LIFESTYLE & WELLNESS

2026-2027 AT BOCA WEST

LIVE WELL, PERFORM & RECOVER:
Your Wellness Season

NEW Treatments and Partnerships in the Spa!
Live Your Most Vital Life

COMING SOON:
New & Enhanced Fitness areas!

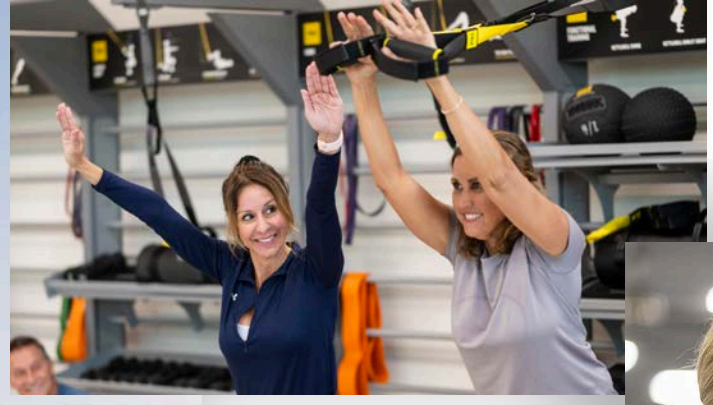
Introducing Vanderlinde Physical Therapy!

LIVE WELL
LIFESTYLE & WELLNESS

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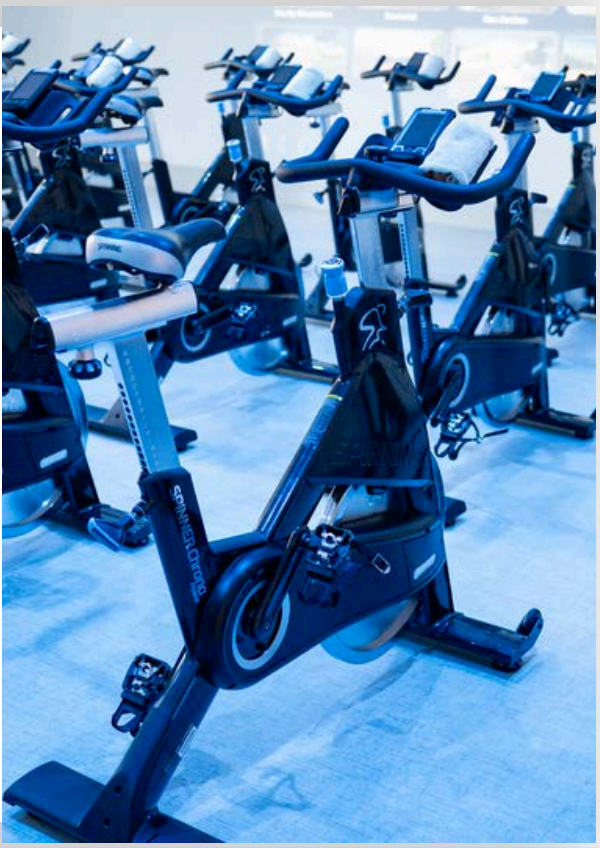
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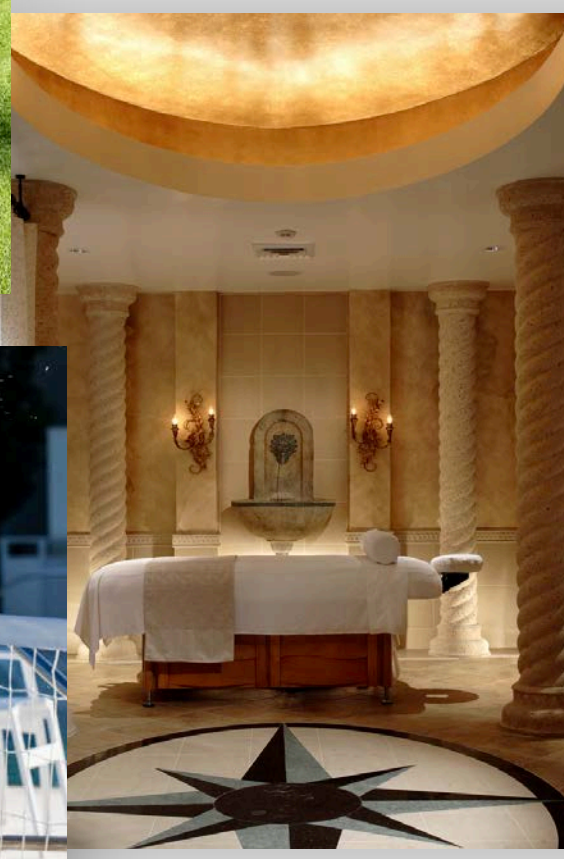


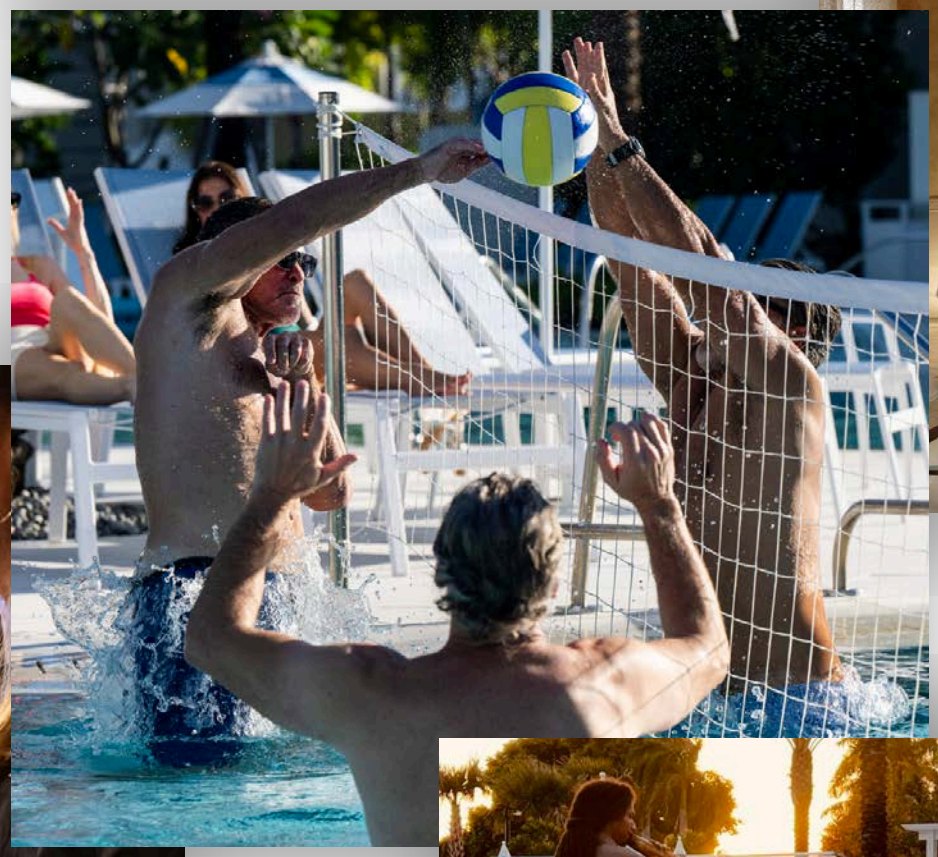


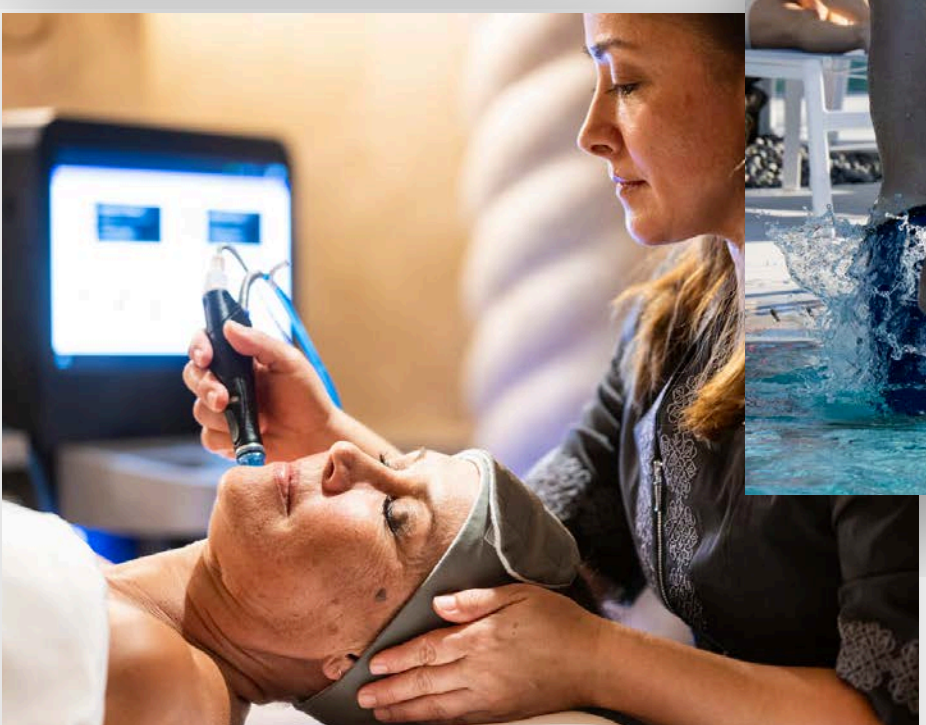














Lifestyle & Wellness

Let's get rolling, 2026-2027



Dear Members,

Welcome to an exhilarating new season of Lifestyle & Wellness at Boca West Country Club! Building on the successes of previous years, our upcoming programming offers even more opportunities to enhance your well-being.

Experience our newly renovated spaces in the Fitness Center. We are adding a Mindful Studio, a second Pilates Studio, and a dedicated Stretch & Recovery area - all designed to help you reach your personal fitness goals. We are also thrilled to introduce Vanderlinde Physical Therapy and look forward to a wonderful partnership with them. To help you optimize your movement and performance this season, take advantage of our new performance-focused programming and comprehensive Fitness Assessments. Join us for our inaugural Triathlon this March!

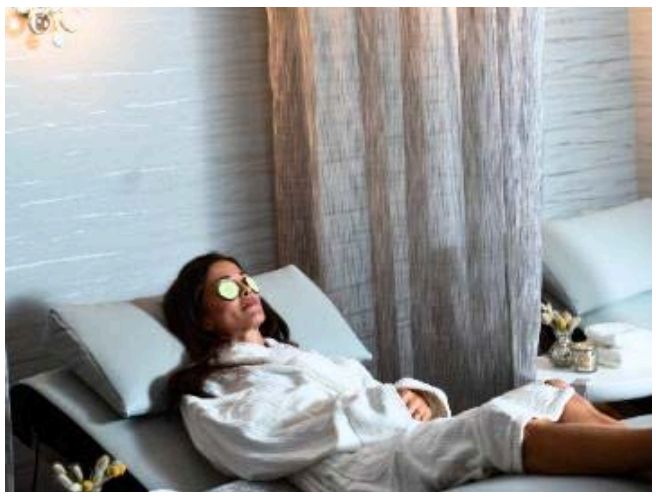
At the Aquatics Center, we continue to expand our popular swim lessons and Aquatic Therapy & Rehabilitation programs. Don't miss our exciting lineup of social activities, including new Aqua-Trampoline classes, Dive-in Movies, Glow Nights, and Wellness Under the Stars.

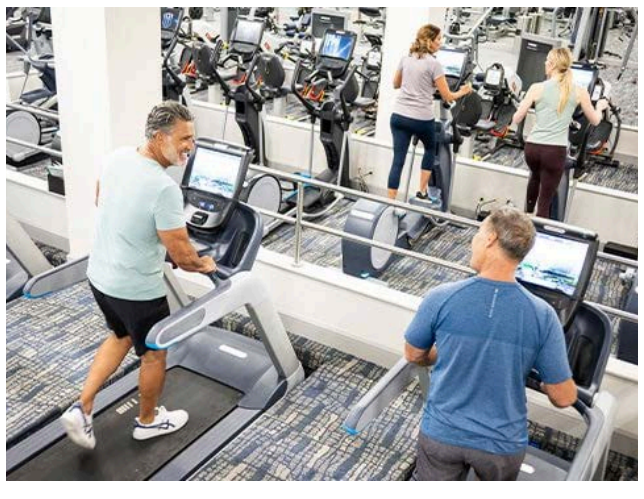
Unwind at The Spa with brand-new treatments and enhanced facilities, designed to support your recovery and relaxation. The Spa Garden will continue to host Meditations and Sound Baths, alongside new Breathwork sessions, wellness workshops and special events. To help you recover and revitalize, try our new vitality modalities, featuring red light therapy and BrainTap neurotherapy. We are also proud to announce that we are now a Cancer Aware Spa, featuring Cancer Care Certified massage therapists trained to gently support those with compromised health.

