

*Seven*BRIDGES THE INSIDER

COMMUNITY NEWSLETTER FOR SEVEN BRIDGES HOMEOWNERS



**COME ENJOY OUR ANNUAL
HALLOWEEN EVENTS!**

**BRING YOUR KIDS TO
THE CERAMIC PARTY**

**DON'T MISS OUR WINE
DOWN WEDNESDAYS!**

**ATTEND OUR
COOKING CLASSES!!**

RECREATIONAL FACILITY

16701 Cabernet Drive
Delray Beach, FL 33446

LIFESTYLE

Jaime Bralts *Lifestyle Director*
(561) 403-5775 Ext. 704
jaime.bralts@glhomes.com

TENNIS PRO SHOP

sevenbridgestennis@gmail.com
(561) 403-5775 Ext. 701
Adrian Pelmus *Tennis Director*
Gabriel Neacsu *Head Pro*
Kevin Spencer *Tennis Pro*
Roma Turtygin *Tennis Pro*
Leah Nagel *Pro Shop Manager*

PROPERTY MANAGEMENT

Alexis Brownstein, *Property Manager*
KW Property Management Co.
(561) 403-5775 Ext. 703
abrownstein@kwpmc.com
Ana Rico, *Administrative Assistant*
arico@kwpmc.com

FITNESS

Robert Trnka *Fitness Director*
Body Wellness
(561) 403-5775 Ext. 705
robert@bodywellness.com

PRIME 7 RESTAURANT

Trish Plateroti *Restaurant General Manager*
(561) 403-5775 Ext. 706
Trisha@prime-7.com

Reservations & Takeout Orders
(561) 403-5775 Ext. 702
reservations@prime-7.com

Christian Hartmann
Restaurant Beverage Manager
(561) 403-5775 Ext. 707
christian@prime-7.com

Justin DeSimone *SexxChef, Executive*
Director of Culinary Operations
(561) 403-5775 Ext. 708
sexxchef@prime-7.com



A LETTER FROM YOUR HOA BOARD OF DIRECTORS

Dear Residents,
Seven Bridges has just transitioned from a “developer-controlled board” to a “resident-controlled board” as of August 1st. Below is a brief introduction to your current Board of Directors:

President – Matthew Weiss Matt comes with many years of board service, a diverse legal background, and extensive entrepreneurial experience. These attributes will make him an effective Board member as we navigate through the important transition period while maintaining the Seven Bridges brand.

Vice President/Treasurer – Larry Orbach Larry has been serving on the Seven Bridges Board of Directors with the developer since 2018. He also has over 20 years’ experience serving on boards in New York and Florida. He has helped many communities transition to a resident-controlled board working with engineers and other vendors for the betterment of the community.

Secretary – Mehmet Bekisoglu Mehmet moved from Turkey to the U.S. in 2011. He has experience serving on boards in Turkey and has extensive experience managing hundreds of employees as well as vendors. He acted as Vice President of an HOA in Florida, where he helped transition that community from “developer controlled” financially in under two years. Mehmet feels he will be helpful with bringing solutions to various problems to keep the wonderful quality of living here at Seven Bridges.

Our newly-installed HOA Board of Directors has been working hard for the last six weeks so that we could hit the ground running on August 1st, our transition date. As discussed at The Meet the Board Night, its overall focus will be on security, safety, and fostering our neighborly culture. Of course, Matthew, Larry, and Mehmet will transparently pursue these initiatives while also maintaining (if not improving) the many wonderful Seven Bridges amenities. In that regard, our efforts in this short time have been quite productive.

The HOA Board will be holding a Special Meeting on Tuesday, September 17th at 7:00 p.m. in the Sports Court. Among other things, the Board will consider amending the 2019 budget to include expenses which were not included in the original budget by the prior HOA Board, controlled by GL Homes, as well as increasing the assessment to cover the cost of these items. Please note that the Board of Directors has set up a dedicated e-mail address so that all residents have 24/7 direct access to them. This e-mail address is 7BridgesHOA@gmail.com. For day-to-day issues, please continue to use the Seven Bridges App or e-mail our interim Property Manager, Alexis Brownstein at abrownstein@kwpmc.com.

All our best,
The Board of Directors

FROM YOUR LIFESTYLE DIRECTOR



Dear Residents,

I hope everyone had an amazing summer filled with laughter and great memories with family and friends! Good luck to all of your students as they start the new school year! Our HOA events have been sparse over the summer, as many of our residents were traveling, however, our calendar will now start to fill with many fun events and activities as we approach Fall. Several of our larger annual events are coming up for you and your family and friends to enjoy. Please mark your calendars accordingly, as your support for these big events is extremely important to your lifestyle at Seven Bridges.

If you have not had the opportunity to attend any of our HOA events, don't worry, we have plenty of upcoming events to enjoy! During the next two months, we will be featuring cooking classes, mixology classes, movie nights, our Annual Halloween events for both kids and adults, and more! We also offer many wonderful club events for you to enjoy, with more than 20 formed clubs waiting for your participation, along with the opportunity for you to make new friends.

As with all HOA events, please be mindful of deadlines when planning your event attendance! It is imperative that you RSVP by the deadlines to avoid cancellation of any event. Keep in mind that it is essential for our community to come together in support of major events, such as Adult Fright Night, the Kids' Halloween Party, the Fall Music Festival, or the Magic Show to ensure their maximum potential. Our residents' support is crucial to the success of these events. A special thanks to everyone who has participated in and enjoyed all of the events we have presented so far!

Seven Bridges has transitioned from a "developer-controlled board" to a "resident-controlled board," therefore we will also be transitioning to a new Lifestyle Director. I would like all of you to know that the time I have spent here as your Lifestyle Director has been truly amazing and I wish to thank everyone for their amazing support over the last three years. This community has been socially enriched thanks to your continued feedback and suggestions for events, clubs, fitness classes, and Prime 7 events.

Please keep in mind that the community will continue to look for new clubs and leaders to bring proposed clubs to life. Please continue to send us feedback and if there are any events or activities you would like to see us implement, come by my office or e-mail me. My door is always open!

Cheerfully yours,
JAIME BRALTS

STAY CONNECTED!



Stay connected via Facebook at facebook.com/sevenbridgeslifestyle. This is where you can see pictures and videos from the events and club gatherings.



Stay connected via Instagram @sevenbridgeslifestyle and @SevenBridgesPrime7, @bodywellnessat7bridges



Visit us at www.sevenbridgeshoa.com. Here you will be able to pay for events, make dinner reservations, and more! Don't miss out on staying connected with your community!

