



VALENCIA CAY THE CAYCONNECTION

COMMUNITY NEWSLETTER FOR VALENCIA CAY HOMEOWNERS | JANUARY/FEBRUARY 2020

**BRUSH UP ON YOUR
60'S & 70'S TRIVIA**
for Our Wine & Cheese
& Trivia Night

MARDI GRAS CELEBRATION
Get Your Beads & Masks Ready for
a Festive Mix & Mingle Party

SING IT UP!
Win Prizes at
Our **SINGO...**
Musical Bingo Event

55+ LIVING AT ITS BEST

CONTACTS



SOCIAL CLUB & FITNESS STUDIO

11862 SW Bristol Bay Drive
Port St. Lucie, FL 34987

Open Daily
Social Club: 7:00 am – 11:00 pm
Fitness Studio: 5:00 am – 11:00 am

Office Hours: Monday – Friday
9:00 am – 12:00 pm and 1:00 pm – 4:00 pm

Tere Muniz, Lifestyle Director
lifestyle@valenciacyhoa.com
772-882-4621

VISIT OUR WEBSITE: valenciacyhoa.com

PROPERTY MANAGEMENT

Lang Management Company
Corporate Office:
790 Park of Commerce Blvd., Suite 200
Boca Raton, FL 33487

Marita A. Butzbach, Property Manager
margareta@langmanagement.com
772-489-9501

On-Site Office located in the Social Club
Office Hours: Monday – Friday
9:00 am – 12:00 pm and 1:00 pm – 4:00 pm
Onsite telephone number: 772-882-4950

Lang Customer Service
877-242-8692
service@langmanagement.com

MODEL CENTER

10735 SW Matisse Lane
Port St. Lucie, FL 34987

Model Center Hours:
9:00 am – 5:00 pm

55+ LIVING AT ITS BEST



A MESSAGE FROM YOUR HOA PRESIDENT

I hope everyone at Valencia Cay had a wonderful Holiday Season, and best wishes for a Happy, Healthy, and Prosperous New Year. 2019 was definitely a busy year at Valencia Cay, and we ended the year with 840 sales and 250 closings. I am sure you have noticed construction at the Clubhouse, and Phase I of the Sports and Racquet Club is progressing rapidly.

We look forward to the opening of these facilities in 2020.

Thank you for taking the time to attend our first Homeowners Association meeting in November. For those of you that were unable to attend, we announced the opening of an additional Social Club on lot #56, just south of the temporary mailbox location. This space will give us the ability to schedule more fun activities (until the clubhouse is complete) and continue to expand our Lifestyle Program. Projected opening for this facility is the end of the first quarter in 2020.

We also announced that entry gates will be activated between the hours of 7:00 pm and 6:00 am (sometime in January). Look for an email outlining the barcode decal distribution schedule, and access procedures for you guests.

Underground work along SW Discovery Road is in progress, and this road, together with the secondary (residents-only) entrance, are scheduled for completion in 2020.

Thanks again for your business and referrals. We look forward to another exciting year at Valencia Cay!

Charles J. Saenz
Project Manager and HOA President



55+ LIVING AT ITS BEST



NEWS & VIEWS FROM YOUR **LIFESTYLE DIRECTOR**

Happy New Year! I hope everyone had a fantastic Holiday Season and I wish you all a happy and prosperous New Year. It has been wonderful getting to know so many of you, and I am certainly looking forward to spending 2020 with you!

A special thanks to everyone who has participated in the events we have presented! I love seeing your smiling faces and knowing you are having a great time.

We have many plans in the works to continue enhancing and tailoring your Valencia Cay Lifestyle. Join us on January 17 for our Cay Mix & Mingle Wine & Cheese Trivia night and on the 30th for Singo, an exciting musical twist on the traditional game of Bingo. Mark your calendars for the Mix & Mingles coming up – February 25 when we celebrate Mardi Gras and March 17 when we celebrate St. Patrick's Day. It is important for you to register quickly for upcoming events, as our space is limited and we must cap the attendance.

Our Club scene is growing quickly. We now have 23 formed clubs waiting for your participation. Our clubs are very active and planning great events! Please keep in mind that we are always looking for leaders to bring proposed clubs to life. Stop by the Lifestyle Office to look over the club book.

Our Social Club is open from 7:00 am to 11:00 pm seven days a week for your enjoyment. Everyone is welcome to use the club for games with neighbors, hanging out, etc. Just remember to check the schedule to make sure there is not an activity planned. The Social Club is for use by everyone in the Association and cannot be exclusive to any one group. You can always reach out to me with any questions.