Please join us in November to meet our new team members, get a "taste" of these exciting experiences, and celebrate the upcoming season. Additionally, don't forget to mark your calendar for our Spring Spa Member-Guest days!

Thank you for your continued support as we launch another incredible season filled with wellness, activity, recovery, connection and mindful healing.

Warm regards,
Misty Stewart
Director of Lifestyle & Wellness







LIFESTYLE & WELLNESS MANAGEMENT



Misty Stewart

Director of Lifestyle & Wellness



Stephen Gerber

Asst. Director of Lifestyle & Wellness

THE SPA



Vanessa Delarrue

Spa Director



Marou Tepper

Assistant Spa Manager



Freddy Guevara

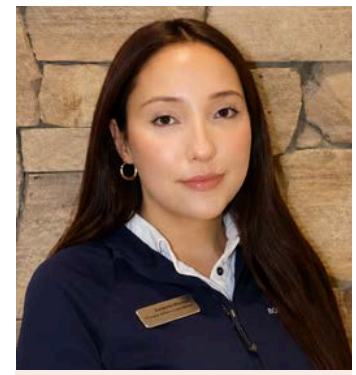
Spa Supervisor

THE FITNESS CENTER



Ed Connelly

Fitness Manager



Adrianna Blizzard

Fitness Admin Coordinator



Gina Racz

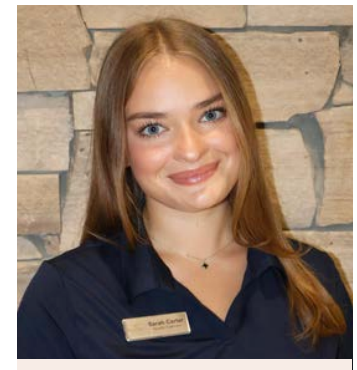
Group Exercise Coordinator

THE AQUATICS CENTER



Julio Fuentes

Aquatic Manager



Sarah Carter

Aquatic Supervisor

ADMIN & SUPPORT



Amanda Mahoney

Admin Assistant

CONNECT WITH US

LIVE WELL
LIFESTYLE & WELLNESS

CONCIERGE DESK
Monday-Sunday
8AM–4PM

(561) 488 - 7813
wellness@bocawestcc.org

THE Spa
AT BOCA WEST

Monday
9AM–8PM
Tuesday-Thursday
9AM–7PM
Friday-Sunday
9AM–6PM

(561) 488 - 7880
spa@bocawestcc.org

THE Fitness Center
AT BOCA WEST

Monday
6AM-8PM
Tuesday-Thursday
6AM–7:30PM
Friday-Sunday
6AM–6:30PM

(561) 488 - 6944
fitness@bocawestcc.org
pilates@bocawestcc.org

AQUATICS CENTER

Monday-Sunday
7AM–6PM

(561) 488 - 7802
aquatics@bocawestcc.org

Starting November 1, the Spa and Fitness Center will remain open until 8PM on Mondays to support your evening wellness routine, with a focus on relaxation, sleep preparation and recovery.

BOCA WEST
LIFESTYLE CENTER

General Guidelines

Membership & Access:

- All members, lessees, and guests must present their membership card/ QR code at all outlets (Fitness Center, Physical Therapy, Spa, Salon, Aquatics Entrance).
- Yellow card holders must activate their card to have access without a member present. Please contact the Membership department (via phone, email, or app) for activation.
- A member must check-in with their guests if the yellow card is not activated and must always be present with their guest.
- All non-offspring guests, Household or Day Guests, & registered Nannies, will be subjected to a daily guest fee of $21.30 (with tax).
- Single members are permitted to bring ONE guest at no charge and must remain with their guest for the entire visit.
- Service Animals registered with the Club are permitted - see Membership for details.

Cell Phone & Mobile Device Usage:

With the exception of building lobbies, the use of cell phones (talking or listening), and other sound-producing electronic devices inside any of the Country Club's facilities is strictly prohibited. This includes the use of FaceTime, Zoom calls and videos with sound. Members, Lessees and their Relatives and Guests shall place their phones and other sound-producing electronic devices on mute/silent mode when inside any of the Club's facilities. If a Member needs to make or receive a phone call and/or use their devices, they must go outside or into a designated lobby area. Not withstanding the foregoing, members shall be permitted to listen to content (voicemails, music, podcasts, audio books, etc.) within Club facilities so long as such use is conducted by use of headphones and the content is not audible to other persons. Texting and emails are also permitted so long as the phone is silent.

Fitness Center:

- Guests may not use the fitness center before 11am. Guests are permitted to join group classes if space allows (members have priority).
- Please familiarize yourself with the general guidelines posted outside each studio.
- Children aged 12-15 may use the fitness center after 11am, after completing a Fitness Orientation. Children under 16 must be accompanied by an adult (18+).
- As a courtesy to other patrons, we kindly ask you to wipe down each piece of equipment once you have completed your workout.
- Proper attire is required in the Fitness Center. See the Fitness Bulletin Board for the dress code.

Locker Room Facilities:

- Children under 18 are not permitted in the whirlpool, steam room, or sauna.
- Children aged 3-16 must be accompanied by an adult of the same gender in the locker areas.
- Family showers/restrooms are available at the Pool House.

Aquatics Center:

- Lounge chairs may not be reserved during peak hours.
- The Oasis pool and surrounding deck are for patrons 18+ only.
- Children under 3 or in diapers may only use the kiddy pool and splash pad.
- For lap swimming, sharing lanes is encouraged. If all lanes are occupied, please see the lifeguard to add your name to the waiting list. A 30-minute time limit applies when all lanes are in use.

Spa:

- The use of the Spa and Spa Garden are for those who have services booked on that day.
- Please arrive with enough time prior to your service to enjoy the facilities and complete any intake forms required.

LIVE WELL
AT BOCA WEST

LIVE WELL encompasses five core pillars that together fuel a personal wellness journey towards a fulfilled Boca West lifestyle.

Our 'LIVE WELL' program at Boca West provides our members with support to maximize and maintain a wholesome lifestyle and the opportunity for members to achieve their own version of a luxurious Boca West lifestyle. Specialty events, wellness programming and collaborations will be hosted throughout the year for members to enjoy enriching experiences integrating our program's pillars, the Club's services and more.

Members may visit our LIVE WELL Concierge Desk, located in the Lifestyle Lobby, to begin their journey to a lifestyle that aligns with each member's individual goals and lifestyle habits. Staff will be accessible to assist with general Club inquiries and connect Members to the services and programming offered at Boca West and the Lifestyle & Wellness department. Staff will guide Members as they navigate Boca West Country Club and its services and connect them to the one of our wellness Service Providers - whether it's working with one of our Certified Personal Trainers, Licensed Spa Providers or Sports Professionals, to joining any of our group exercise classes, or social events and activities. We're here to help you LIVE WELL!



LIVE WELL
AT BOCA WEST

Embark on your journey to **Nourish** Well with healthy fuel for peak performance, **Connect** Well with your community for a greater sense of belonging, **Move** Well to sustain mobility, **Focus** Well for mental clarity and inner peace and **Recover** Well for optimum rest and renewal to promote a virtuous cycle.

Nourish Well with our healthier inspired offerings and guidance from our professionals. Elevate your body's functionality, transforming each meal into a wellspring of vitality and health.

Connect Well with others through our lectures, activities, programs, and events. Meaningful connections to cultivate your community, weaving a fabric of supportive, inspiring relationships that enrich every aspect of life.

Move Well with Golf, Tennis, Pickleball, Fitness training and classes. **Move** with purpose to foster strength and peak performance, ensuring that every step contributes to a more mobile, agile existence.

Focus Well through our Mind & Body classes, coaching and events. Center your focus inward to achieve a harmonious balance, creating an inner sanctuary filled with peace and clarity, where every thought cultivates serenity.

Recover Well with our healing treatments, facilities, and recovery programs. Recover with intention, embracing the cycle of renewal and continuous growth, ensuring that each day unfurls as a fresh opportunity for wellness, discovery, and the joy of living well with Boca West.

SCAN ME

Scan with your phone to see a glimpse of our pillars in action!

LIVE WELL
LIFESTYLE & WELLNESS

Season Opening

Join us as we introduce many of our new offerings with multiple activities to help get you excited for season! You'll have opportunities to get to know our new team members and new offerings, as well as introductions to our spaces so you can better understand all the ways that we can help you to LIVE WELL at Boca West!

Tuesdays | 9-11am | Lifestyle Lobby

- November 17 & 24
- December 1 & 8

NEW SKINCARE PARTNERSHIPS

Discover a new level of personalized skincare at the Spa with our new skincare partnerships featuring iS Clinical, Phytomer, FHF and Naturopathica. Each brand offers unique solutions, to create a truly customized regimen just for you.

GROUP EXERCISE INTRO CLASSES

Are you interested in trying something new, but would like to learn more about it before diving into a new class? Join one of our introductory group exercises classes for a brief intro that will help you feel confident for that first class.

RECOVERY LOUNGE

Try out our new Recovery equipment, and learn about these amazing tools to help you recover after playing golf, working out, or on the courts. We are here to help you Recover quicker so you can spend more time doing the things that you love!

TRY A FITNESS ASSESSMENT

Watch for demos of our fitness assessments. Learn more about the Technogym Checkup, Kinotek Movement Assessment, and PNOE breath analysis / VO2 Max to gain valuable insight that can help to guide your fitness journey.

MEET OUR MASSAGE THERAPISTS

Watch for opportunities to meet our massage therapists, and experience a "teaser" of their amazing massage technique.

FILL OUT A WELLNESS QUESTIONNAIRE

Receive personalized wellness recommendations based on your goals, to help guide your season at Boca West.

LIFESTYLE CENTER TOURS

Join our team for a tour of the Lifestyle Center, where they offer tips on how to best utilize our areas, and answer any questions you have to help you better utilize everything that we have to offer!

INTROS TO NEW SPA OFFERINGS

Discover what's new at the Spa. We are delighted to introduce an exciting collection of new treatments, recovery experiences, and educational workshops designed to elevate your wellness journey.

MEET OUR NEW FITNESS TRAINERS

Learn more about out talented new fitness trainers and how they can help you reach your fitness goals.

SEE DEMOS OF OUR NEW EQUIPMENT

Our team will guide you through how to use our new equipment so you can best utilize everything to help you Live Well!

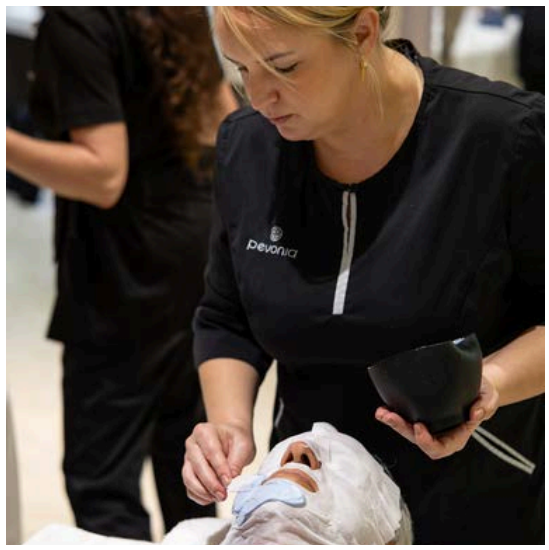






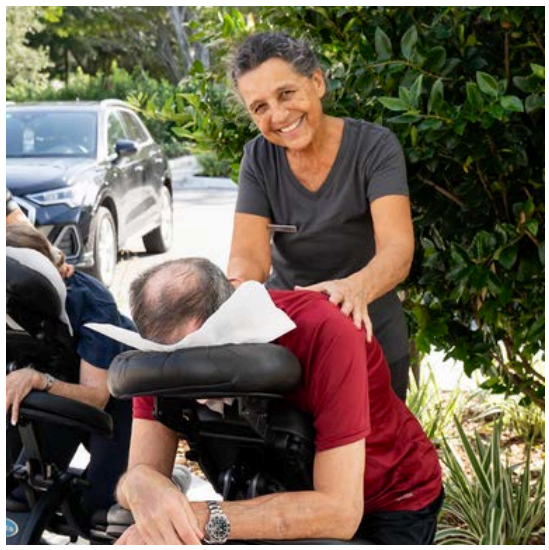




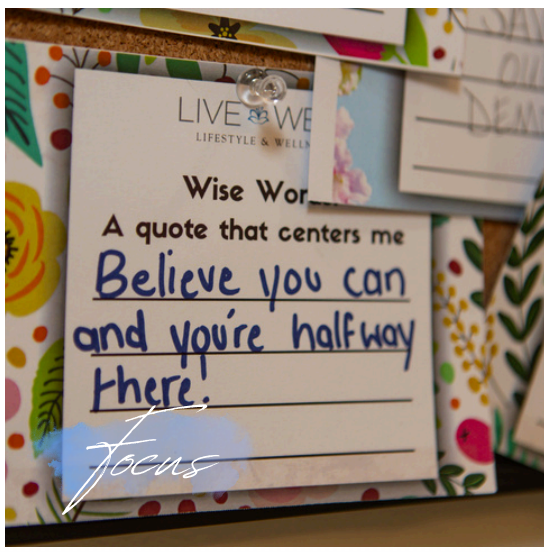
















ANNUAL LIVE WELL EXPERIENCE

Lifestyle Center **January 16, 2027** **10AM-2PM**

Our dedicated Lifestyle & Wellness team is here to guide you on your journey to LIVE WELL in 2026/2027. Say goodbye to stress, learn more about our services, vendors and classes, meet our team and start the new year right!