A LETTER FROM YOUR HOA PROPERTY MANAGER



Dear Residents,

For those of you who have not met me, I look forward to the opportunity to meet you soon. I am excited to be here during this time of transition to the first homeowner Board of Directors. I have been in property management for eight years, most recently in New York City. I joined KW Property Management and Consulting several months ago and I am thrilled to be assigned to Seven Bridges.

Please come by the Management Office if you are in need of assistance for bar codes, FOBS, ARB applications, or if you just have questions about the Association. Our Administrative Assistant, Ana Rico, is also available for your needs. All of us on the KW Management team look forward to serving you!

Thank you,
ALEXIS BROWNSTEIN



CLUB NEWS

THE 7B MOM SQUAD

Moms of Seven Bridges...come join this fun group of women on the second Thursday of every month at 7:30 p.m. Be on the lookout for future event details via the weekly club e-blasts. Contact us at 7Bmomsquad@gmail.com to join today!

BASKETBALL CLUB

Where else can you shoot some hoops, get some exercise, and meet your neighbors? The Seven Bridges Basketball Club is your answer! We play on Wednesday evenings and Saturday mornings. If you are interested in joining us, please contact Jeremy Broffman at jeremybroffman@gmail.com.

BORN IN THE BRONX CLUB

We are always looking for new members for our fun club! We would appreciate anyone willing to come and share memories of anyone who was born or who lived in the Bronx. Please contact Seena Bialow at jasonseena@aol.com to join today.



CAKES FOR KIDS CLUB

Cakes for Kids will be making cupcakes for the kids at the Quantum House in West Palm Beach each month. This club is extremely rewarding and a way to give back to our community. If you are interested in joining this group, please contact Judy McDonough at judymc92@gmail.com.

CANASTA CLUB

This club will meet on Monday evenings in the Card Room 2 from 7:00 – 10:00 p.m. beginning in the Fall. New members are welcome! Watch for more details via the Club News e-blast.

DINE OUT CLUB

Do you love to dine out in the town? Then this club is for you! Come join our fun club for nights out with your friendly neighbors. We will have an outing in October. Watch for details in the Club News weekly e-blasts. Please e-mail Pam Cohen at smerls123@aol.com for more information about this club.



EXECUTIVES CLUB

Due to his recent appointment as HOA President, Matthew Weiss has passed leadership of this club to four-year resident Brad Berkowitz. He has an undergraduate degree from the Wharton School of Business at the University of Pennsylvania and an MBA from Stern School of Business at NYU. Before moving to Florida, Brad lived in New York City and worked on Wall Street for over 22 years. Brad is an Investment Advisor at Mass Mutual specializing in life insurance, disability insurance, and retirement benefits for companies. Brad and his wife, Jennifer, have two boys. Please welcome Brad as the new leader and know he will do a great job leading this popular club. Our upcoming meetings will be held on September 24th and October 15th. Please e-mail Brad at berkathome@aol.com or call him at (917) 715-2115 for more information.

HAPPY GALS CLUB

The members of Happy Gals Club at Seven Bridges get together once a month at different venues around Boca Raton and Delray Beach to chat, have a cocktail, and a lite bite, usually during happy hour around 5:00 – 7:30 p.m. We connect with The Bridges Happy Gals Club to get to know even more neighbors! If you are interested in joining this fun club, please contact Dawn Spencer at spencerdawn2311@gmail.com.

LADIES' BUNCO CLUB

Bunco is a great opportunity to unwind and get together with your 7 Bridges neighbors for fun and great conversation. Become a member and you can play too! Our monthly Bunco parties include an easy dice-rolling game (no experience necessary), with lots of fun and laughter. We meet the first Wednesday of every month at 7:00 p.m., in Card Room 2 from September to May. Please e-mail Susan Hayes and Beth Talbert at susan.refeatheryournest@gmail.com for more information.



LADIES' TEXAS HOLD'EM CLUB

Come and join us for some Texas Hold'em fun on the fourth Wednesday of every month starting in October and continuing until May 2020. We will meet at 7:00 p.m. in Card Room 1. This club is a mixture of beginners and experienced players just trying to have fun. If you are interested in joining, e-mail either Pam Cohen at smerls123@aol.com or Beth Berkowitz at bethberkie@gmail.com.

LATINO CLUB

The Seven Bridges Latino Club was formed to bridge the cultural divide between our ethnicities. We seek to celebrate our similarities and minimize our differences by introducing culinary masterpieces from Latin American kitchens, as well as featuring drinks and cocktails from all over! We will invite you to events that will showcase our neighbors and the places they are from. Our mission is to promote friendship and neighborly love for all our residents, with a big focus on our children and teenagers. We invite you to attend our events and meet our wonderful members. E-mail Jhonattan Navas at jcnavas@electronaca.com to join today!

LOUNGE LIZARDS

This club will meet the third Wednesday of every month at 7:00 p.m. starting in September in our beautiful lounge. We will be collaborating with Prime 7's "Wine Down Wednesdays." If you have any questions regarding our club, please contact Merel Fisher at mmerel29@gmail.com.



MAHJONG CLUB

This club will meet on Tuesday evenings in the Card Room 2 from 7:00 – 10:00 p.m. beginning in the Fall. New members are welcome! Watch for more details via the Club News e-blast.

MEN'S HIGH STAKES POKER CLUB

This club meets every Monday evening at 7:00 p.m. for a fun night of poker in Card Room 1. This is a great group of guys that laugh together every week. If you are interested in joining, please contact Andy Geller at Andy@liondt.com or (561) 613-1212.

MEN'S LOW STAKES POKER CLUB

This club meets every Tuesday from 7:00 to 9:00 p.m. and Thursdays from 1:00 to 4:00 p.m. in Card Room 1. We currently have two tables and are always ready for more! If you would like to be a part of this club, please contact Norman at storminfish@gmail.com.

MOTORCYCLE CLUB

Let's get together every Sunday for an organized ride! All motorcycles are welcome. Contact Peter Rubenstein at prubenstein01@gmail.com or (516) 697-7454.



THE 7B KING PINS (NEW)

Do you have some spare time? Come join the 7B King Pins, the club that is sure to be right up your alley! We will meet on the second Wednesday of each month at Frank's Cinebowl in Delray Marketplace at 7:00 p.m. All ages and skill levels welcome – our goal is to bowl, have fun, and hang out with old and new friends. RSVP to The7Bkingpins@hotmail.com.

WINE CLUB

The Wine Club meets at various locations each month, celebrating a different region of the world, whether New World or Old World wines. We will continue meeting in the Fall. Look for more details in the Club News weekly e-blasts. Please e-mail or call Helen for event information at hharris48@hotmail.com or (561) 403-5383.

