

Fitness / Aquatic

Improve your overall well-being...

Our Fitness Studio features a unique Cardiovascular area that includes treadmills, ellipticals, cross training units and bicycles, with most machines having 15-inch LCD TV screens. The Weight Resistance area has a wide variety of free weight and weight resistance equipment that will keep your workouts fresh and exciting. A comprehensive Physical Therapy area is also available to enhance your sporting activities.

PERSONAL TRAINING

Enjoy the benefits of working out with a Personal Trainer. Our Personal Trainers are degreed and nationally certified professionals. Allow one of our fitness experts to fine tune your current workout routine or design a new unique program. Workouts are created on an individual basis. They are designed to be safe and effective based on your goals, interests, lifestyle and fitness level. Personal training is offered for 30 or 60 minutes with discount packages available. Appointments may be booked following the completion of the health history procedure. For more information, please contact the Fitness Studio at 488-6944.

Personal Training Rates

(30 minutes) – \$50

(60 minutes) – \$70

Series of 6

(30 minutes) – \$270

(60 minutes) – \$378

Series of 12

(30 minutes) – \$516

(60 minutes) – \$720

GROUP FITNESS CLASSES

Our facility offers a broad spectrum of classes at no extra charge. Our classes include Low Impact Aerobics, Dancercise, Sculpting, Functional Stretch, Yoga, Meditation, Pilates, Water Aerobics and Water Resistance Training. Our instructors are nationally certified professionals. Private classes are available upon request.

AEROBICS STUDIO

Our spacious 2,400 square foot Aerobics Studio features a suspended wooden floor and also includes a variety of fitness equipment to be used in the classes. Class schedules are available at the fitness center, the pool hut and Spa Reception areas. The monthly Aerobics schedule can also be found in the Club's magazine, Channel 63 and on our website (<http://members.bocawestcc.org>).

MOVEMENT STUDIO

Our new 2,200 square foot Movement Studio is home to our Spinning and Pilates Programs. Enjoy group training on the MVe chair, where Pilates equipment meets group exercise that is both fun and effective. The Studio boasts Spinning bikes for the ultimate indoor group cycling experience. Along with the fabulous group formats, the Studio is home to Pilates Reformer, MVe chairs and Barrel equipment for one-on-one training with our highly trained and certified staff.

Contact the Fitness Studio at **488-6944** for pricing and availability.

Private Pilates and Yoga Rates

1 Session (55-minutes) – \$80 Series of 6 – \$432 Series of 12 – \$816

GROUP PILATES REFORMER

Get stronger and spend time with your friends. Sessions of 2-4 people are available with our Certified Pilates Equipment Instructors.

1 Session (55-minutes) – \$80/person

NUTRITIONAL SERVICES

Nutritional consultations by a Registered Dietician are available. Appointments must be made in advance. For more information, call the Fitness Studio at **488-6944**.

AQUATICS

Boca West is proud to offer members and their guests a place to unwind in a tranquil, poolside setting. The Club boasts five beautiful free aquatic center pools where relaxation and peace under swaying palm trees truly reflects the Boca West lifestyle. A great addition to our Aquatic Center is our redesigned waterfall that cascades into our adult pool. This is a rare retreat to swim under as well as the soothing sound of water that encourages harmony and rest.

The Aquatic Center provides refreshing water aerobic classes and participation is for everyone. The Club also offers poolside activities such as water volleyball and basketball for children over the age of 3 to enjoy. Visit the poolside bar “splash” where a casual lunch may be enjoyed along with a tropical drink to quench the thirst on a warm sunny day.

Swim lessons may also be arranged by calling 488-7802.

To ensure the privacy of the Club, all patrons need to register at the Aquatic Center to receive a towel, to be returned upon exiting. As a reminder, we encourage all members and guests not to reserve lounges, as there is more than enough seating in our vast poolside setting.

We look forward to seeing you at this wonderful feature of the Club that will leave you truly relaxed and ready for what the Club has to offer in the evening.

Call 488-7802 for more information.

Swim Lessons

1 Session (30 minutes) – \$30 Series of 6 – \$150