LIVE WELL
AT BOCA WEST

THE Spa

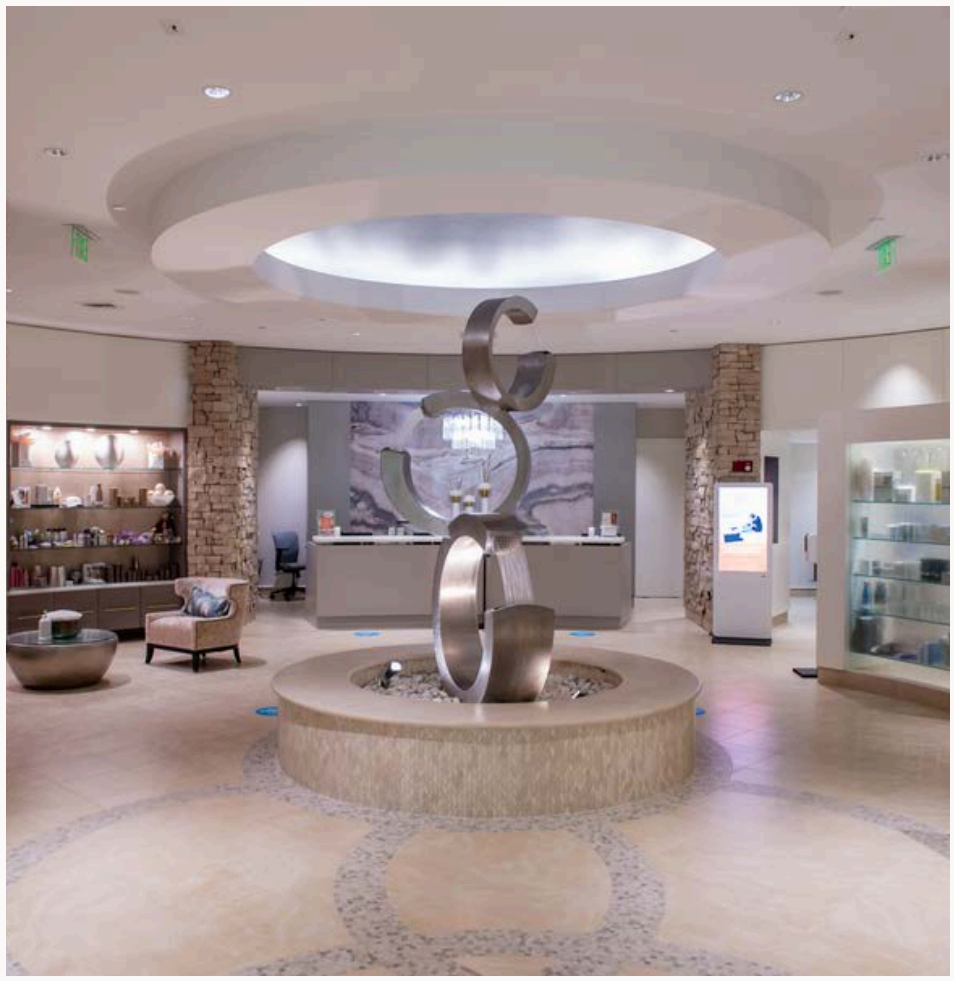
AT BOCA WEST

Redefining Luxury

THE Spa AT BOCA WEST

Escape the everyday and unwind at The Spa, where relaxation and wellness come together in a serene setting. Our skilled Massage Therapists and Estheticians provide personalized treatments in one of our twenty-three beautifully appointed treatment rooms, including our signature Old World and Asian Suites. Discover our latest facial offerings featuring advanced skincare and innovative technologies, designed to leave you refreshed, renewed, and glowing.

Relax, recharge, and restore in our enhanced Spa facilities, featuring our state-of-the-art infrared saunas designed to promote deep relaxation and overall well-being. Continue your journey with our four Experience Showers, designed to invigorate and rejuvenate your senses through thermal contrast, multiple jet experiences, and chromotherapy.





Step into a sanctuary of renewal in our downstairs Recovery Lounges, featuring advanced therapies including compression boots and red light therapy to relieve tension, support circulation, and restore the body.

The Spa Garden offers a luxurious experience with thermal pools, dining areas, outdoor spa treatments, tranquil relaxation loungers, special events and experiences.

In the upstairs spa area, discover the transformative Somalive Z.5 experience, harnessing sound therapy and PEMF (Pulsed Electromagnetic Field) technology to promote cellular renewal and profound healing. Complement your experience with our new Power Plate and integrated LED red light therapy, designed to invigorate circulation, support recovery, and promote whole-body vitality.

Relax, rejuvenate and find your perfect escape at The Spa at Boca West.