WOMEN'S CLUB

The Seven Bridges Women's Club will be hosting regular social and cultural events throughout the year. We are looking for residents who would like to have a voice in choosing and planning our future activities. We have two co-chairs for this club and welcome all ideas! Please contact Leslie Blank at (860) 798-9185 and Rachelle Wolosoff at (516) 987-1551 to get involved.

WOMEN'S GOLF CLUB

We are ready to play whenever you are! Contact me so we can make arrangements with a local golf course to play. We are a Dine and Nine group, or a social group that plays golf. We are non-competitive, and are just looking for a fun afternoon. If you would like to join us, please contact Seena Bialow at jasonseena@aol.com.

WOMEN'S PHILANTHROPY CLUB

If you are looking to make a difference in our community, then look no further! We support local and national charities, with a focus on children and those living with disabilities, such as JAFCO, Healthy Mothers Healthy Babies of Palm Beach and The Giving Tree of Boca Raton. Meetings will be every three months in the Clubhouse lounge. Our next meeting is Saturday, September 7th at 7:00 p.m., to raise money for PCAN (Pancreatic Cancer Action Network). Please contact Joanna at Joanna.hoffmann82@gmail.com to join!

If you are interested in joining any of these clubs, please contact the club leaders. If you want to start a new club, please contact Jaime Bralts, the Lifestyle Director. Please note the difference between an HOA Event put on by the Lifestyle Director and a club event that is created by club members. The Lifestyle Director will collect money for any HOA Event and the event will be open to the entire community, unless otherwise specified. If you have any questions, please email Jaime at Jaime.Bralts@glhomes.com.



HOA EVENTS



Kids' Ceramic Party

Saturday, September 21st from 2:00 to 4:00 p.m.

Does your child love to paint? Then this class is for them! Stephanie from Picasso's Creative Workshop will be here to assist your children in creating their own Fall-themed ceramic project! Your child will have a huge variety to choose from and start painting away! There will be unlimited paints and glosses to make their project come alive. When they are finished, Stephanie will bring the pieces back to her studio where she uses firing techniques to complete your one-of-a-kind ceramic work of art. They will be available for pickup in Jaime's office one week after the class! The cost is \$15 per child and checks should be made payable to Picasso's Creative Workshop. If your child chooses a more expensive project the day of the event, you will just pay the difference that day. Please come to Jaime's office to hand in your check. That will be your official RSVP. We hope to see your child and their friends attend this fun class!



Kindly RSVP online
for Dumbo by
Wednesday, September 25th

KIDS' MOVIE NIGHTS

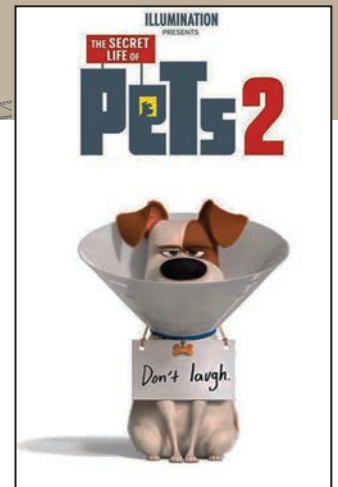
Dumbo

Friday, September 27th at 6:00 p.m.

Secret Life of Pets 2

Friday, October 11th at 6:00 p.m.

Come drop off your kids for these great movies all kids will enjoy! The kids will watch the movie on our big screen in the Sports Court while the adults enjoy dinner at Prime 7! The cost is \$15 per child. Your Lifestyle Director, along with other certified staff, will watch your child while they enjoy a dinner buffet including chicken fingers, grilled cheese, French fries, fresh fruit, popcorn, water, and juice. For dessert, there will be a chocolate chip cookie ice cream sandwich. Don't forget to bring something comfy for your kids to lay on while watching the movies!



Kindly RSVP online for
Secret Life of Pets by
Wednesday, October 9^h

RSVP INFORMATION

In order to RSVP for events, you must go online and pay! Please visit www.sevenbridgeshoa.com, then click on the lifestyle button, unless otherwise stated. This will direct you to the Lifestyle website. Under the Social Events tab, click on RSVP for Events. There will be a list of the events with individual pay buttons. Please e-mail Jaime if you have any issues. Events are subject to cancellation if RSVP minimum is not met. Refunds will not be given after RSVP deadlines.





3rd Annual Adult Fright Night

Friday, October 25th from 7:00 to 11:00 p.m.

Come join your neighbors and friends for this fun evening for adults only! There will be a DJ playing your favorite dance music, various food stations, and a four-hour top shelf open bar! For those that dress up, we will have costume contests. We will also have a pumpkin carving/painting contest. Create your masterpiece at home and bring it to the party to be judged by your peers. Winners will receive a prize and all pumpkins will be used as decoration for the Kids' Halloween Party! The cost is \$75 per person, which includes, food, drinks, DJ, staff, and prizes. Last year's party was a blast and we hope to see you at this year's! RSVP online by Tuesday, October 22nd.



Kids' Halloween Party

Thursday, October 31st from 5:00 to 7:00 p.m.

Come to the Clubhouse to get the kids' Halloween night started right! Ride the trolleys from your sections to this fun party where food will be served, costume contests will happen for three different age groups, and a DJ will be playing fun music! The cost is \$15 per person and each child will receive a goody bag upon check in. Outside registered guests are welcome to attend this event. Wristbands will be available for pick up in Jaime's office upon payment. RSVP online by Tuesday, October 29th. We can't wait to see everyone's costumes!



FROM YOUR TENNIS DIRECTOR



We are excited to start a new chapter in our fourth season here at the amazing tennis center of Seven Bridges! I am always delighted and energized to see so many tennis lovers from this beautiful community joining our classes, leagues, taking a lesson, or enjoying a fun social game.

In order to raise the bar of the program, we are introducing new leagues for men, a high-quality junior program, while keeping our ladies competing and improving more and more each year. A successful club requires a good quality after-school junior program, so we hope to meet plenty of new faces at the Kids' Tennis Day and introduce a whole new juniors group to our tennis program.

Our pristine courts are a big priority of mine, so we will be adding more maintenance hours for you to play on perfect courts. One of our daily goals is to keep the entire facility in top shape and fixing all problems in a timely matter, to make sure the tennis center is always looking its best.

In order for you to have the best experience at our facility, we would love to hear your comments, questions or concerns. Please feel free to e-mail us at sevenbridgestennis@gmail.com.

Keep your eyes on the ball!

ADRIAN PELMUS
Tennis Director



TENNIS EVENTS



KIDS' TENNIS DAY

Saturday, September 7th from 4:00 to 5:30 p.m.