Our community has been socially enriched thanks to your continued feedback and suggestions for events, clubs, and fitness classes. We encourage you to send us feedback and if there are any events or activities you would like to see us implement, come by my office or email me. My door is always open!

Tere Muniz, Lifestyle Director



A NOTE FROM YOUR **PROPERTY MANAGEMENT TEAM**

We were very happy with the great turnout for the first Valencia Cay at Riverland Annual and Budget meetings. For those of you who could not make it, the 2020 budget is posted on the website and it was mailed with the payment coupons.

We had the vendors who service the property in attendance to answer questions and there were door prize giveaways for those in attendance.

Look for closure of the front gates in late January. We will be issuing decals in early January, and will send you detailed information on how to use the system and get your bar code installed.

As a reminder, the Property Management office is located in the Social Club across from the Sales Center. We will have a full-

time staff member on-site starting January 1, from 9:00 a.m. to 4:00 p.m. (we close from 12:00 to 1:00 p.m. for lunch). Please keep in mind that you have access to our service center via email 24/7. If you need to call in a work order for our customer service department (irrigation, landscaping, and pest control items) please email Service@langmanagement.com or call the customer service representatives at 1-877-242-8692. You can also access customer service through the Valencia Cay website.

We hope you all had a wonderful holiday season. We are very happy to be part of your team at Valencia Cay and Riverland and hope to assist in making your experience living here in the community enjoyable.

Marita Butzbach
Vice President of Association Management Services

EVENTS & ACTIVITIES

Event Policy: Please note all events are subject to change. Check our website, ValenciaCayHOA.com for up-to-date event information. For all paid events, you must cancel by the RSVP deadline in order to receive a refund. Reservations are not guaranteed until full payment is made.

THIRSTY THURSDAYS

Cocktails in the Courtyard

January 9 & 23 | 6:00 – 8:00 pm
February 13 & 27 | 6:00 – 8:00 pm
The Courtyard at the Lifestyle House

Enjoy a casual evening hanging out with your neighbors in the Courtyard. We will have a food truck available for your convenience to purchase food, and please feel free to BYOB. Be on the lookout for your Cay Happenings e-blast for registration links and information on the upcoming food trucks and entertainment.



CAY NIGHT OUT:

TOP OF THE WORLD – CARPENTERS TRIBUTE

January 10 | 8:00 pm
Cost: \$ 46.86 pp
Sunrise Theatre in Ft. Pierce



Join us for a fun evening featuring a performance by the nationally acclaimed Top of the World – Carpenters Tribute, featuring Valencia Cay resident Paul Stewart on guitar and keys. This acclaimed Band brings the most authentic versions of the Carpenters' music to the stage. No doubt, you will be singing along as they perform hits like; *Close To You*, *We've Only Just Begun*, *Rainy Days and Mondays*, *Please Mr. Postman*, and *Yesterday Once More*, to name a few. To sign up and pay for this event, visit valenciacyhoa.com. A registration link is available in the "Pay and RSVP for Event" tab.

MEN'S CLUB BRUNCH

January 19 | 11:00 AM
The Social Club

For information on the Men's Club Brunch, contact Ed Weinreb at edw174@bellsouth.net.

CARD MAKING CLASS

January 20 and February 17
1:00 – 3:00 pm
Cost: \$10 pp
The Social Club

All supplies will be provided for you to make eight cards for friends and family. RSVP to Pat Polit at teach307@email.com by the Monday prior, so there will be enough supplies for everyone.



CURRENT EVENTS CLUB

January 21 | 11:00 am
The Social Club

Join the current events club for monthly discussions on local, national, and international news topics.

JANUARY DISCUSSION TOPIC: ARTIFICIAL INTELLIGENCE

What are your insights? What's happening now? How does it impact us today and in the future?

WOMEN'S CLUB LUNCHEON

January 27 | 11:30 am
The Social Club

Join the Women's Club for an Italian-themed luncheon. Residents are to bring a covered dish or dessert. Please note that this event is for closed residents only. Limited seating is available. Reservations will be taken on a first come, first served basis. For information and to participate, contact Gail Roberts or Pam Murgo at gmr442@gmail.com.