Massage Therapists & Estheticians



Andrea Rivero

Massage Therapist

At BW Since 2023

Days Available:
Wed, Thur, Fri

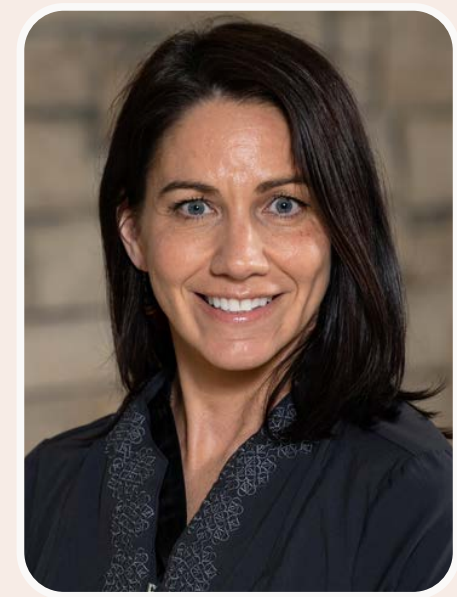


Antonio Cullari

Massage Therapist

At BW Since 2024

Days Available:
Thur



Carla Sowinski

Massage Therapist

At BW Since 2019

Days Available:
ON CALL

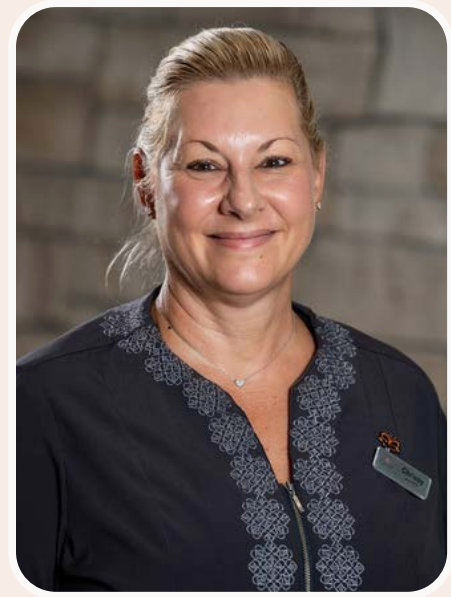


Carole Francois

Massage Therapist

At BW Since 2025

Days Available:
Mon, Wed, Thur

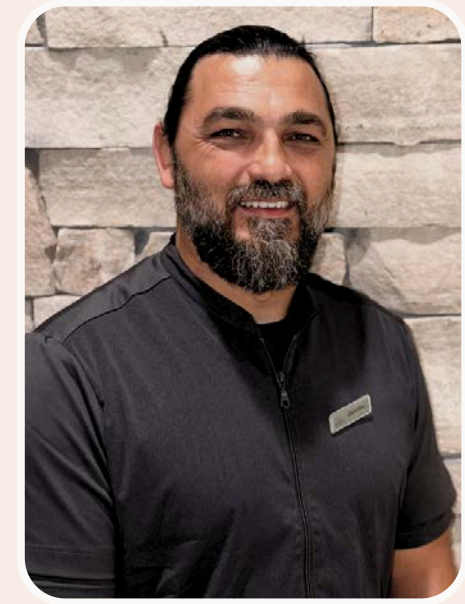


Chrissy Levine

Massage Therapist/Esthetician

At BW Since 2013

Days Available:
Mon, Tues, Wed, Fri



Dumitru Paraschiv

Massage Therapist

At BW Since 2026

Days Available:
Tues, Wed, Fri, Sat

Cancer Care Certified

Massage Therapists & Estheticians



Fang Tagariello

Massage Therapist

At BW Since 2015

Days Available:
Mon, Thur, Fri, Sat



Ingrid Barbera

Esthetician

At BW Since 2025

Days Available:
Mon, Tues, Sat



Ingrid Zea

Massage Therapist

At BW Since 2010

Days Available:
Sun, Tues, Wed, Thur



Irina Popescu

Massage Therapist

At BW Since 2016

Days Available:
Wed, Fri



Ivan Andjelkovic

Massage Therapist
At BW Since 2017

Days Available:
Mon, Wed, Thur, Fri,
Every other Sun



Ivonne Martinez

Esthetician

At BW Since 2023

Days Available:
Sun, Mon, Thur

Cancer Care Certified

Massage Therapists & Estheticians



Jonathan Koota

Massage Therapist

At BW Since 2026

Days Available:
Sun, Mon, Sat



Joanie Nelson

Massage Therapist/Esthetician

At BW Since 2025

Days Available:
Sun, Mon, Wed, Fri



Joely Kaminstein

Massage Therapist

At BW Since 2007

Days Available:
Tues, Wed, Thur

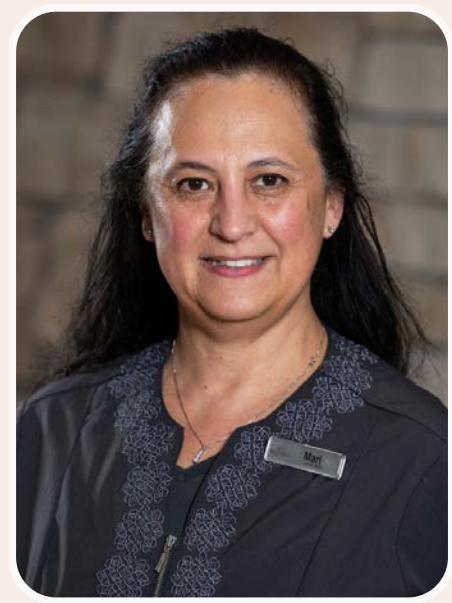


Kristina Szikszai

Massage Therapist/Esthetician

At BW Since 2024

Days Available:
Fri



Mari Lalu

Massage Therapist/Esthetician

At BW Since 2024

Days Available:
Sun, Mon, Tues, Wed,
Every Other Sat



Maria Michaelson

Esthetician

At BW Since 2013

Days Available:
Wed, Thur, Fri, Sat

Cancer Care Certified

Massage Therapists & Estheticians



Maribel Gomez

Massage Therapist

At BW Since 2024

Days Available:
Tues, Fri, Sat



Marina Shechtman

Massage Therapist

At BW Since 2026

Days Available:
Sun, Mon, Fri



Marissa Maldonado

Massage Therapist/Esthetician

At BW Since 2015

Days Available:
Mon, Tues, Wed, Sat



Miguel Arteaga

Massage Therapist

At BW Since 2021

Days Available:
Thur, Fri, Sat



Nina Mrkusic-Guido

Massage Therapist

At BW Since 2016

Days Available:
Sun

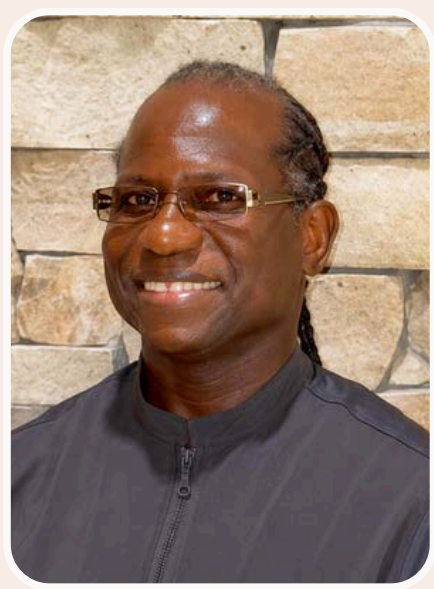


Olga Keller

Massage Therapist

At BW Since 2007

Days Available:
Tues, Thur, Sat



Rody Marc

Massage Therapist

At BW Since 2026

Days Available:
Mon, Thur, Sat



Rosemarie Martin

Massage Therapist

At BW Since 2025

Days Available:
Mon, Tues, Sat

Cancer Care Certified

Massage Therapists & Estheticians

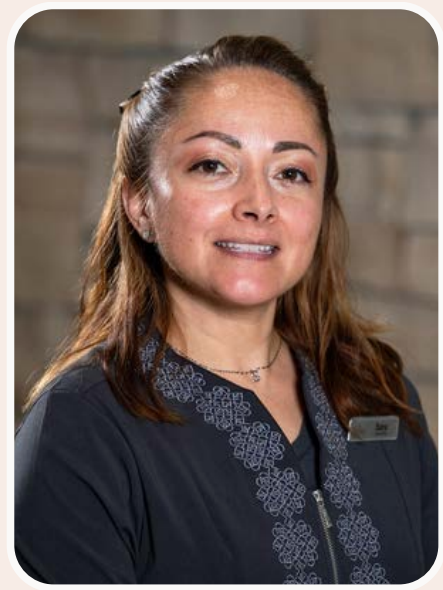


Rhemy Smith

Massage Therapist

At BW Since 2014

Days Available:
Tues, Wed, Fri



Sara Alzate

Massage Therapist/Esthetician

At BW Since 2022

Days Available:
Tues, Wed, Thur, Fri, Sat



Sunanta Junhasiri

Massage Therapist

At BW Since 2023

Days Available:
Mon, Tues, Thur, Fri, Sat



Stacy Zahn

Massage Therapist/Esthetician

At BW Since 2010

Days Available:
Sun, Tues, Wed, Thur

SPA MEMBER GUEST DAYS 2027

An invitation to Relax & Reconnect

TUESDAY, FEBRUARY 9	TUESDAY, MARCH 2	WEDNESDAY, MARCH 3
Ladies	Men's Golf Collab	Ladies

Share the experience of relaxation and renewal with someone special. Enjoy a memorable spa experience featuring wellness-inspired offerings, personalized treatments, and the opportunity to introduce your guest to the exceptional amenities of The Spa.

Cancer Care Certified

New Skincare Partnerships & Treatments

Champagne of the Sea Treatment



We are thrilled to introduce Phytomer, a renowned French skincare line inspired by the healing power of the sea. Rooted in thalassotherapy, Phytomer combines the benefits of marine biotechnology with luxurious, results-driven treatments that nourish the skin and promote overall well-being.

Experience "Champagne of the Sea," a signature treatment featuring mineral-rich marine elements to detoxify, remineralize, and deeply revitalize the skin, enhancing hydration, tone, and radiance.

Discover our new Phytomer Men's Facial, designed to cleanse, hydrate, and restore the skin with targeted care for men's unique needs.

Indulge in our Marine Body Experience, an 80-minute ritual featuring a showerless marine exfoliation followed by a full-body massage to smooth the skin and encourage deep relaxation.

Benefits Include:

- Marine Based Ingredients
- Deep Hydration
- Renewed Radiance

Red Light Mat



We are expanding our red light offerings to bring you even deeper healing. Well known for reducing stubborn inflammation, accelerating cellular repair, and boosting collagen production, this powerful therapy is now more luxurious than ever.

You can now seamlessly add a relaxing full-body Red Light Mat treatment to any massage or facial—allowing you to melt away joint pain, rejuvenate your skin, and speed up recovery while enjoying your favorite service.

Benefits Include:

- Reduce Inflammation
- Accelerate Repair
- Rejuvenate Skin
- Relieve Pain
- Speed Up Recovery

New Skincare Partnerships & Treatments

Cancer Care Massage

Experience deeply restorative comfort with our new specialized cancer care massage therapy. As a Cancer Aware Spa, our certified therapists meet you wherever you are in your health journey. We utilize specialized hand and foot rituals to soothe neuropathy, alongside advanced techniques designed to ease pain, boost immunity, improve sleep, and reduce treatment side effects. Discover a nurturing environment dedicated to lowering your stress and supporting your healing.



Sports Massage

Unleash your peak performance with our new Vitality Sports Massage, featuring advanced Rapid Release technology. This targeted session combines deep muscle therapy with high-frequency acoustic waves to instantly shatter scar tissue, dissolve painful knots, and target tight trigger points. The ultra-fast vibration rapidly increases localized blood flow, dramatically cutting down your recovery time and relieving stubborn stiffness without the intense pain of traditional deep-tissue work. It is the ultimate fast-track solution to unlock your flexibility, eliminate chronic tension, and get you back in the game faster.



Lymphatic Massage

Experience the transformative lightness of our specialized lymphatic drainage massage. Using an incredibly soft, whisper-light touch and gentle, rhythmic movements, our certified therapists stimulate your body's deep, natural detoxification. This soothing process flushes out waste, clears internal congestion, and visibly reduces bloating. Leave your session feeling completely weightless, deeply cleansed, and beautifully renewed from the inside out.



New rituals. Powerful results. Naturally you.

New Skincare Partnerships & Treatments



Fire & Ice Facial

Experience the Fire & Ice Facial by iS Clinical, a results-driven treatment that rapidly resurfaces and rejuvenates the skin with minimal to no downtime. Often called the "Red Carpet Facial," it combines an intensive resurfacing masque with a soothing finish to refine texture, boost radiance, and leave skin smooth and luminous.

iS Clinical is a clinically backed, pharmaceutical-grade skincare brand known for innovative formulations that blend botanical ingredients with advanced scientific research, delivering safe, effective results across a wide range of skin concerns.

iS CLINICAL

FarmHouse Fresh

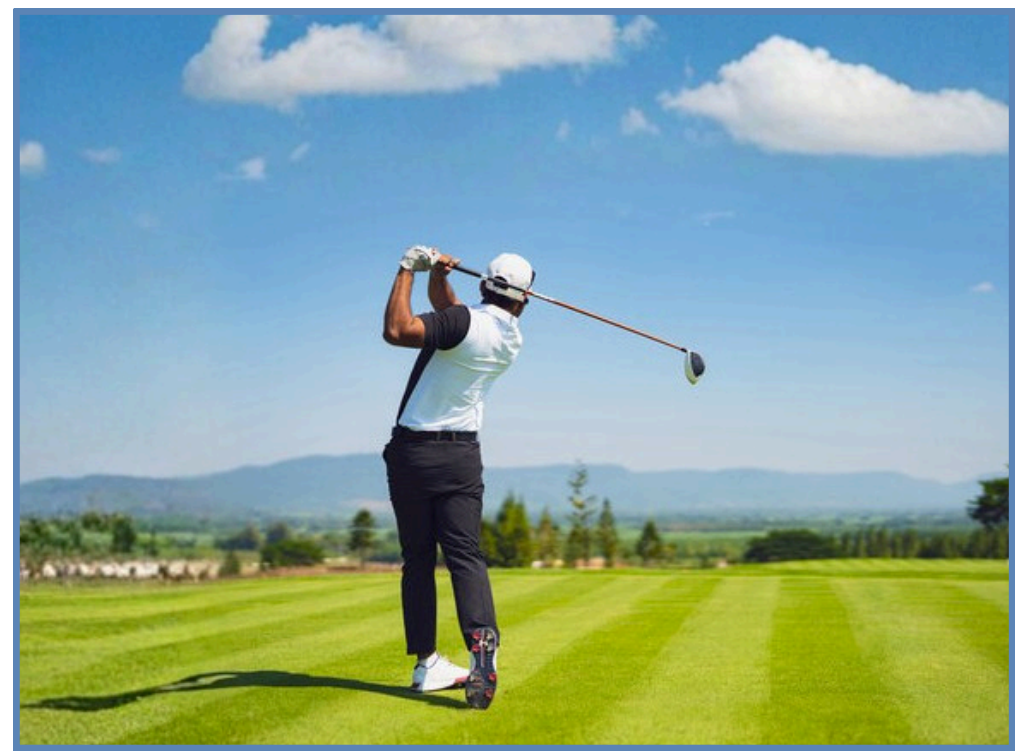
We're excited to introduce FarmHouse Fresh® skincare to our wellness offerings! Their award-winning, natural products feature freshly harvested botanicals, delicious scents, and support the rescue and care of neglected farm animals through every purchase. Enjoy these beautiful products in our upcoming workshops and interactive experiences, and don't forget to explore their hand-poured, best-selling candles to bring their signature scents home.



Golf & Racquets Sports Massage

Discover Naturopathica, a botanical skincare line rooted in natural wellness and holistic ingredients. Featured in our two new targeted massages for golfers and racquet sports enthusiasts, these restorative treatments are designed to relieve muscle tension, improve mobility, support recovery, and promote overall well-being.

NATUROPATHICA
FOR DEEPER BEAUTY





SPA FACILITIES

Our spa facility areas offer a holistic approach to well-being, providing a range of benefits to help you LIVE WELL.

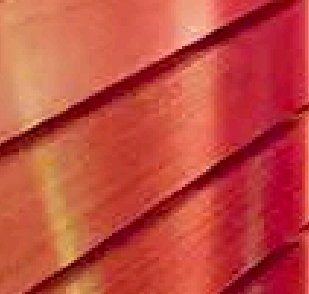
ROMAN BATH

STEAM ROOM

SAUNA

EXPERIENCE SHOWER

These can assist with stress-reduction, detoxification, enhanced skin health, improved circulation, muscle relaxation and faster recovery. Maximize the therapeutic benefits with a self-guided thermal journey, alternating between hot, cold and rest periods to leave feeling refreshed and renewed.



INFRARED SAUNA

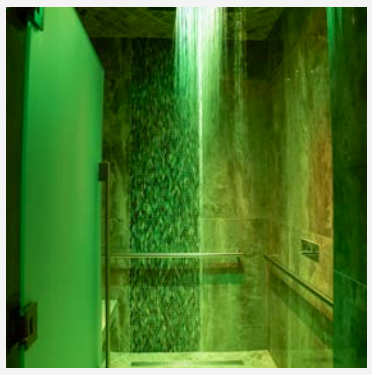
Within this past year we have opened our Infrared Saunas in our wet areas. Unlike traditional saunas, this innovative therapy uses gentle infrared heat that penetrates deep into the body, promoting relaxation, muscle recovery, improved circulation, and a calming detoxifying sweat—all at a more comfortable temperature.

Whether you're looking to unwind after a treatment, soothe tired muscles, or simply enjoy a quiet moment of self-care, the infrared sauna offers a rejuvenating escape you're sure to love. Step inside, breathe deeply, and let the warmth restore you from the inside out.

STEP INSIDE, BREATHE DEEPLY,
AND LET THE WARMTH RESTORE
YOU FROM THE INSIDE OUT.

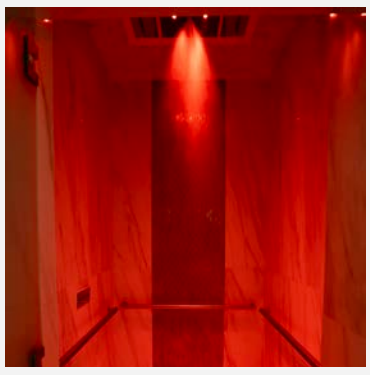
Spa Experience Showers

Our four showers offer options that alternate between heat, cool, and relaxation phases.



Sensory Cascade

Experience the natural power of a waterfall with strategic body jets for either refreshing cold or comforting warmth. The overhead cascade creates a seamless sheet of water for full-body renewal, while the jets target muscles to release tension exactly where you need it most. Alternate between temperatures to boost circulation, reduce inflammation and elevate your mood.