We want to get you and your children excited about the junior programs we offer at your tennis facility and introduce them to our wonderful coaches! We will provide racquets if your child does not have one, just let us know in advance. The day will include fun games and prizes for kids of all ages. Your children are the future of tennis and NOW is the best time to get them involved in this super fun sport they will enjoy for years to come. Delicious frozen treats will be given to all children.

The cost is \$10 per child. RSVP and pre-pay by Thursday, September 5th inside the Pro Shop.



MEMBER-GUEST MIXER

Sunday, October 20th from 9:00 to 11:00 a.m.

Bring your best tennis friend to this double's mixer! Enjoy a lovely morning of tennis in a round robin format. We are giving away t-shirts to all participants! This is a great chance to get back into tennis, if you haven't played much over the summer. Brunch and refreshments will be served at the Tennis Center after play. Space will be limited, so make sure you sign up early!

The cost is \$35 per person. You must RSVP and pre-pay by Monday, October 14th inside the Pro Shop. Payment is required at the time of sign up for all events.



OPEN-CLINIC DESCRIPTIONS

MEN'S ROUND ROBIN

Mondays from 7:00 – 8:30 p.m.

A fun, competitive doubles round robin and games with pro interaction. Pizza and soft drinks are offered upon completion of play. The cost is \$10 per person.

CO-ED DOUBLES MIXER

Wednesdays from 7:00 – 8:30 p.m.

This clinic allows both men and women of all levels to play together each week. Each participant must pre-pay and be signed up by Wednesday at 1:00 p.m. on the day of each clinic. The cost is \$20 per person.

BEGINNERS' CO-ED CLINIC

Saturdays from 9:00 – 10:00 a.m.

This class is all about developing the correct technique, proper grips, and footwork to prevent future injuries, while learning the fundamentals. We encourage men and women of all ages to take up this lifelong sport that will keep your athletic skills sharp and your body in the best shape! The cost is \$25 per person. A minimum of four players is required.

** Sign-ups and cancellations for ALL clinics must be made within a minimum of 24 hours in the Pro Shop. Payment is required at the time of sign up.*



JUNIOR TENNIS PROGRAM

Future Stars: Ages 4 – 7

Mondays, Wednesdays & Fridays
4:15 – 5:00 p.m.

Rising Stars: Ages 8 – 13

Mondays, Wednesdays & Fridays
5:00 – 6:00 p.m.

Session 1: September 9th – December 20th

Session 2: January 6th – May 22nd

Contact the Pro Shop for pricing and more information

ADULT WEEKLY TENNIS SCHEDULE

September 9th – December 20th

Monday

10:00 – 11:30 a.m. Division 7 Ladies' Team Practice
7:00 – 8:30 p.m. Men's Round Robin

Tuesday

8:30 – 10 a.m. Division 6 Ladies' Team Practice
7:00 p.m. Palm Beach Royal Men's League Matches (Home/Away)

Wednesday

8:30 – 10:00 a.m. Division 3 Ladies' Team Practice
10:00 a.m. Division 6 Ladies' Matches (Home/Away)
7:00 – 8:30 p.m. Co-Ed Bootcamp

Thursday

10:00 a.m. Division 3 & 7 Ladies' Team Matches (Home/Away)
7:00 p.m. Palm Beach King Men's League Matches (Home/Away)

Friday

8:30-10:00 a.m. Ladies' Doubles Strategy with Adrian

Saturday

9:00 – 10:00 a.m. Beginners' Co-Ed Clinic

Sunday

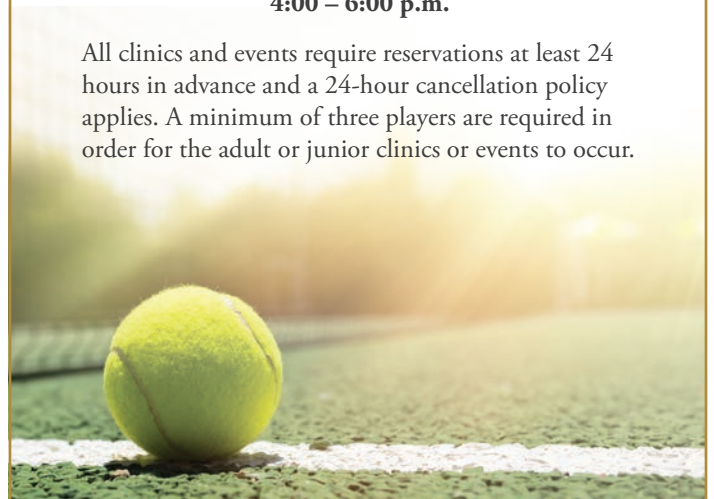
Fun social events (check for dates and times)

PRO SHOP HOURS

Sunday through Saturday:
8:00 a.m. – 12:00 p.m.

Monday, Wednesday, Friday:
4:00 – 6:00 p.m.

All clinics and events require reservations at least 24 hours in advance and a 24-hour cancellation policy applies. A minimum of three players are required in order for the adult or junior clinics or events to occur.



FITNESS

If you are interested in hiring a personal trainer, contact Robert, the Fitness Director!

ROBERT'S OFFICE HOURS:

Monday – Saturday 8:00 a.m. to 12:00 p.m.



A MESSAGE FROM YOUR FITNESS DIRECTOR

Summer is behind us and the new school year has begun. While many have been traveling over the last few months and engaging in more meals out or having meals not as healthy as when you make them at home, this brings the perfect opportunity to come visit our Fitness Center and see all the various

programs that we have to offer to get back to your fitness goals.

We have made one change to our Group Fitness schedule. We now offer Hatha Yoga on Sundays at 8:00 a.m. with Carol. Other classes that we have are Barre on Sundays at 10:00 a.m. with Shelby; Latin Ballroom Dance on Tuesdays at 6:30 p.m. with Michelle, and Indoor Cycling on

Thursdays at 6:30 p.m. with Sofia. For all other classes, please take a look at our schedule for days and times. Since the kids are back to learning, we will be starting new seasons of your favorite after-school kids' programs, from Basketball Basics to Teen Spinning. For more information regarding any Kids' Zone classes, please contact me.

Here's to making your Seven Bridges Clubhouse and community the best around!