CAY MIX & MINGLE: WINE & CHEESE SOCIAL & TRIVIA NIGHT

January 17 | 6:00 – 8:00 pm | Cost: \$12 pp | The Social Club

Brush up on your 60's and 70's trivia because it's trivia night at the Cay! Join us for a fun evening of socializing, playing trivia, and prizes. Cheese and crackers, charcuterie bites, soda, and water will be served. Please bring your own wine or cocktails.

To sign up and pay for this event, visit valenciacyhoa.com. A registration link is available in the "Pay and RSVP for Event" tab.



LEARN TO PLAY!

Do you want to learn Canasta, Bridge, or Mah Jongg or just need a refresher? Weekly instructions are now available. Check out the schedule below:



Beginners Bridge Class | Fridays – 9:30 am.
followed by two hours of play. Contact Esther Granade at 704-968-8765.

Canasta | 1st and 3rd Saturdays – 1:00 pm
Contact Don Burke at donaldburke23@gmail.com.

Mah Jongg | Wednesday – 1:00 pm
Contact Randy Armstrong at randysec@bellsouth.net.

MAH JONGG OPEN PLAY

Tuesdays and Wednesdays | 1:00 – 4:00 pm
Get in a game every Tuesday or Wednesday.
Please bring your set, if you have one.

CAY NIGHT OUT:

COMEDIAN YAKOV SMIRNOFF

February 29 | 7:00 pm
Cost: \$36.83 pp
Tradition Town Hall



Reserve your tickets on Valenciacyhoa.com.
Seat selection is available upon receipt of your payment, on a first-come, first served basis. Payment by check only, credit cards are not accepted. Make checks payable to Valencia Cay HOA.



January 30 | 6:30 pm
Cost: \$8.00 pp | The Social Club

Enjoy a fun evening of musical Bingo! Singo is an exciting musical spin on the traditional game of Bingo. Instead of listening for a number, players are listening to their favorite oldies tunes. Everyone can play along, everyone can sing along, and anyone can win! Light refreshments and coffee will be served. BYOB if you wish to have a cocktail.



To sign up and pay for this event visit, valenciacyhoa.com. A registration link is available in the "Pay and RSVP for Event" tab.

SAVE THE DATE • CAY MIX & MINGLE:

St. Patrick's Day Party

March 17 | 6:00 pm

THE CAY MIX & MINGLE:

Mardi Gras Celebration

February 25 | 6:00 – 8:00 pm
Cost: TBA
The Lifestyle Courtyard

Join us on Fat Tuesday for a Mardi Gras celebration, with authentic Cajun Cuisine and more.
Stay tuned for eblasts with additional information.



JANUARY at VALENCIA CAY

SUN	MON	TUES	WED	THURS	FRI	SAT
			8 am Pickleball* 1 9 am Cardio Works 9 am Golf* 1 pm Mah Jongg 1 pm Mah Jongg Instruction 7 pm Poker	9 am Yoga 2 1 pm Canasta 6:30pm Mexican Train Dominos 7 pm Billiards	8 am Pickleball* 3 1 pm Hand and Foot Canasta	1:00 pm Canasta Instruction 4
5	8 am Pickleball* 6 9 am Strength & Conditioning 1 pm Ping Pong 1 pm Mexican Train Dominos 7 pm The Cay Players	11 am Book Club 7 1 pm Mah Jongg Open Play 7 pm Partners Canasta	8 am Pickleball* 8 9 am Cardio Works 9 am Golf* 1 pm Mah Jongg 1 pm Mah Jongg Instruction 7 pm Poker 7 pm Knitting Club	9 am Yoga 9 1 pm Canasta 6 pm Thirsty Thursday in the Courtyard 7 pm Billiards	8 am Pickleball* 10 9:30 -10:30 am Bridge Lessons 10:30 am Social Bridge 1 pm Hand and Foot Canasta 8 pm Carpenters Tribute Concert*	11
12	8 am Pickleball* 13 9 am Strength & Conditioning 1 pm Ping Pong 1 pm Mexican Train Dominos 7 pm Golf Club Meeting	9 am New Resident Orientation 14 1 pm Mah Jongg Open Play 6 pm Bunco	8 am Pickleball* 15 9 am Cardio Works 9 am Golf* 1 pm Mah Jongg 1 pm Mah Jongg Instruction 7 pm Poker 7 pm Knitting Club	9 am Yoga 16 1 pm Canasta 6:30pm Mexican Train Dominos 7 pm Billiards	8 am Pickleball* 17 9:30 -10:30 am Bridge Lessons 10:30 am Social Bridge 1 pm Hand and Foot Canasta 6 pm Mix & Mingle Wine & Cheese & Trivia Night	9 am Mindfulness Meditation 18 1:00 pm Canasta Instruction
11 am Men's Club Brunch 19	8 am Pickleball* 20 9 am Strength & Conditioning 1 pm Ping Pong 1 pm Card Making 7 pm The Cay Players	11 am Current Events Club 21 1 pm Mah Jongg Open Play 7 pm Partners Canasta	8 am Pickleball* 22 9 am Cardio Works 9 am Golf* 1 pm Mah Jongg 1 pm Mah Jongg Instruction 7 pm Poker 7 pm Knitting Club	9 am Yoga 23 1 pm Canasta 6 pm Thirsty Thursday in the Courtyard 7 pm Billiards	8 am Pickleball* 24 9:30 -10:30 am Bridge Lessons 10:30 am Social Bridge 1 pm Hand and Foot Canasta	9 am Mindfulness Meditation 25
26	8 am Pickleball* 27 9 am Strength & Conditioning 11:30 am Women's Club Luncheon 1 pm Ping Pong 4 pm Dining Out Club Meeting	1 pm Mah Jongg Open Play 28 7 pm Partners Canasta	8 am Pickleball* 29 9 am Cardio Works 9 am Golf* 1 pm Mah Jongg 1 pm Mah Jongg Instruction 7 pm Poker 7 pm Knitting Club	9 am Yoga 30 1 pm Canasta 6:30pm Singo - Musical Bingo 7 pm Billiards	8 am Pickleball* 31 9:30 -10:30 am Bridge Lessons 10:30 am Social Bridge 1 pm Hand and Foot Canasta	