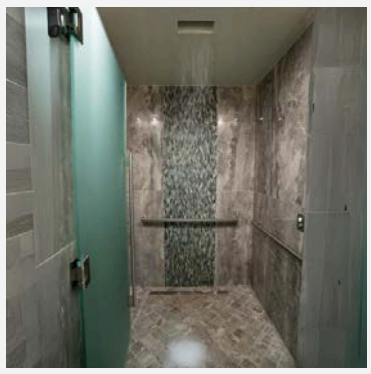
Elemental Escape

Step into the Elemental Escape, where four distinct water experiences await. Choose your perfect sensory journey: gentle Rain from above, invigorating Cool Mist, powerful Waterfall that mimics a mountain stream or immersive Tropical Waterfall for an exotic retreat. Transform your daily routine into a personalized nature-inspired experience that adapts to your mood and needs.



Zenergy

The perfect balance between stimulation and serenity. Relax and recharge as it cycles through four different water patterns. For deeper relaxation, our luxurious seated option features precision jets that delivers therapeutic massage to tired back muscle and calves, releasing tension and improving circulation.



SnowBliss

A refreshing cool-down that recreates the purifying sensation of winter precipitation. Choose snowfall or blizzard option to invigorate your body, and gently rub the snow over your skin for muscle recovery and enhanced circulation. The perfect cooling counterpoint to warmer spa experiences, it creates a therapeutic temperature contrast to enhance overall wellness when cool water is applied directly to warm skin.

The Relax Program in our luxury experience showers has softer water pressure, reduced temperature variations, and chromotherapy lighting with blue and green colors to help induce a deep state of relaxation, serenity, and well-being.

The Energy Program features dynamism of jets and alternation of contrasting therapies designed to awaken and energize. Red, orange, and yellow chromotherapy stimulates energy, vitality and circulation.

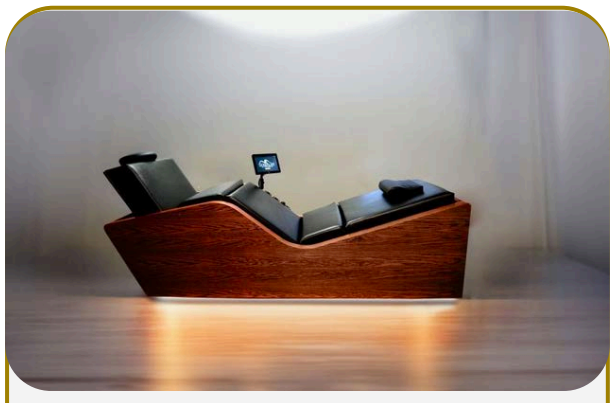
SCAN ME

Scan for a glimpse of our new experience showers!

Transform Through Recovery

Touchless Therapies

Elevate your wellness with our newest recovery experiences, thoughtfully designed to recharge the body, calm the mind, and support your natural healing process in a tranquil, restorative setting.



SomAlive Z.5 Experience

IMMERSIVE SOUND THERAPY

Experience the power of vibro-acoustic sound therapy to promote deep relaxation, improve circulation, reduce stress, and restore balance to both body and mind.



PEMF Therapy

PULSED ELECTROMAGNETIC FIELD

Using gentle electromagnetic pulses, PEMF therapy helps support cellular recovery, reduce inflammation, relieve muscle fatigue, and enhance overall vitality.



BrainTap

GUIDED NEUROTHERAPY

Experience that uses light and sound frequencies to help reduce stress, improve mental clarity, and promote deep relaxation and restorative sleep states.



ELEVATED RECOVERY

Power Plate + Red Light Therapy Panels

We are excited to introduce new cutting-edge wellness technologies at the Spa. **Power Plate with Red Light Therapy Panels** combines whole-body vibration with targeted light therapy to stimulate circulation, support muscle recovery, and enhance cellular energy for improved performance and overall wellness.

Vitality Package

We are thrilled to introduce our new Vitality Package, a wellness experience designed for those seeking a day of relaxation, recovery, and renewal. Enjoy access to our Spa and Recovery Lounges, infrared sauna, steam room, and Spa Garden. Your experience also includes restorative wellness therapies such as the Red Light Therapy Panel with Power Plate, BrainTap, PEMF Therapy, and the SomAlive Z.5 Experience; the perfect way to recharge your body, calm your mind, and elevate your overall well-being.

- WET AREAS
- RECOVERY LOUNGE
- SOMALIVE / PEMF LOUNGE
- HEALTHY REFRESHMENTS
- AND MORE



The Spa Garden

Step into serenity at The Spa Garden, an exclusive outdoor oasis designed to enhance your spa experience. Surrounded by serene greenery and soothing water features, this tranquil area is open to those receiving treatments at The Spa. Sign up for our morning meditations and workshops here as well!

Unwind between services by lounging in the peaceful open-air setting, with two pools to relax in. For a taste of nourishment, indulge in a curated spa lunch from Market Square, delivered right to you for the ultimate wellness and relaxation experience.

Whether you're seeking deep relaxation or a quiet moment, The Spa Garden is your new place of well-being, where luxury meets nature in perfect harmony.

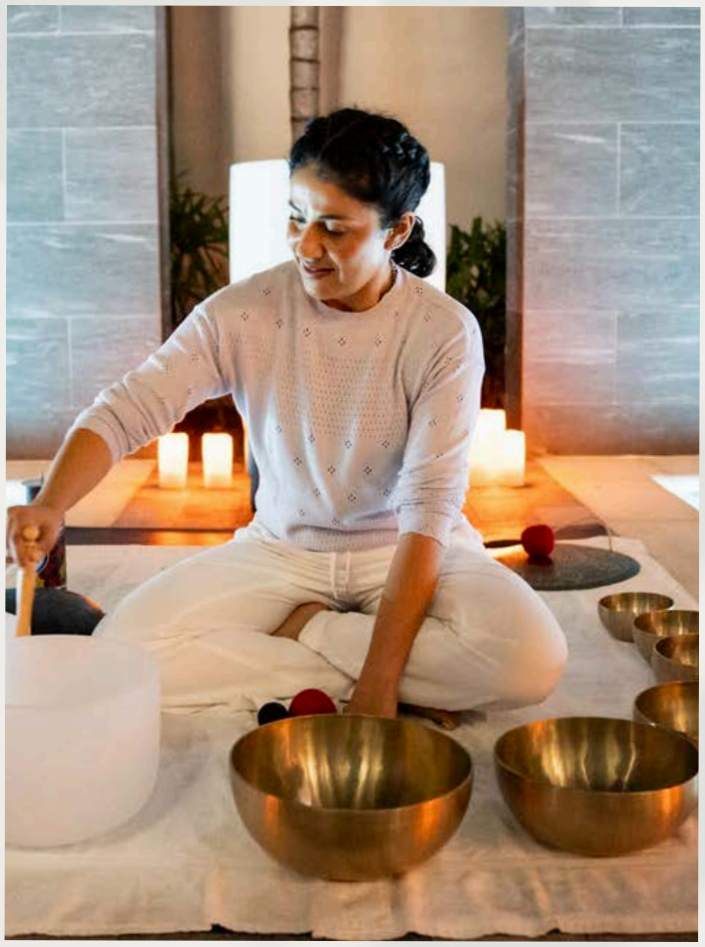
Members can also enjoy a complete thermal journey experience, with the addition of an invigorating cold plunge for ultimate rejuvenation.

SOUND BATH

IN THE SPA GARDEN

Immerse yourself in a deeply relaxing sound bath experience, offered monthly in our serene Spa Garden. Experience begins with guided breathwork and gentle movements to awaken the body and prepare you for deep relaxation, before you ease into stillness as the soothing sounds of singing bowls, drums, and gongs wash over you. This harmonious experience promotes stress relief, emotional balance, and a renewed sense of inner peace.







UPCOMING DATES

OCTOBER 14 | NOVEMBER 18 | DECEMBER 16 | JANUARY 20
FEBRUARY 10 | MARCH 10 | APRIL 14 | MAY 12 | JUNE 9

WORKSHOPS

IN THE SPA GARDEN

Begin your mornings with enriching experiences designed to nourish your body, mind, and spirit. Our upcoming morning workshops include:

- Face Masks & Meditation
- Journaling, Mindfulness & Breathwork
- DIY Creations: Body Scrubs, Foot Soaks, Zen Gardens, and more.
- Intention Setting & Tea Ceremonies
- Beauty Tool Tutorials: Learn how to use Dry Brushes, Gua Shas, Gemstone Facial Rollers, LED Masks & more for your self-care routine

Stay tuned for dates and details—your next favorite ritual is right around the corner!







MINDFUL BREATHWORK

Every Wednesday at 9AM with Tatiana

Start your day with intention. This guided morning breathwork session releases physical tension, calms mental chatter, and restores inner balance. Leave feeling deeply grounded, mentally refreshed, and ready to move through your day with effortless ease.

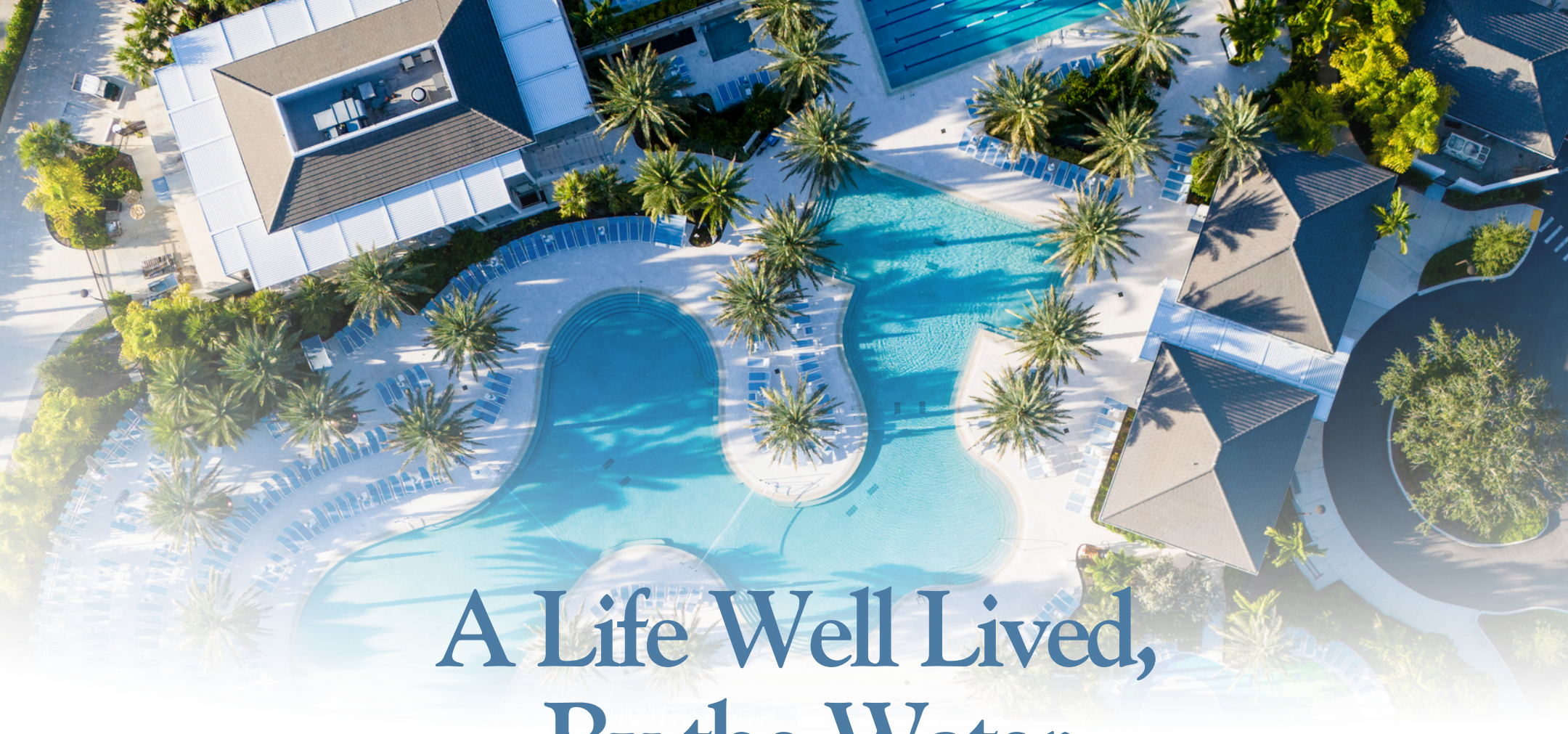
MORNING MEDITATION

Every Friday at 9:15AM with Heather

Begin your morning with clarity and calm through our Morning Meditation practice. Designed to center the mind, reduce stress, and enhance focus, this peaceful session sets a positive tone for the hours ahead.