Stay healthy,

Robert Trnka, Fitness Director

SEPTEMBER/OCTOBER 2019 GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:55 am Hatha Yoga Meridith (FS)	8:30-9:25 am Body Sculpt Ashley (FS)	8:30-9:25 am Mat Pilates Sidney (FS)	8:30-9:25 am Barre Catherine (FS)	8:30-9:25 am Mat Pilates Mary (FS)	8:30-9:25 am Indoor Cycling Mary (MPR)	8:00-8:55 am Indoor Cycling Adam (MPR)
	9:30-10:25 am Indoor Cycling Ashley (MPR)		9:30-10:25 am Hatha Yoga Carol (FS)	9:30-10:25 am HIIT Ashley (FS)	8:30-9:25 am Stretch & Tone Adam (FS)	9:00-9:55 am Glutes, Legs & Abs Julie (FS)
9:00-9:55 am Indoor Cycling Shelby (MPR)	10:45-11:40 am Water Aerobics Ilona (LP)	10:00-10:55 am Zumba Hanna (FS)	10:15-11:10 am Aqua Fit Daniele (LP)		9:30-10:25 am Sculpt & Stretch Mary (FS)	
10:00-10:55 am Barre Shelby (FS)			10:30-11:25 am Indoor Cycling Ashley R (MPR)	11:45 am-12:40 pm Tai Chi Gary (FS)	9:30-10:25 am Water Aerobics Ilona (LP)	10:00-10:55 am Interval Training Mary (FS)
	5:30-6:25 pm Intro Yoga Emanuel (FS)	5:30-6:25 pm Yin Yoga Kalindi (FS)	5:30-6:25 pm Slow Flow Yoga Emanuel (FS)	5:30-6:25 pm Yin Yoga Kalindi (FS)		
	6:30-7:25 pm Interval Training Mary (MPR)	6:30-7:25 pm Latin Ballroom Michelle (MPR)	6:30-7:25 pm Interval Training Mary (FS)	6:30-7:25 pm Indoor Cycling Sofia (MPR)		

KEY: (FS) Fitness Studio (MPR) Multi Purpose Room (LP) Lap Pool

INCLUDED CLASSES (Guest Fee \$15)

Advanced Registration for Indoor Cycling is mandatory and recommended for all other classes. For pricing on specialty classes, as well as recommendations for each class, please visit the Body Wellness concierge page. You can access this page through the Lifestyle Portal at www.sevenbridgeshoa.com. See Robert Trnka, Fitness Director for information at www.Bodywellness.com. You can also contact Susan, your Fitness Concierge, at (561) 413-3499 or susan@bodywellness.com



FITNESS CLASSES

BARRE This class is about the physical as well as the aesthetic benefits of lengthening muscles while strengthening them. Barre combines pilates, yoga, and ballet moves to give you beautiful, sculpted, lean muscles, without the impact and injuries dancers endure. The other aspect of barre is the focus it demands and the focus you reclaim as you go through your workout.

BODY SCULPTING This class combines traditional body sculpting methods using free weights, resistance bands, and your own body. It is designed to provide you with a total body workout in one short hour! This class is good for all levels!

GLUTES, LEGS & ABS This class is designed to work out your legs, glutes, hips, and the smaller stabilizing muscles using free weights, bar bells, resistance bands, and medicine balls.

HIIT High Intensity Interval Training (HIIT) involves quick intense bursts of exercise followed by short active recovery periods. This type of exercise gets and keeps your heart rate up as well as burns fat in less time.

INDOOR CYCLING This high-energy class will allow you to pedal through hill climbs and sprints as well as many other challenging drills and exercises. Each class is choreographed and set to exciting music tracks to provide you with an excellent workout and improve your cardiovascular conditioning.

INTERVAL TRAINING This class is a sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletics, aerobics and strength. Dynamic instructors and powerful music motivate everyone from the weekend athlete to the hard-core competitor!

LATIN BALLROOM A dance class with flair! This class focuses on various forms of social Latin dances which include salsa, mambo, merengue, rumba, and more. Couples are welcome but you can still perform these dance moves on your own.

MAT PILATES Exercise your body and mind as you learn to integrate breathing, muscle control and kinetic precision. Build a stronger core, increase overall muscle tone, and improve posture, stability, and alignment.

SCULPT & STRETCH The first half of this class is Body Sculpting using free weights, bars, resistance bands, and medicine balls. The second half is geared toward movements that flow smoothly throughout your whole body, to increase flexibility and decrease muscle soreness.

SLOW FLOW YOGA This class still has the feel of a typical Vinyasa Yoga class while slowing down the pace of it. You will move mindfully while building strength and balance while breathing deeply through your positions. All levels are welcome. The flows are custom tailored to leave you feeling strong and relaxed.

STRETCH & TONE Stay firm and become more flexible at the same time! This class is designed to shape your core, glutes, legs, and arms, which will allow your muscles to move better and bend more easily.

TAI CHI Originally developed in the far East for a style of self-defense, it has now evolved into a graceful form of exercise that is used to reduce stress & help alleviate other health conditions. It promotes serenity through gentle flowing movements like meditation through motion.

WATER AEROBICS We use the natural resistance and buoyancy of water against your body weight to provide a wide variety of conditioning exercises. This class is a powerful, non-stop cardio strength class for all levels. Water exercise helps increase your cardiovascular fitness, stamina, strength, and energy levels. Classes will use noodles, hand weights, and other water accessories.

YOGA • HATHA In this energizing practice, we use traditional Hatha Yoga techniques to stretch and strengthen all the major muscle groups. This class includes core strengthening, yoga breathing, and relaxation techniques.

YOGA • INTRO Classes are open to all levels and offer accessible alignment principles and biomechanics. Residents can be playful, explore their creative potential, heal and transform, all with a focus on breath and feeling.

YOGA • YIN This class is based on the Taoist concept of Yin & Yang. Yin is the stable, unmoving, hidden aspect of things, while Yang is the changing, moving, revealing aspect. The workout consists of a series of long-held passive poses that mainly work the lower part of your body including hips, pelvis, inner thighs, and your lower spine, and are held for up to five minutes.

ZUMBA® This class is designed to mix low and high intensity movements for an interval style, calorie burning, and dance fitness party. The Latin vibe and world rhythms make this class fun and not seem like exercise!



THE SPA AT SEVEN BRIDGES

Rejuvenate Your Mind and Spirit

The Spa at Seven Bridges provides the perfect sanctuary for all its Residents and guests. Escape to the romantic spa and indulge yourself, as you discover a world of relaxation, pampering, and togetherness. Sixty or ninety-minute treatments are available.

Don't see your preferred service? Please ask, as we offer many different types of massages and facials.

Email Susan at susan@bodywellness.com or call her at 561-413-3499, to schedule your appointment!

FALLING FOR BEAUTY

At the Seven Bridges Spa we will be expanding our offerings to include everything "beauty," such as eyelash extensions, air brush makeup, photo rejuvenation, and so much more. Watch for our new fall menu! Please contact Susan for booking information.

MASSAGES

SWEDISH MASSAGE • 60M / \$80 or 90M / \$122

This traditional and invigorating massage uses firm pressure that swiftly revives tired and fatigued muscles, leaving a feeling of revitalization and relaxation.