*Off-property: Golf & Pickelball

FEBRUARY at VALENCIA CAY

SUN	MON	TUES	WED	THURS	FRI	SAT
						9 am Mindfulness Meditation 1 1:00 pm Canasta Instruction
2	3 8 am Pickleball* 9 am Strength & Conditioning 1 pm Ping Pong 1 pm Mexican Train Dominoes 7 pm The Cay Players	4 1 pm Mah Jongg Open Play 7 pm Partners Canasta	5 8 am Pickelball* 9 am Cardio Works 9 am Golf* 1 pm Mah Jongg 1 pm Mah Jongg Instruction 7 pm Poker 7 pm Knitting Club	6 9 am Yoga 1:00 pm Canasta 6:30 pm - Mexican Train Dominos 7 pm Billiards	7 8 am Pickleball* 9:30 -10:30 am Bridge Lessons 10:30 am Social Bridge 1 pm Hand and Foot Canasta	8 9 am Mindfulness Meditation
9	10 8 am Pickleball* 9 am Strength & Conditioning 1 pm Ping Pong 1 pm Mexican Train Dominoes	11 9 am New Resident Orientation 1 pm Mah Jongg Open Play 6 pm – Bunco	12 8 am Pickelball* 9 am Cardio Works 9 am Golf* 1 pm Mah Jongg 1 pm Mah Jongg Instruction 7 pm Poker 7 pm Knitting Club	13 9 am Yoga 1:00 pm Canasta 6 pm <i>Thirsty Thursday in the Courtyard</i> 7 pm Billiards	14 8 am Pickleball* 9:30 -10:30 am Bridge Lessons 10:30 am Social Bridge 1 pm Hand and Foot Canasta	15 9 am Mindfulness Meditation 1:00 pm Canasta Instruction
16 11 am Men's Club Brunch	17 8 am Pickleball* 9 am Strength & Conditioning 1 pm Ping Pong 1 pm Card Making 7 pm The Cay Players	18 11 am Current Events Club 1 pm Mah Jongg Open Play 7 pm Partners Canasta	19 8 am Pickelball* 9 am Cardio Works 9 am Golf* 1 pm Mah Jongg 1 pm Mah Jongg Instruction 7 pm Poker 7 pm Knitting Club	20 9 am Yoga 1:00 pm Canasta 6:30 pm - Mexican Train Dominos 7 pm Billiards	21 8 am Pickleball* 9:30 -10:30 am Bridge Lessons 10:30 am Social Bridge 1 pm Hand and Foot Canasta	22 9 am Mindfulness Meditation
23	24 8 am Pickleball* 9 am Strength & Conditioning 1 pm Ping Pong 1 pm Mexican Train Dominoes	25 1 pm Mah Jongg Open Play 6 pm <i>Mix & Mingle Mardi Gras Party</i>	26 8 am Pickelball* 9 am Cardio Works 9 am Golf* 1 pm Mah Jongg 1 pm Mah Jongg Instruction 7 pm Poker 7 pm Knitting Club	27 9 am Yoga 1:00 pm Canasta 6 pm <i>Thirsty Thursday in the Courtyard</i> 7 pm Billiards	28 8 am Pickleball* 9:30 -10:30 am Bridge Lessons 10:30 am Social Bridge 1 pm Hand and Foot Canasta	29 9 am Mindfulness Meditation 7 pm <i>Cay Night Out Yakov Smirnoff</i>