AQUATICS CENTER





A Life Well Lived, By the Water

From peaceful mornings in the lap pool to family afternoons by the water and evenings under the stars, the Aquatics Center offers experiences thoughtfully designed for every generation.

MOVE

Resort-Style Family Pool

Adult Oasis Pool

25-yard Lap Pool

Children's Splash Area

FOCUS

Private Lessons

Stroke Development

Water Safety

Personalized Instruction

RECOVER

Aqua Fitness

Aquatic Therapy

Water Walking

Recovery Programming

CONNECT

Signature Events

Social Gatherings

Family Experiences

Holiday Programming

Every visit is designed to encourage movement, connection, and unforgettable experiences.

SWIM LESSONS

Confidence Begins Here.



Every swimmer begins somewhere. Whether your goal is building comfort in the water, mastering a new stroke, or gaining lifelong water safety skills, our private lessons are designed to help you succeed at your pace.

OUR FOCUS

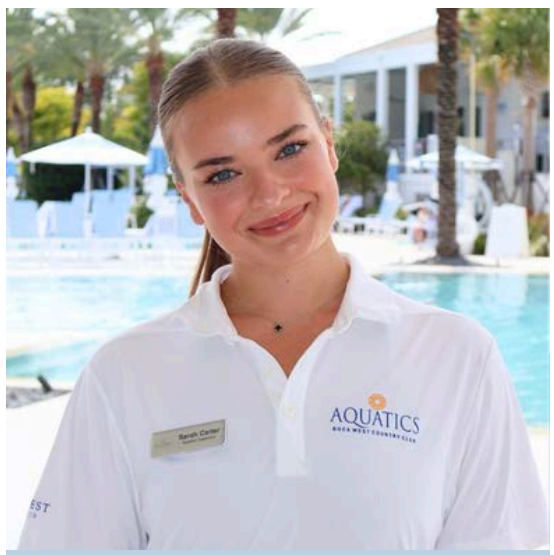
WATER SAFETY
Learn essential skills and confidence for a lifetime in the water.

PRIVATE LESSONS
One-on-one instruction tailored to all ages and abilities.

STROKE DEVELOPMENT
Build technique, strength and efficiency in every stroke.

PERSONALIZED PROGRESS
A customized approach for measurable growth and results.

MEET OUR INSTRUCTORS



Sarah Carter
At BW Since October 2023



Selina Strydom
At BW Since June 2024





Scan the QR code for a glimpse into our swim lessons!

aquatics@bocawestcc.org

SCAN ME

AQUATIC THERAPY

Movement That Heals.



MEET OUR INSTRUCTORS



Julio Fuentes
At BW Since October 2024



Sarah Carter
At BW Since October 2023

WHY AQUATIC THERAPY?

Water provides a unique environment that allows the body to move with less stress and greater support. The natural buoyancy of water reduces pressure on joints while gentle resistance helps improve strength, balance, flexibility, and endurance.

Whether you're recovering from surgery, managing chronic pain, or simply looking for a low-impact way to stay active, aquatic therapy offers a safe and effective approach to movement at every stage of life.

LOW IMPACT, HIGH SUPPORT
Move with less stress on joints and muscles.

IMPROVED MOBILITY
Restore movement and increase flexibility.

PAIN RELIEF
Ease discomfort and support recovery.

STRENGTH & BALANCE
Build stability and confidence through movement.

WHO CAN BENEFIT?

- Recovering from surgery or injury
- Managing chronic pain or arthritis
- Living with nuurological conditions
- Experiencing back, neck, or joint pain
- Looking to improve balance or mobility

Reach out to the Aquatics Center to learn if aquatic therapy is right for you.

aquatics@bocawestcc.org

A Season to *Remember*

Every season brings new opportunities to connect, unwind, and create lasting memories. From family favorites to unforgettable evenings under the stars, there's always something waiting at the Aquatics Center.



Dive-In Movies

Enjoy classic movies under the stars with poolside seating and family fun.



Sunday Funday

Interactive games, music, prizes and activities designed for kids.



Glow Night

A vibrant evening featuring glowing lights, music and an unforgettable atmosphere.



Poolside Camps

Adventures filled with swimming, games, crafts and fun.



Diving for Treasures

Enjoy classic movies under the stars with poolside seating and family fun.

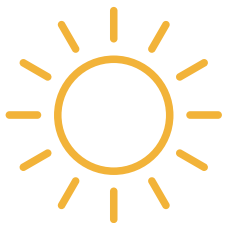


Pool House Activities

An inviting space to create, play and unwind with family-friendly activities.

Mark Your Calendar

Save the dates for these signature events at the Aquatics Center.



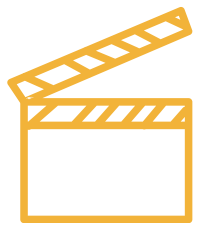
Sunday Funday

November 22

December 27

January 17

February 14



Dive-In Movies

November 25

December 27

February 12

February 17



Glow Night

December 23

Still to Come...



Seasonal Celebrations



DJ Collaborations



After-Hours Events



Pool House Gaming





THERAPEUTIC ART

Explore Your Creative Wellness with Therapeutic Art!

Join us for inspiring workshops that promote creativity and self-discovery, led by our wellness experts. Watch for dates and seize the chance to express yourself while enhancing your well-being. Let's create and grow together!

Sessions include:

Beyond the Vision Board with Tatiana Pouladian

Wednesday, December 30 | 12-2pm, Pool House

Kintsugi with Heather Grutzmacher

Tuesday, January 12 | 2-4pm, Pool House

Meditation Mala Jewelry with Heather Grutzmacher

Friday, April 23 | 2-4pm, Pool House

Watch for more therapeutic art this season!









LUNCH & LEARNS

Don't miss out on the chance to focus, connect, and thrive! Discover new ways to enhance your well-being through engaging workshops and hands-on experiences.

Sessions to include:

Longevity Lunches with a Registered Dietician, Ella Davar

November 20 *- Performance nutrition for Golf, Racquets, & active lifestyles*

January 7 *- Energy, metabolism & healthy aging*

March 12 *- Recovery, gut health & spring reset foundations*

April 7 *- Spring detox-guided reset program launch*

Spa Skin Care Workshops

November 5, December 11, January 29, February 18, March 9, April 15 & May 7

Dining for your Dosha

Monday, December 14 & Thursday, February 4







LIVE WELL
LIFESTYLE & WELLNESS

Wellness

Under the Stars

WINTER SOLSTICE
FLOATING SOUND BATH

DECEMBER 21
OASIS LAWN & DECK

SPRING EQUINOX
MOVEMENT & SOUND BATH

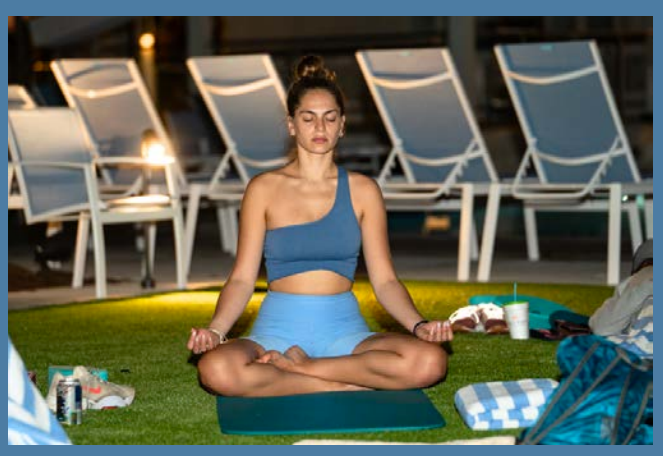
MARCH 20
AQUATICS CENTER

SCAN ME

SCAN THE QR CODE FOR A GLIMPSE AT OUR WELLNESS EVENTS AT THE AQUATICS CENTER!







The Fitness Center

At Boca West

Coming Soon to the Fitness Center!



Mindful Studio

Move. Breathe. Restore.

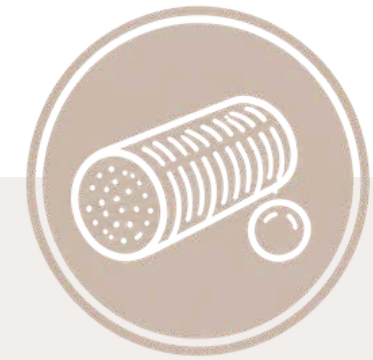
Discover a calming space dedicated to mindful movement and whole-body wellness. The Mindful Studio offers classes and experiences designed to improve flexibility, reduce stress, and help you reconnect with your body through intentional movement.



Private Pilates Studio

Stronger. Longer. Balanced.

Experience personalized Pilates in a dedicated private studio featuring premium reformer equipment. Whether you're building core strength, improving posture, increasing flexibility, or recovering from injury, our instructors provide individualized sessions tailored to your goals.



Recovery Zone

Recover. Renergize. Repeat.

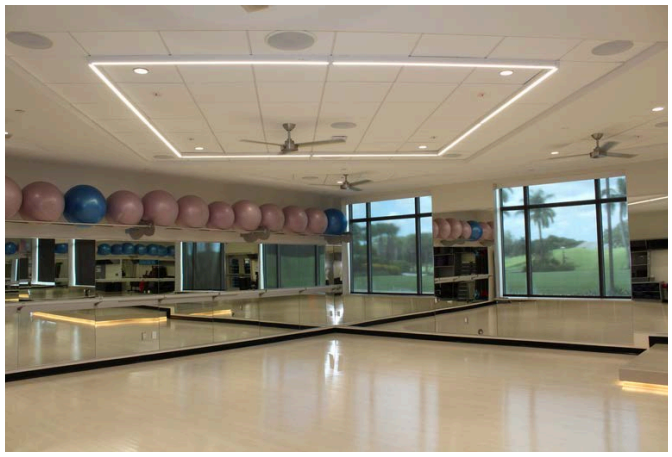
Take recovery to the next level with our dedicated Recovery Zone. Featuring self-guided recovery tools and equipment, this space is designed to help reduce muscle soreness, improve circulation, and prepare your body for its next workout.

ELEVATE YOUR WELLNESS

MOVE WITH PURPOSE

CONNECT WITH COMMUNITY. RECOVER FOR LIFE.

From high-energy workouts to mindful movement and expert-led training, explore spaces designed to help you thrive.



Movement Studio

Classes & Premium Amenities

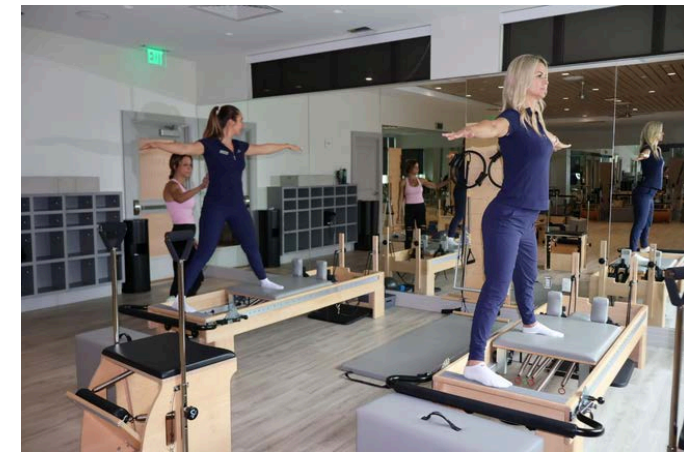
- Pure Strength
- Tone, Sculpt, and Improve your Core
- Cardio Kickboxing
- Dance Fitness
- Chair Fitness



Spin Studio

Ride the Rhythm. Fuel Your Heart.

- Spin classes provide high-intensity cardiovascular conditioning while remaining exceptionally gentle on the joints.
- Cycle Beats
- Group Cycle



Pilates Studio

Align Your Body. Deepen Your Practice. Restore Your Foundation.

- Levels 1, 2, and 3 offered.
- Private Training: sessions tailored entirely to your personal goals.
- Semi-Private Classes



Outdoor Studio

The Ultimate Open-Air Training Zone on our premium training turf.