SPORTS MASSAGE • 60M / \$95 or 90M / \$145

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress.

HOT STONE MASSAGE • 60M / \$125 or 90M / \$155

This therapeutic and rejuvenating massage uses warm volcanic stones and moderate pressure to intensely soothe tired, aching muscles and aid relaxation.

AROMATHERAPY MASSAGE • 60M / \$85 or 90M / \$130

Aromatherapy massages provoke deep relaxation and mindful meditation. Organic essential oils are used.

INTEGRATIVE MASSAGE • 60M / \$85 or 90M / \$130

This precise combination of various massage techniques combines Swedish and deep-tissue therapy. This supports the body's own healing process. You will emerge both energized and relaxed.

REICHI MASSAGE • 60M / \$95 or 90M / \$145

Reichi is an ancient art form that taps into and directs this "life force," allowing the practitioner to channel this force in a way that brings the mind, body and spirit back into harmony and into a balanced way of being.

DEEP TISSUE MASSAGE • 60M / \$95 or 90M / \$145

Deep tissue massage therapy is similar to a Swedish massage, but the deeper pressure is beneficial for releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons, and fascia (the protective layer surrounding muscles, bones, and joints).

FACIALS

ANTI-AGING FACIAL • 50M / \$120

This treatment reduces fine lines, firms facial contours, and eliminates signs of fatigue. It also includes a complimentary oxygen treatment.

DEEP CLEANSING FACIAL • 50M / \$80

This basic facial treatment includes extractions, steam and special eye and neck masks to refresh, hydrate and purify your skin.

SENSITIVE SKIN FACIAL • 50M / \$80

Soothe fragile skin, while exfoliating, cooling and calming your face. The treatment will reduce redness and maintain hydration of your facial skin.

MINI FACIAL • 30M / \$55

Rejuvenate your skin with steam and a cleansing, toning, exfoliating and moisturizing treatment.

FACIAL COMBO • 50M / \$80

Combine the Deep Cleaning, Sensitive Skin, Anti-Aging, or Gentleman's Facial into a package perfect for you.

GENTLEMANS' FACIAL • 60M / \$85

This facial is designed and formulated for a man's specific skin needs. A deep cleansing is followed by an exfoliating scrub and extraction.

ORGANIC FACIAL • 50M / \$90

This multi-sensory experience uses a handpicked blend of certified organic products. It incorporates whole plants, spices, herbs, fruits, and vegetables specific to your skin's needs.

ENHANCEMENTS

10M Scalp Massage / \$15

20M Hand or Foot Treatment / \$25

25M Hand & Foot Treatment / \$50

15M Hand Reflexology Massage / \$20

25M Hand & Foot Reflexology Massage / \$40

Brows Shaping / \$30

Brows Tinting / \$30

Brows Tinting & Shaping / \$55





Annual Turkey Trot 5K

Thursday, November 28th at 8:00 a.m.

\$15/person (paid before November 17th)

\$20/person (paid after November 17th)

Join us on Thanksgiving Day morning for a 5K! Check-in is at 8:00 a.m. and the start time is 9:00 a.m. sharp. The route starts at The Bridges and ends at Seven Bridges. There will be first, second, and third place medals for adults, both male and female. We will also be handing out first, second, and third place medals for kids, both male and female.

The admission cost includes a commemorative t-shirt. This will be a timed race and will take place rain or shine! The race will not be rescheduled due to weather.

Watch for further details! Event to Benefit The Al Oerter Foundation, which promotes kids' character and integrity through sports and the arts. Please see Robert, your Fitness Director, for registration packets. We hope you will join our annual event!

CHILD WATCH IS HERE! KIDS' FUN & PLAYTIME

Monday through Saturday by Appointment Only
7:30 a.m. – 8:00 p.m.

Call if other hours are needed
Children MUST be at least 15 months of age

Reservations MUST be made 24 hours in advance to guarantee spot*

\$20/hour for the first child
\$5/hour for the second child
\$3/hour for the third child
Please call (561)413-3499
or email Susan@BodyWellness.com
to make Reservations.

*Last Minute Booking equates to less than 24-hours' notice...
Monday – Thursday: a \$25 fee / Friday – Sunday: a \$30 fee

***Important Requirements:**

Child Watch Services: Available by appointment only! Rates: \$20 per hour for single child, \$25 per hour for 2 children, \$30 per hour for 3 children. Last-minute booking fee will apply for services needed within 24 hours. The fees are as follows: Monday-Thursday \$25 and Friday-Sunday \$30.

Two-Hour Minimum



KIDS' ZONE CLASSES

BASKETBALL BASICS (4 – 6 years old):

Your child will learn the fundamentals of basketball in a fun and educational environment. The minimum number of kids required for this class is six and the maximum number is ten.


BASKETBALL ENHANCEMENTS

(7 – 9 years old): This class takes the basic skills learned in the previous classes and raises them to the next level. The coach works on developing the child's skills, understanding of the game, angles, follow-through, and double hand exercises.

SOCCER (3 – 4 years old): At this stage, we introduce your child to key concepts and new skills, cooperation and goal setting. Your child learns valuable lessons for all areas of life. We make use of fun props and play more advanced games. The kids learn some of the most difficult skills and moves in soccer, while having a blast! Your child will have fun and develop motor skills in a non-competitive way. The goal for this age group is to introduce them to the basic concepts of soccer: dribbling, kicking, running and scoring goals! All children will receive a soccer ball for maximum skill development, a Happy Feet t-shirt, and a medal of accomplishment after the season.

KENPO KARATE (6 – 8 years old):

In addition to developing physical fitness, self-defense, and safety skills, Kenpo Karate helps your child build confidence, focus, and respect for oneself and others. Students will learn the basic strikes, blocks, kicks, and stances used in Kenpo training. This fundamental training also strengthens and prepares the body for the more difficult techniques ahead in training classes for older children. From the first day of class, values of respect, courtesy, control, and discipline are instilled in every student. Instructors provide training that is interesting and challenging, to reinforce these important values.



SWIM LESSONS

Enjoy the water without fear!


Group & Private Swim Lessons Available!


Make a SPLASH! Students will learn all the skills needed to make a splash on their own this summer. They will learn skills like stroke work, breath control, underwater swimming, and more.

Private 1:1
Six half-hour sessions: \$270.

Semi-Private 2:1
Six half-hour sessions: \$150 each student.

Group Lessons
Eight half-hour sessions: \$144 each student
(3 children minimum, 5 children max)





PARENTS' NIGHT OUT

FRIDAY NIGHTS
September 13th and
October 4th

Let the staff of Body Wellness watch your children in the Clubhouse while you go on a date! This means down time for you and FUN for the kids!!

