Chip Cookies, or Brownies

FRIDAY

MORNING SNACKS

Assorted Yogurts | Granola Bars

Seagate Water

LUNCH

Hot Dog or Cheeseburger with chips

Water, Lemonade, Assorted Gatorades & Juice Boxes

AFTERNOON SNACKS

Ice Pops, Chocolate Chip Cookies, or Brownies

GLUTEN FREE ITEMS AVAILABLE UPON REQUEST

The Seagate Hotel & Spa

AQUA RESORTWEAR

Hours
10am - 7pm | Tue. - Sat.
10am - 6pm | Sun. & Mon.

Phone
561-665-4940

ETC. CAFÉ & GIFTS

Hours
Café: 6:30am - 6pm | Daily
Gifts: 6:30am - 8pm | Daily

Phone
Café: 561-665-4921
Gifts: 561-665-4922

FITNESS CENTER

Hours
24 Hours

HOTEL POOL

Hours
7am - 8pm

IN-ROOM DINING

Breakfast Menu
7am - 11am

Evening Menu
5:30pm - 10pm

All Day Dining
11am - 10pm

SEAGATE SPA

Hours
10am - 6pm | Mon. - Sun.

Reservations
561-665-4950 or [Book Online.](#)

ATLANTIC GRILLE + BAR

Brunch
10am - 3pm | Saturday & Sunday

Dinner
5:30pm - 10pm | Sunday - Thursday
5:30pm - 11pm | Friday & Saturday

Happy Hour
3pm - 6pm | Daily

Happy Hour
3pm - 6pm | Daily

Reservations
Call 561-665-4900 or [Book Online.](#)

The Seagate Beach Club

POOL & BEACH SERVICE

Hours
9am - 5pm | Daily

DINING

Lunch Service
11:30am - 4pm | Daily

Dinner Service
5pm - 8pm | Sunday - Thursday
5pm - 9pm | Friday & Saturday

Happy Hour
4pm - 6pm | Monday - Friday

Reservations
Call 561-330-3775

Delray Beach Water Sports Rentals

399 S. Ocean Blvd., Delray Beach
561-279-0008
delraybeachwatersports.com

ONSITE EQUIPMENT RENTAL

	1 HR	2 HR
1 Man Kayak	\$30	\$45
2 Man Kayak	\$40	\$60
Windsurf Gear	\$75	\$150
Surf Soft	\$15	\$23
Surf Epoxy	\$20	\$30
Supaddle Board Epoxy	\$35	\$50
Boogie Board	\$10	\$15
Skim Board	\$20	\$30
Mask, Snorkel & Fins	\$20	\$30

SAILBOATS

	1 HR	2 HR
Hobie Wave 14'	\$90	\$135
Hobie Getaway 16'	\$140	\$210
Hobie High Performance 16'	\$200	\$300
Boat Captain (1 to 4 persons + rental)	\$60	\$90

LESSONS

	1 HR	2 HR
One Person	\$70	\$105
Kite Surfing Intro	\$50 and Up	
Group rates available. Call for additional packages.		

The Seagate Country Club

RAQUETS PRO SHOP

Hours

8am – 4pm | Mon. - Fri.

8am – 1pm | Sat. - Sun.

GOLF PRO SHOP

Hours

12pm – 5:30pm | Mon.

7am – 5:30pm | Tue. - Sun.

WELLNESS CENTER

Hours

5am – 11pm | Mon. - Sun.

DINING

COFFEE & BAGELS

19th Hole

7am – 10:30am | Tuesday - Sunday

BISTRO DINING MENU

Courtyard and 19th Hole

11:30am – 4pm | Tuesday - Sunday

Upstairs Dining

4pm – 8pm | Friday Only

Summer Sunset Menu

5pm – 8pm | Wednesday

Reservations Recommended

Bar Menu

4pm – 7pm | Thursday, Saturday &

Sunday

Happy Hour

4pm – 7pm | Tuesday - Friday

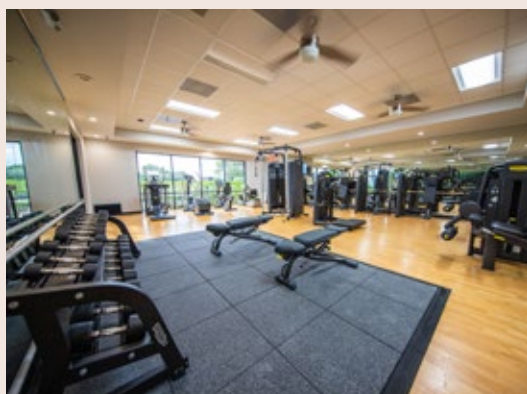
Beverage Cart

9am – 4pm | Tuesday - Sunday

Reservations

Call 561-665-4990

Food and Beverages Operations will be closed on Mondays until further notice.



WELLNESS CENTER

When members and Seagate Hotel guests walk into The Seagate Technogym facility, they will be welcomed into a space that boasts high energy while focusing on total mind/body wellness. Our state-of-the-art facility houses more than 35 pieces of wall-to-wall Technogym equipment with an Omnia Room and Pure Strength side dedicating separate areas for cardio, Kinesis stations, warm-up/cool down, and free weights.

Open Monday – Sunday 5:00 am – 11:00 pm. Limited classes, personal training and complimentary virtual classes are available.

Schedule an appointment

msperber@seagatedelray.com

RACQUETS CENTER POLICIES & PRICING

1. All guests must sign-up for court time, lessons, and clinics prior to play via email at jphillips.seagatedelray.com or text 561-475-0652.
2. Due to high demand, guests are encouraged to sign-up 48 hours prior to play.
3. Guests have until 48 hours prior to play to cancel their reservation without being fully charged.
4. Court time is available for guests 7 days a week beginning at 11am until 7pm.
5. Guests have a 6-ball limit on court. (no ball hoppers allowed)

Lesson/Clinic Prices (effective November 1st, 2021)

60-Minute Lesson: \$100/person

30-Minute Lesson: \$60/person

60-Minute Group of 2 Lesson: \$60/person

60 Minute Group of 3 Lesson: \$40/person

60 Minute Group of 4 Lesson: \$35/person

60 Minute Clinic: \$35/person

(Guests have until 48 hours prior to lesson/court time to cancel without being fully charged)



TRANQUIL TUESDAYS

Every Tuesday, indulge in a 90-minute massage or facial
for the base price of the 60-minute service.



SEAGATE
SPA

To book your appointment, call 561-665-4950.

**Some exclusions may apply. Available May 31 - August 30, 2022.*