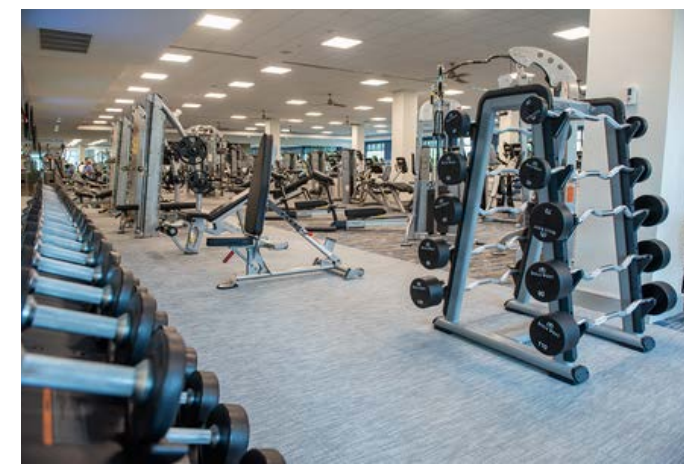
- Kettlebells, Y-bells, medicine balls.
- TRX, Battle Ropes, Plyo Boxes.
- Row machines, SkiErgs, Assault bikes



Core Studio

Movement & Performance Based Classes

- TRX Power
- TRX Sweat
- TRX Core & Pilates
- Stick Mobility
- ViPR Training



Fitness Floor

State of the art fitness floor with the best cardio & strength equipment from Technogym, Hoist, Precor, & Matrix.

- Technogym Performance Corner
- Kinesis One

RECOVER WELL

& Reduce the Risk of Injury



Theragun



Wave Roller



PowerPlate

Percussion & Vibration Therapy

Experience the ultimate in muscle recovery! **Theragun** massagers deliver rapid percussive therapy to alleviate aches & muscle tightness. Therabody **Wave Rollers** combine traditional foam rolling with vibration therapy. These powerful devices are perfect to activate & warm up muscles pre-workout, as well as aid in mucle recovery and reduce soreness post-workout. Perfect for anyone looking to enhance their wellness routine.

PowerPlate

PowerPlate vibrates up to 50 times per second, stimulating your muscles, activating your core and burning calories, while improving circulation, bone density, and muscle recovery.

Stay tuned for additional offerings to elevate your recovery experience, helping you to avoid injury & ensuring that you perform at your best!

WELCOMING VANDERLINDE PHYSICAL THERAPY

At **Vanderlinde Physical Therapy**, the cornerstone of our clinic is the delivery of quality healthcare in a safe, patient-centered facility. Our guarantee is that we will provide our patients with the finest clinical skills, always striving to achieve the greatest outcome for every patient in a professional and caring manner. We are devoted to our profession and the rehabilitative success of every patient, placing a high priority on communication and providing a supportive environment to our clients. We strongly believe in a personalized approach encouraging motivation and overall comfort during the rehabilitation process.

Commonly Treated Conditions

Osteoarthritis	Bursitis/Tendonitis	Degenerative Joint Disease
Spinal Stenosis	Cervical/Lumbar Strain	Herniated Discs
Facet Syndromes	Headaches	Rotator Cuff Tear/Strain
Carpal Tunnel Syndrome	Joint Replacement	Post Surgical Rehab
Joint Stability	Neurological Disorders	Sports/Work Injuries

Accepted Insurance

- Medicare
- United Healthcare PPO
- Humana HMO/PPO
- Aetna
- Workers compensation
- Self Pay

Meet Our Team!

Ralph Van Der Linde PT	Stephanie Fried DPT
Erika Jackson DPT	Alexander Brooks DPT
Seth Horrigan PTA	Jake Moskal PTA
Erica Milch PTA	Lisa Haynes Klein PTA
Lisa Hamilton Office Manager	Bryan Rodriguez Front desk coordinator



MEET OUR FITNESS TRAINERS



Aaron Ellis

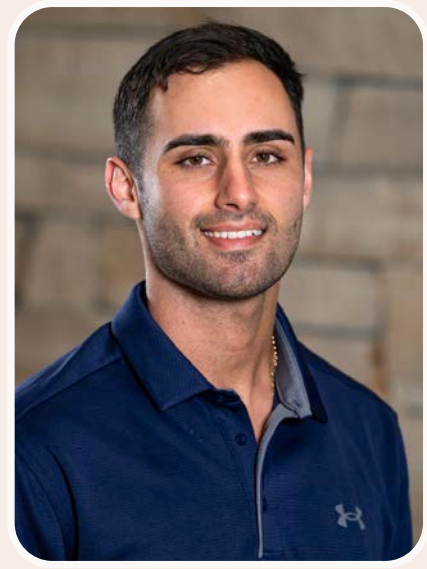
At BW Since May 2016

Days Available:
Sun, Mon, Tues, Wed, Thur

Bookable for Performance Training

Education: BS in Exercise Science and Health Promotion
MBA in Operations Management

Certifications:
Titleist Performance Institute
NASM - Certified Personal Trainer
RacquetFit Certified



Dares Hamid

At BW Since June 2022

Days Available:
Sat

Education:
BS in Exercise Science & Business
MBA in Business Administration

Certifications:
American Council on Exercise - Personal Trainer
Titleist Performance Institute



Fabiola Lima

At BW Since January 2026

Days Available:
Mon, Tues, Wed, Thur, Fri

Education: BS Excercise Science & Physical Education
Fitness Institute International
CPTS

Certifications:
ACSM, FMS, TRX
Titleist Performance Institure



Ingrid Hidalgo

At BW Since January 2024

Days Available:
Tues, Thur

Education:
BS in Broadcasting

Certifications:
FiTour
Certified Personal Trainer



Leo Pereira

At BW Since August 2025

Days Available:
Sun, Mon, Tues, Wed, Thur

Education:
BS in Exercise Science and Health Promotions FAU

Certifications:
ACSM - CPT
WFA-CPT
F.I.I. - CPTS



Lora Rubin

At BW Since January 2026

Days Available:
Mon, Wed

Education:
BS Excercise Science & Wellness Education FAU

Certifications:
NSCA-CPT, ACE

MEET OUR FITNESS TRAINERS



Mattie Kovalsky

At BW Since Febuary 2024

Days Available:
Mon, Tues, Thur, Fri, Sat

Education: BS in Exercise & Sports Science

Certifications:
National Academy of Sports Medicine - Certified Personal Trainer



Nick Racz

At BW Since September 2025

Days Available:
Mon, Tues, Thur, Fri

Education:
BS Economics

Certifications:
ACE-CPT
FAU Kickboxing Coach
Rumble Coach



Nyssa Schoenfeld

At BW Since August 2026

Days Available:
Tues, Wed, Thur, Fri, Sat

Education:
BS in Public Health

Certifications:
National Academy of Sports Medicine - Certified Personal Trainer



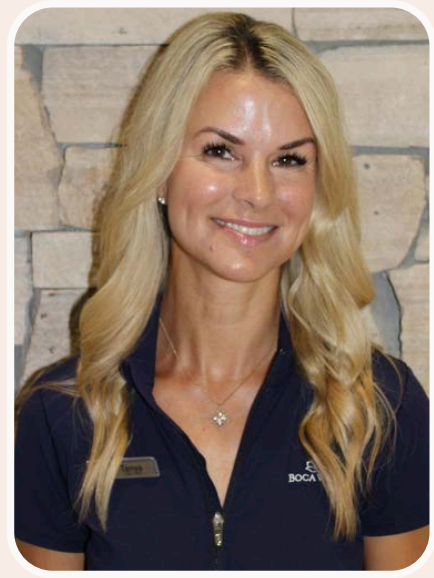
Ralph Lima

At BW since April 2014

Days Available:
Tues, Wed, Thur, Fri, Sat

Education:
Axiom **Academy**

Certifications:
National Academy of Sports Medicine - Certified Personal Trainer



Tanya Hodges

At BW since March 2025

Days Available:
Sun, Mon, Tues, Wed

Education:
Axiom **Academy**

Certifications:
National Academy of Sports Medicine - Certified Personal Trainer



Ty Morsello

At BW Since September 2014

Days Available:
Sun, Mon, Tues, Thur, Fri

Education:
Fitness Institute International - CPTS

Certifications:
AFAA: Certified Personal Trainer - Parkinson's Disease Certification
NASM: Neuromuscular Stretching

MEET OUR PILATES INSTRUCTORS



Ali Ortiz

At BW Since 2026

Days Available:
Mon, Tues, Wed, Thurs, Fri, Sat

Certifications:
Pilates Reformer, Mat Pilates, Barre, Sculpt, and Specialty in Pre & Post Natal.

Class Modalities Taught:
Yoga - all formats
Meditation



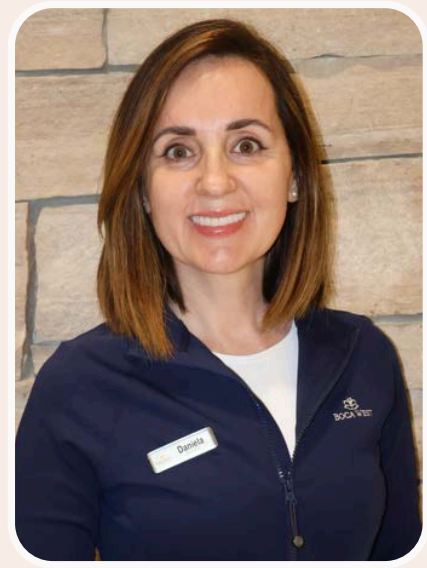
Anya Burak

At BW Since January 2026

Days Available:
n/a

Certifications:
Pilates Instructor
Yoga Teacher

Class Modalities Taught:
Yoga - all formats
Meditation



Daniela King

At BW Since December 2022

Days Available:
Tues, Wed, Thur

Certifications:
Club Pilates: Comprehensive Pilates Certifications

Class Modalities Taught:
Reformer, Springboard, RTC, Ladder Barrel, Spine Corrector, Chair, Mat Pilates



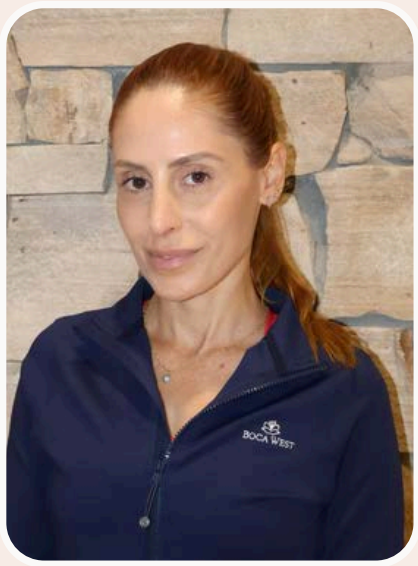
Debbie Wolff

At BW Since March 2026

Days Available:
Mon

Certfications:
NSCA-CPT, CPTS, AFAA, Beach Body Insanity & P90X, ERYT 500 Registered Yoga

Class Modalities Taught:
Reformer



Gizem Schimming

At BW Since April 2024

Days Available:
Mon, Tues, Wed, Fri

Certifications:
Breathwork and Meditation
Pilates and Acrvinyasa
Personal Trainer

Class Modalities Taught:
Reformer, Mat Pilates
Yoga: All formats
TRX



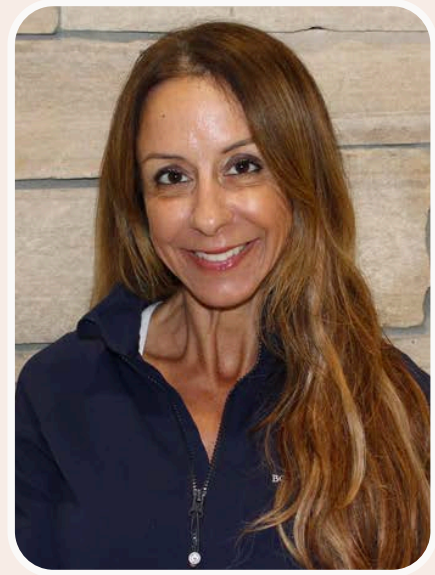
Heather Grutzmacher

At BW Since October 2024

Days Available:
Sun, Mon, Tues, Wed, Thur

Certifications:
NASM: Personal Trainer
National Certified Pilates

Class Modalities Taught:
Reformer, Yoga: All Formats
TRX, Dance



Katy Stark

At BW Since September 2023

Days Available:
Fri

Certifications:
Certified Pilates Instructor Certification- Personal Trainer

Class Modalities Taught:
Reformer



Laura Greenstein

At BW Since November 2014

Days Available:
Sun, Tues, Wed

Certifications:
Pilates Classical Method
Gyrotonic & Gyrokinesis Certification

Class Modalities Taught:
Mat Pilates

MEET OUR GROUP INSTRUCTORS



Alina Gilice

At BW Since June 2023

Class Modalties Taught:
Cardio Blast
Pilates
Barre
Aqua Fitness
Senior Fitness
Stick Mobility