We will have two sessions from 4:00 to 6:00 p.m. and 6:00 to 8:00 p.m. to accommodate all age groups. The cost is \$30/child and advanced sign up is required.

Please contact Robert to register your kids today!

KID ZONE CLASSES

Children's Dance Ages 4-6	\$90 for 6 weeks
Basketball Basics Ages 4-6	\$127 for 7 weeks
Happy Feet Soccer Ages 3-4	\$127 for 7 weeks
Toddler/Pre-School Dance Ages 3-4	\$15 per class
Mommy & Me Fitness	\$127 for 7 weeks
Mommy & Me Swim	\$136 for 8 weeks
Kids' Yoga Ages 12-15	\$127 for 7 weeks
Kenpo Karate (ages 3-4)	\$160 for 8 weeks (\$45 reg. fee for Gi for new students)

Residents May Bring Friends – Guest Fees Will Apply

Please call before attending classes as some classes are still forming.

If you have any questions, please reach out to your Fitness Director, Robert, by email: Robert@bodywellness.com



TEEN SPINNING

MONDAYS FROM 6:30 PM-7:25 PM
STARTING MONDAY SEPTEMBER 9TH
\$100 FOR 7 WEEKS
(MINIMUM OF 5 PARTICIPANTS)

Teen Classes!

TAKE BOTH CLASSES
FOR \$150



TEEN CARDIO KICKBOXING

TUESDAYS FROM 6:30 PM-7:25 PM
STARTING TUESDAY SEPTEMBER 3RD
\$100 FOR 7 WEEKS
(MINIMUM OF 5 PARTICIPANTS)

PRECISION STRETCH™

Stretching is the one ability that can:

- Deepen impact of your workout
- Improve quality of sleep
- Increase circulation
- Improve flexibility
- Reduce Stress
- Create better alignment
- Improve posture
- Make you bigger by increasing the length of your muscles
- Help alleviate back pain, including sciatica
- Lubricate joints
- Keep ligaments and tendons healthy
- ... and so much more!

It is recommended that you stretch before/after working out to maintain range of motion, flexibility, and muscle control, along with muscle coordination and better energy levels.

\$1.00 a minute, 30-minute minimum
Call Robert at 561-403-5775 ext. 705
or email Robert directly at
Robert@bodywellness.com

BODY WELLNESS SPECIALTY SERVICES:

**Throw a birthday party the kids
will never forget!**

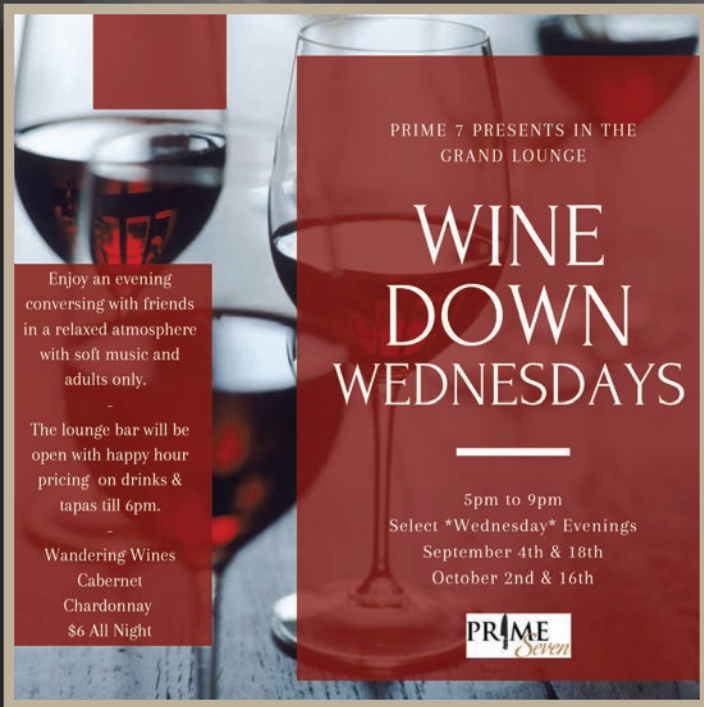
We can provide soccer, basketball,
baseball, Zumba, water fun,
lifeguards, and much more.

Call us for rates and
additional details.





PROMO SPOTLIGHT



PRIME 7 PRESENTS IN THE GRAND LOUNGE

WINE DOWN WEDNESDAYS

Enjoy an evening conversing with friends in a relaxed atmosphere with soft music and adults only.

The lounge bar will be open with happy hour pricing on drinks & tapas till 6pm.

Wandering Wines
Cabernet
Chardonnay
\$6 All Night

5pm to 9pm
Select *Wednesday* Evenings
September 4th & 18th
October 2nd & 16th

PRIME Seven



Thirsty Thursday

DANCE PARTY

5PM - 10PM
IN THE GRAND LOUNGE

DISCOUNTS ALL NIGHT
ON DRINKS & TAPAS

SUSHI MENU AVAILABLE

LIVE DJ - 6PM
BI-WEEKLY

PRIME Seven



PRIME Seven

... DID YOU KNOW? YOU CAN...

Place your food order online

Order, pay and get a text when it's ready to be picked up!



PLACE TAKE OUT ORDERS AT:
WWW.TOASTTAB.COM/PRIME-7

@SEVENBRIDGESPRIME7



MAKE YOUR RESERVATIONS!!
561-403-5772

SEPTEMBER DINNER SPECIALS

9.18.19 - ALL YOU CAN EAT BUFFET \$19
9.22.19 - FAMILY DINNER NIGHT \$19
9.27.19 - SEAFOOD DINNER \$29

PRIME Seven



PRIME Seven



A Note from Prime 7's GENERAL MANAGER

Dear Residents,

Before accepting the offer of the GM position at Prime 7, Trish worked for Blue Martini for just over ten years. She was the Events and Marketing Manager for the Boca Raton location as well as the corporate trainer for new managers. Her job responsibilities included new store openings, employee training, launching events, and logistics, VIP guest services, catering, and marketing. She managed a team of 65 staff members and coordinated off-site events and promotions, as well.

Originally from the Midwest, Trish moved to South Florida and ventured into an owner/operator of a breakfast and lunch bistro, with delivery service. She brings a vast wealth of knowledge, having worked in the service industry from the age of 13. Her experience includes front of the house management, event planning, catering, guest experience, and lounge/bar operations.

She has been a member of the Boca Raton Chamber of Commerce for ten years and enjoys meeting new people and building relationships. Fitness and beauty are some of her areas of expertise outside of the restaurant business. She is a loving mother to nine-year-old twins and multi-tasking comes naturally to her!