*Off-property: Golf & Pickelball

CLUB NEWS



TALKING BOOKS – BOOK CLUB

First Meeting January 7 | 11:00 am in the Social Club

FIRST BOOK:

Where the Crawdads Sing | Author: Della Owens

"A reader lives a thousand lives before he dies...The man who never reads lives only one."

Reading a book takes us to places that are exciting or disappointing. A story can make us feel happy or angry, bring us joy or sorrow. Travel to unknown or familiar places. It allows us to have feelings about the past or present. Come make new friends and share your ideas about what we will have read. Help choose books that may be meaningful in your life. "Once you have read a book you care about, some part of it is always with you."

BILLIARDS

Thursdays | 7:00 – 9:00 pm

Contact: Jim Decesari at
jim_decesari@msn.com



BRIDGE

Fridays | 9:30 – 10:30 am

Beginner's Bridge Instruction

10:30 – 12:30 – Game for those who know how to play

Contact: Esther Granade at 704-968-8765

BUNCO CLUB

Second Tuesday of the Month | 6:00 – 9:00 pm

Contact: Kathy at 954-907-0820 or Dree at 772-742-8006.

CARD MAKING

Third Monday of the Month

1:00 – 3:00 pm

Contact: Pat Polit at
teach307@email.com



Looking for just the right card to send to a friend or family member? Each third Monday of the month we will get together in the Social Club to create cards. All materials will be provided to create up to eight greeting cards. Class cost is \$10. Choose from a variety of card kits for all occasions. You must RSVP to Pat Polit at teach307@email.com by the Monday prior, so there will be enough supplies for everyone.



CANASTA

Thursdays | 1:00 – 4:00 pm

Contact: Don Burke at
donaldburke23@gmail.com.



DINING OUT WITH FRIENDS CLUB

First Meeting January 27 | 4:00 pm in the Social Club

The first dining out meeting will include all types of restaurant recommendations and everyone is a team member! Please come with suggestions and prices for lunch, early bird, and dinner. Sunday brunch suggestions are welcomed.

We can't wait to share our ideas, as we begin our Dining Out with Friends! Please RSVP to Hedy Berman at hedyberman@gmail.com if you plan on attending the meeting.

THE CAY PLAYERS

Theater and Acting Club
First and Third Mondays of the Month
7:00 pm
Contact: Liz Halbreich
at 954-801-8893



If you have ever wanted to try acting, this is your chance. Or if you are interested in stage production, such as painting scenery, creating costumes, making playbills or flyers, come and join the growing membership of The Cay Players. We need your talents!

CURRENT EVENTS CLUB

Third Tuesday of the Month
11:00 am – 12:00 pm
Contact: Bill Brosnan at 561-306-3273
or bill.brosnan@yahoo.com
January's topic: *Artificial Intelligence*



The purpose of the Current Events Club is to discuss local, national, and international news topics. Our conversation will be on a nonpolitical basis, striving to respect each other's opinions and presentations.



MEN'S CLUB AT VALENCIA CAY

Next meeting January 19 | 11:00 am in the Social Club

The Men's Club at Valencia Cay held their first meeting on Sunday December 8, with tremendous support and success. Bagels, pastry, juice, and coffee were enjoyed by all! The Men's Club will be a great opportunity to meet new neighbors and friends. You can see for yourself, when you join us at our next lunch, which will be held on January 19 at 11:00 am at the Social Club.

For any additional information, please contact Men's Club President Ed Weinreb 561-414-6439 or Mike Drahos 561-628-2577.

NEW



JOY OF KNITTING CLUB

Wednesdays | 7 pm in the Social Club

Come join our knitting club and share fresh inspiration, friendship and the delicious challenge of selecting just the right project and yarn to fit your mood, and skill level. Relax, thrill at your achievement and have fun!