Bonne Soffer

At BW Since March 2026

Class Modalties Taught:
Spinning
Yoga
F.I.T
Pure Strength
TRX



Carol Anne Paraskevaides

At BW Since August 2025

Class Modalities Taught:
TRX
Cardio Blast
Kickboxing
Pure Strength
F.I.T.
Senior Fitness



Corey O'Shea

At BW Since November 2025

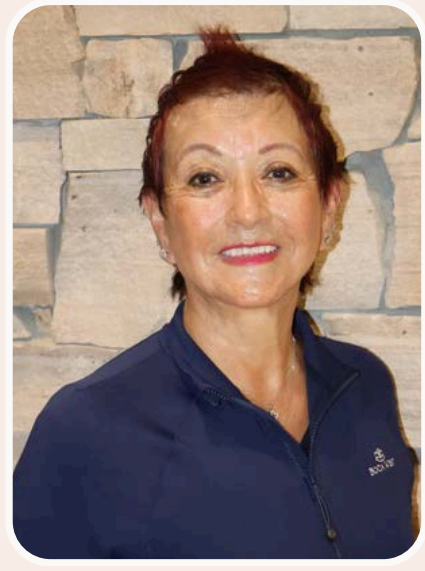
Class Modalities Taught:
Yoga
Breathwork
Myofascial Release



Debbie Wolff

At BW Since March 2026

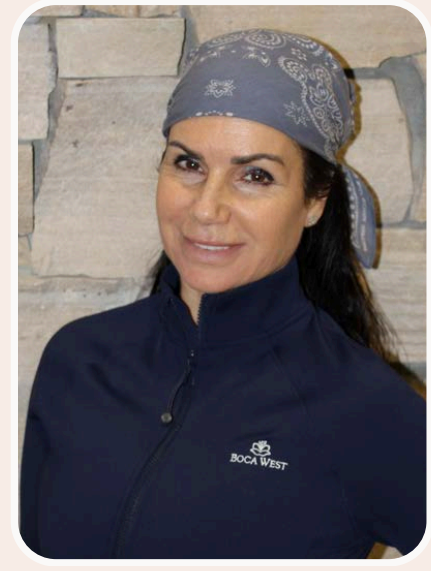
Class Modalities Taught:
Yoga
Pure Strength
Senior Fitness
TRX
VIPR



Elisa Barona

At BW Since January 2008

Class Modalities Taught:
Yoga & Meditation
Tai Chi & Qigong
Senior Fitness



Esti Mazrahi

At BW Since January 2009

Class Modalties Taught:
Group Cycling
Mat Pilates
Pure Strength
Senior Fitness
TRX
Yoga & Meditation



Gina Racz

At BW Since June 2023

Class Modalities Taught:
Barre
Pilates
TRX
VIPR
Aqua Fitness
Spinning
F.I.T

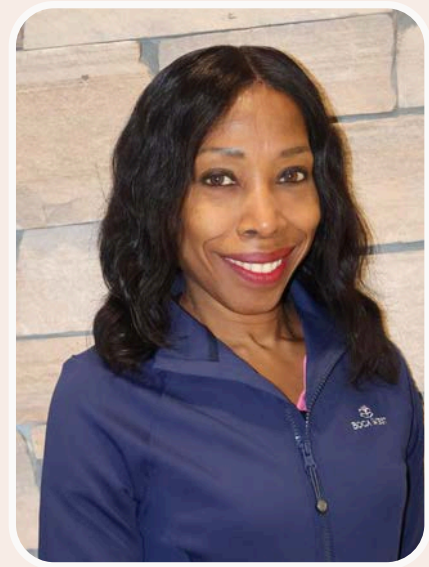
MEET OUR GROUP INSTRUCTORS



Ingrid Hidalgo

At BW Since January 2024

Class Modalities Offered:
Spinning
TRX
Water Fitness
Cardio Blast
Pure Strength
F.I.T



Janina Johnson

At BW SInce May 2017

Class Modalities Taught:
Zumba Dance



Kalindi Yuan

At BW Since June 2019

Class Modalities Taught:
Yoga & Meditation
Tai Chi
Senior Fitness



Karrie Musa

At BW Since August 2015

Class Modalities Taught:
Yoga & Meditation



Kelly Poulos

At BW Since February 2026

Class Modalities Taught:
TRX
Pure Strength



Lydia Schoenfeld

At BW Since September 2003

Class Modalities Taught:
Aqua Fitness
Aqua Board
Senior Fitness
Mat Pilates
Yoga & Meditation

MEET OUR GROUP INSTRUCTORS



Lyn Lebowitz

At BW Since September 2023

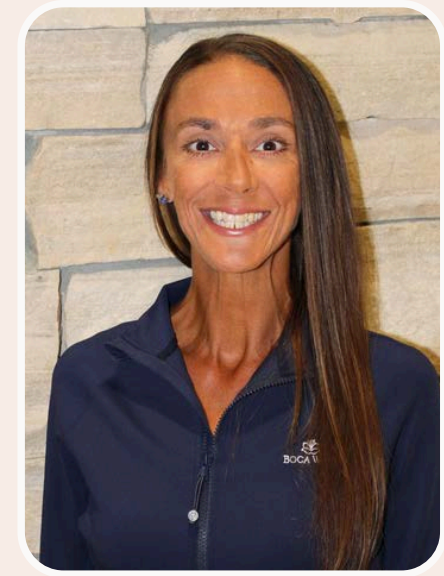
Class Modalities Taught:
Aqua Fitness/ Aqua Board
TRX
Senior Fitness
Spinning
F.I.T
Pure Strength



Melanie Lester

At BW Since May 2023

Class Modalities Taught:
Aqua Fitness
Pure Strength
Cardio Blast



Melissa McLean

At BW Since October 2012

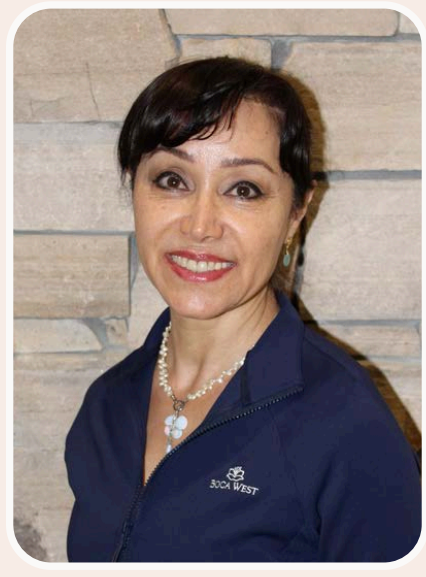
Class Modalities Taught:
Zumba
Line Dancing
Cardio Barre
Aqua Fitness
Ballroom Dancing



Sally Aives

At BW Since April 2006

Class Modalities Taught:
Yoga & Meditation
Chair Yoga



Tatiana Pouladian

At BW Since September 2010

Class Modalities Taught:
Cardio Blast
Pilates
Senior Fitness
Yoga / Meditation, Tai Chi



Tracie Kirkland

At BW Since Janary 2026

Class Modalities Taught:
Yoga & Meditation



Yesenia Gomez

At BW Since September 2023

Class Modalities Taught:
Cardio Dance Formats
Zumba

FITNESS ASSESSMENTS

Technogym Checkup, Kinotek Movement Assessment, and PNOĒ Metabolic Testing for complete, personalized wellness assessments - empowering you with a deeper understanding of your body and a smarter path to optimal performance.

Technogym Checkup

Science-based snapshot of your physical fitness and functional health that goes beyond your chronological age.

Calculated across six different categories:

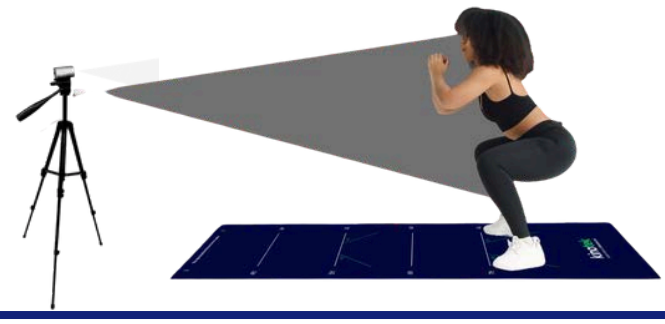
1. Body Composition
2. Mobility
3. Balance
4. Strength
5. Cardio
6. Mind



Kinotek Movement Assessment

A 3D body scan using LiDar cameras to create a digital avatar of the individual. Captures & analyzes movement patterns.

- Measures range of motion, identifies side-to-side imbalances, asymmetries, and functional strengths and weaknesses.
- Generates a report that the fitness team will use to create personalized training programs.



Comprehensive Insights.

Personalized for you.

Track & Improve.

Empower your Wellness Journey.

PNOE Breath Analysis Test

Analyzes breath composition during rest and exercise.



- Measures how your body uses oxygen, burns calories, & utilize fats and carbohydrates for fuel.
- Personalized fitness and nutrition plan is created and tied into our training programming. Progress is monitored over time (recommend every 60-90 days)

ELEVATE YOUR PERFORMANCE POTENTIAL



Technogym Performance Corner

Featuring state-of-the-art Technogym equipment—trusted by Olympic athletes and wellness professionals worldwide. This sleek, smart fitness space is designed for all levels, offering functional training that supports strength, mobility, and cardiovascular health. With connected technology, intuitive interfaces, and low-impact biomechanics, Technogym machines deliver efficient, personalized workouts that minimize joint strain and maximize results. Whether you're just starting out or elevating your training, the Performance Corner is your go-to for smarter movement, better performance, and seamless integration with our Lifestyle & Wellness recovery offerings.



Sports Performance

Take your game to the next level with our Sports Performance program, designed to help our members improve the physical qualities that translate directly to performance. Each session focuses on developing mobility, stability, strength, power, and movement efficiency specific to your sport. Whether you're looking to enhance performance, build resilience, or help reduce the risk of injury, our training will keep you moving better, feeling stronger, and ready to compete.



Services Offered:

Golf Performance Semi-Private Training
Racquet Performance Semi-Private Training
***NEW!* Golf & Fitness TPI Assessment colab with Golf**
NEW! Private TPI Personal Training
***NEW!* Private Racquets Assessment & Personal Training**

SCAN ME

Scan for a glimpse of our Golf & Fitness Assessment!







LIVE WELL
LIFESTYLE & WELLNESS

Fun Runs

Spooky Sprint: *October 31*

Turkey Trot: *November 28*

Jingle Bell Jaunt: *December 26*

Sweetheart Stroll: *February 13*

NEW! Triathlon: *March 17*

Bunny Hop: *March 27*

Whether you're a seasoned runner or just in it for a refreshing stroll, this family-friendly race offers a scenic route and post-run refreshments. After the finish line, take advantage of our recovery zone—featuring NormaTec compression therapy, Theragun muscle treatment stations, and relaxing chair massage sessions with our expert Spa Therapists. Lace up your sneakers, enjoy the energy, and treat yourself to a well-deserved recovery. Everyone is welcome!

CONNECT, MOVE & *DANCE!*

BALLROOM DANCE LESSON & SOCIAL EVENTS

Join us this season in our Ballroom Dance Lesson & Socials, where Members will experience an evening full of dancing, light-hearted fun, light refreshments and time to connect!

FRIDAY, NOVEMBER 13 ~ TANGO

FRIDAY, DECEMBER 11 ~ TWO-STEP / LINE DANCING

THURSDAY, JANUARY 28 ~ HUSTLE
(*PANACHE LIVE)

THURSDAY, FEBRUARY 25 ~ MAMBO & CHA CHA
(*PANACHE LIVE)

FRIDAY, APRIL 30 ~ SWING & FOXTROT
(BIG BAND BASH, 6:30-8:30PM IN PALM ROOM)

FRIDAY, MAY 21 ~ WALTZ

*This season we will be collaborating with the Club's '*Panache Live*' events in January and February to allow Members to partake in a themed dance lesson with Melissa McLean in the Fitness Center and then join in the fun and practice what was just learned at the Country Club!

Watch for additional information on our dance events this season, giving all Members plenty of opportunities to improve your fitness, connect with others, learn a new skill, have fun, and boost your overall well-being.







BOCA WEST

LIFESTYLE CENTER