Trisha Plateroti
General Manager

Monthly Promos

Sunday Brunch

September 8th and October 6th

Labor Day Pool Party

September 2nd

12:00 – 4:00 p.m.

Sunday Night Family Dinner

September 22nd and

October 20th

Weekly Promos

Happy Hour: Daily from 4:00 – 6:00 p.m.

Monday: \$10 Dine-in Dinner Special

Thursday: Thirsty Thursday

from Prime 7

Cooking Classes

KIDS' CULINARY CLASS

Saturday, September 14th • 11:00 a.m.
\$20 per child

Bring your kids to this heathy, fun, and tasty lunch sandwich-building class. Fresh ingredients, from juicy turkey breast to garden vegetables and much more. Do you love cheese? Then let's build your own three-layered "cheesewich" stuffed with crispy sweet potato chips and bacon. Grilled chicken topped with cool cucumbers, red tomatoes, a little green lettuce, and world-famous Hellman's mayonnaise. Sliced bread, tortilla wrap, or if you are gluten free, let's build a "saladwich" bowl piled high with a bunch of delicious cold selections. A fresh-squeezed lemonade stand will be provided. Cost includes food, beverage, supplies, and staff. RSVP online by Thursday, September 12th to ensure we have enough ingredients for everyone!

ADULT COOKING CLASS

Monday, October 14th • 5:30 p.m.
\$31 per adult

This will be a red, white, and green Italian-spiced cooking class. Grab your partner, your friend(s), or come by yourself for a very delicate and delicious meal. Prime 7 chefs will teach you how to gently stuff your very own homemade Italian arancinis. Sticky cheesy arborio rice to start and then you add some assorted sweet and savory fresh ingredients like tomatoes, spinach, mushrooms, garlic, or roasted pears from the fresh market. Hand-rolled and toasted golden brown before we indulge together, enjoying aromatic Italian wines and evoo massaged gourmet green salads. Cost includes food, wine, supplies, and staff. RSVP online by Friday, October 11th to ensure we have enough ingredients for everyone!

DESSERT MIXOLOGY CLASS

Friday, October 18th • 6:00 – 8:00 p.m.
\$21 per adult

Christian will teach you how to create a perfect Espresso, Chocolate and Pumpkin Spiced Cocktail and other sweet cocktails. This is perfect for those having holiday gatherings in their homes or who just want to enjoy these sweet treats! RSVP online by Wednesday, October 17th.



Dining & Full Bar

Experience dinner at the Seven Bridges Clubhouse with pairings of SexzChef's classic dinner cuisine with hand-crafted cocktails and an assortment of wines.

Prime Seven proudly showcases USDA Prime Cut steaks by Buckhead Beef. Savor a bountiful authentic Italian pasta dish, a fresh pizza made in the Marra Forni oven, linger over fresh local seafood, or choose a salad that nourishes the body.

Enjoy custom-crafted cocktails made with botanical-infused ingredients or sample our variety of wines from vineyards around the world. Dine intimately or bring in the extended family. Healthy options are always on the menu and there is a kid-friendly menu available for guests under 12 years old.

Come enjoy our Happy Hour with discounted pricing and appetizers every day!

Lunch 11:00 a.m. – 4:00 p.m. | Happy Hour Monday – Friday
4:00 – 6:00 p.m. | Dinner 5:00 – 9:30 p.m. (last seating at 9:00 p.m.) | Closed Tuesdays

Oasis Pool Bar & Grill

Relax at the bar or converse in the eating area with frozen drinks, refreshing wines, and order off the lunch menu that offers classic grilled choices, crisp salads, sandwiches, and small plates.

Enjoy and relax in the sun with friends. There is seating in the eating area, and service is available in the cabanas with a limited poolside menu. Special event weekends showcase music and drink specials.

Lunch 11:00 – 4:00 p.m. | Pool Bar Open Saturdays and Sundays | Closed Tuesdays

The Grand Lounge

Join us every week for Thirsty Thursdays, where the live action is at the bar. The Grand Lounge is for adults only after 5:00 p.m. and every Thursday, Prime Seven extends a special menu and discounted pricing for the night.

The lounge offers a setting where neighbors can relax with a glass of their favorite spirits; the lights are low and upbeat music is playing in the background. The tapas menu offered in the lounge is for light bites and easy-to-share choices.

Additional theme nights are also hosted by Prime Seven in the lounge. You can look forward to events such as "Mixology Class," taught by Prime Seven's Beverage Manager, Christian, or join us for a social night out hosted by our Event Manager, Jenny. Private parties, HOA events, and clubs often meet in the lounge.

Thursdays | 5:00 – 10:00 p.m.

Private Events & Catering

Exclusive and custom event packages are offered by Prime Seven. From appetizers, buffets, and plated dinners... the choices are endless.

Prime Seven can cater your event and add the special touches of decor, lighting, and specialty desserts. In the Grand Lounge, the Party Pavilion or even your home, Prime Seven catering is exclusive to Seven Bridges residents.

Let's get creative with your next party and leave the execution to us while you enjoy hosting your guests. Inquire about your next event with our Event Party Manager, Jenny, at catering@prime-7.com. To reserve the Grand Lounge or Party Pavilion, please contact the Lifestyle Director, Jaime.



SevenBRIDGES

9275 Beaujolais Avenue
Delray Beach, FL 33446

SAVE THE DATES



2nd Annual Fall Music Festival

Saturday, November 16th

If you missed last year's music festival, you won't want to miss this year's event! We will have *three* live bands performing all genres of music on stage. Food trucks, cash bars, and vendors will be available throughout the event. Buses will transport everyone to this amazing festival. If you are interested in being a sponsor for this event, contact Jaime. Outside registered guests are welcome to attend. More details to follow!



Jay Mattioli Family Magic Show

Sunday, December 29th

Jay became one of the youngest magicians in history to be recognized by his peers as a two-time champion of stage magic. His recent appearances include venues in Las Vegas, Egypt,

Hong Kong, The Caribbean, and for U.S. troops in The Middle East. More recently, Jay electrified the nation and stumped the judges with his appearances as a Quarter Finalist on NBC's America's Got Talent and as a Finalist on FOX's Showtime at the Apollo. This magic show will be one you don't want to miss, and it is kid friendly! Outside registered guests are welcome to attend this event. More details to follow soon.

New Year's Eve Celebration

Tuesday, December 31st

Once again, come celebrate New Year's Eve at Prime 7 with delicious food, drinks, and live music in the comfort of your own neighborhood. Dancing, cocktails, and entertainment will dazzle you all night! More details regarding food and pricing will be available soon.