If you love the look and feel of luxurious soft cashmere, sensuous silk and the finest merino then let's get together and celebrate the satisfaction of the Joy of Knitting.

For Information contact Dorean Levenberg:
doodiegirlone@yahoo.com

GOLF CLUB

Golf Outings every Wednesday
at 9:15 am
Contact: Ed Gallant at
thecaygc@yahoo.com



HAND & FOOT CANASTA

Fridays | 1:00 – 4:00 pm
Contact: Randy Armstrong 954-826-0930

MAH JONGG

Tuesdays and Wednesdays | 1:00 – 4:00 pm
Contact: Judy Berkowitz at 772-882-4488

MEXICAN TRAIN DOMINOS

First and Third Thursdays | 6:30 pm
Contact: Mary Kozlowski at
mak624@gmail.com



CLUB NEWS

MINDFULNESS MEDITATION

Saturdays | 9:00 – 10:30 am
Beginning January 18
Contact: Candace Osias at
candieosias@gmail.com



Come join us to improve your health and increase your happiness by learning how to meditate mindfully. Weekly meditation sessions will include: readings from Mindful Meditation experts, sitting and walking meditation, and practice in active listening and other mindfulness practices. Beginners and advanced meditators are welcome.

MUSIC APPRECIATION

January 24 | 1:00 pm
Contact Herman Eilberg at eilberg@bellsouth.net

This club is for those who enjoy music in all its forms. Live, recorded, all genres. Vinyl, CDs, DVDs, Streaming, Concerts – small or large venues, or even just music in the park.

PARTNERS CANASTA

Tuesdays | 7:00 – 9:00 pm
Contact Cindee Laxner | 561-358-5688 or
Cindee_Laxner@msn.com

Attention Singles: If you would like to play, contact Cindee and we will try to find a partner for you.

PICKLEBALL CLUB

Mondays, Wednesdays, and Fridays
at Whispering Pines Park
8:00 – 11:00 am
Contact: Judy & Joel Berkowitz
at 772-882-4488

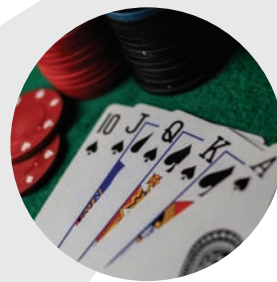


PING PONG

Mondays | 1:00 – 3:00 pm
Judy Berkowitz at 772-882-4488

POKER

Wednesdays | 7:00 pm
Contact: Richard Ames at
amesrr1@gmail.com



WOMAN'S CLUB

Contact: Pam Murgo and Gail Roberts
at gmr442@gmail.com

The Woman's Club is a social club to plan events and outings for its members.

Ugly Sweater Party & Cookie Exchange





TOTAL HEALTH SYSTEMS AT VALENCIA CAY FITNESS PROGRAMS

STRENGTH AND CONDITIONING

Designed to improve the physical components that determine sports performance success. This is an excellent class for people who want to learn how to build strength, muscle, and efficient movement through the body's primary movement patterns. Focus is to improve overall strength and mobility.

YOGA

This is a stretching class with simple breathing exercises and seated meditation. Empower your mind and strengthen your body as you move through a series of poses. Slow-paced class suits all levels.

TOTAL BODY FITNESS

You will get a "head-to-toe" toning workout in this freestyle format class. A full body workout is achieved through high repetition movement and non-cardio exercises. Focus is on improving everyday life quality.

A GYM ATTENDANT from THS will be at the Fitness Studio to assist with equipment instruction and free evaluations.

ATTENDANT HOURS:

Wednesday: 9:00 – 11:00 am

Thursday: 9:00 am – 12:00 pm

CLASS SCHEDULE

STRENGTH & CONDITIONING | Tuesday | 9:00 – 9:50 am

YOGA | Thursday | 9:00 – 9:50 am

TOTAL BODY FITNESS | Saturday | 9:00 – 9:50 am

\$50 per month for all classes

INDIVIDUAL MONTHLY CLASSES

Strength & Conditioning | \$32

Yoga | \$32

Total Body Fitness | \$32

Walk-in Fee | \$10 per class (if space is available)

No one will be admitted once the class has begun.

No Refunds, Credits, or Makeups

For information contact 772-224-3324
info@totalhealthsystemsinc.com | www.totalhealthsystemsinc.com



FRIENDSGIVING AT THE CAY

