

# Luxe Living

COMMUNITY NEWSLETTER FOR BOCA BRIDGES HOMEOWNERS • SEPTEMBER/OCTOBER 2021



Attend our Labor Day  
Pool Party

Come to the  
Drive-In Movie

Attend the Adult  
Costume Party

Don't Miss the Kids'  
Halloween Party



### RECREATIONAL FACILITY

9500 Sauvignon Parkway  
Boca Raton, FL 33496

### LIFESTYLE

**Jaime Bralts** • Lifestyle Director  
(561) 565-6131 Ext. 204  
lifestyle@bocabridgesclub.com

### PROPERTY MANAGEMENT

GRS Management Company

**Linda Simpkin** • Property Manager  
(561) 565-6131, Ext. 201  
lsimpkin@grsmgt.com

**Laura Uribe** • Administrative Assistant  
(561) 565-6131, Ext. 202  
luribe@grsmgt.com

### TENNIS PRO SHOP

tennisdirector@bocabridgesracquetclub.com  
(561) 565-6530

**Jesse Levine** • Tennis Director  
**Spencer Newman** • Head Tennis Pro  
**Marlena Hochberg** • Tennis Pro  
**Eleonora Iannozzi** • Tennis Pro  
**Craig Wittus** • Tennis Pro  
**Taylor Niss** • Pickleball Pro  
**Brandon Hubschman** • Pickleball Pro  
**Arden Rosenfeld** • Pro Shop Manager

### FITNESS

Body Wellness

**Leah Ploumis** • Fitness Director  
(561) 565-6131, Ext. 209  
leah@bodywellness.com

### CUT-5 RESTAURANT

**Kelli & Matt Morse** • Operators  
**Fred Eslameh** • Front of House Manager  
**Adam Sheldt** • Executive Chef  
(561) 565-6131, Ext. 205  
cut5@bocabridgesclub.com  
cut5events@gmail.com  
Takeout Orders  
(561) 948-2937

## A LETTER FROM YOUR HOA PRESIDENT



Dear Residents,

It is hard to believe that we are approaching the third quarter of 2021! We will begin construction of homes in November where the overflow sales office parking lot currently exists. The sales office and its main parking lot will remain for the foreseeable future, so that we can continue to service future homeowners while their homes are under construction. At the time of this writing, we are discussing the timing to release the decorated models for sale. Outside of sales, there is a lot of work still to do, as we currently have over 200 homes under construction as well as three neighborhood entrances (on which construction has already started or will be started in short order). Our last sold home will start construction by the fourth quarter of this year and we are slated to complete all homes currently under construction in the fourth quarter 2022.

We anticipate being 50 percent closed by the end of the year. At that time, we will host an election where homeowners can vote in a resident you wish to see sitting on the HOA Board with the Developer. Prior to the election, those interested in this new Board seat will have an opportunity to introduce themselves to the residents during a Meet the Candidates night (presumably done over Zoom). The official turnover of the Board from the Developer to the residents occurs when the community is 90 percent closed. We anticipate the timing of this to be at the end of 2022.

Please be sure to read the weekly community updates where you can learn the total number of neighbors, upcoming/ongoing maintenance services on visible elements of the community, as well as seasonal maintenance services.

Thank you for your continued patience while our community is being developed and your continued support for the Clubhouse and Cut-5.

All my best,

**NIKI MUSCARELLA**

Project Manager and HOA President

### STAY CONNECTED!



Facebook.com/bocabridgeslifestyle  
Facebook.com/cut5



Stay connected via Instagram  
@bocabridgeslifestyle  
@bocabridgestennis

Visit us at [www.bocabridgeslifestyle.com](http://www.bocabridgeslifestyle.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!

## FROM YOUR **LIFESTYLE DIRECTOR**



Dear Residents,

I hope everyone had a wonderful summer filled with amazing memories! I want to wish all the children a stress-free start to their school year! As we approach the holiday season, we will have many events for you and your guests to attend. In planning these events, we will have everyone's safety in mind as we announce details for each event. We ask that you are patient with us, as we will be keeping indoor events to a minimum to ensure our residents' safety at this time.

Please keep in mind that your RSVPs are very important, otherwise events can be cancelled without enough resident participation. You will receive reminders in my weekly community e-mail blasts, which are emailed every Monday regarding events. There will be easy payment buttons included in those e-blasts for your convenience. Please plan accordingly when paying for the events and feel free to contact me for any issues with this policy. All events are subject to cancellation with the recommendation from the CDC regarding large gatherings.

If you have not done so already, please visit [www.bocabridgeslifestyle.com](http://www.bocabridgeslifestyle.com) to receive information regarding HOA Events, Clubs, Tennis & Pickleball, Fitness Classes, Cut 5 menus and events, and more! E-mail me if you need assistance gaining access to the community website.

I encourage all of you to come by my office to introduce yourselves to me, provide feedback, and share ideas! My door is always open! I look forward to planning events and activities for you and your families to enjoy.

Cheerfully yours,  
**JAIME BRALTS**

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## A LETTER FROM YOUR **HOA PROPERTY MANAGER**



Dear Residents,

With everything that is happening around us, I cannot help but reflect on the past year. We strive to provide a high level of service via communication through weekly eblasts, community websites and person-to-person conversations. We encourage feedback from you, our residents. We care about your input and will take it into consideration.

Let's talk hurricanes – Florida includes the dry season, wet season and as of June 1<sup>st</sup>, hurricane season – which runs through November 30<sup>th</sup>. Experts are predicting another active season. I mention this as many of you are new enough to Florida to have never experienced a hurricane or the damage caused by high winds. As we await the detailed forecasts in Florida, we know that the upcoming months will bring strong storms. Whether or not they are part of a tropical storm or hurricane – Be Prepared! I will continue to provide helpful tips and information in the weekly community e-blasts, to assist you with hurricane preparedness. To provide you peace of mind, staff is prepared to secure the common areas, ensure easy ingress and egress for residents, and provide as much communication as possible.

*Every tomorrow is an outcome of what we do today, and the beauty of it all is that today is happening all the time!*

Sincerely,  
**LINDA SIMPKIN**



# CLUB NEWS

Clubs are a great way to meet your neighbors and make new friends who have the same interests as you! Our clubs are just getting started and we would like to know what clubs are of interest to you. Please e-mail Jaime if you are interested in joining any of them. Once a club leader is established and advertised, you will contact the leader for all club information. We hope to see you get involved and make lifelong friendships here at Boca Bridges!

## MEN'S BASKETBALL CLUB

Calling all ballers! This club will be a competitive and friendly way to have enthusiasts of the game get together and enjoy a good workout. The club will focus on friendly competition and is open to adults. We meet every Sunday at 8:30 a.m. and every Thursday at 8:00 p.m. E-mail Chuck at [chuck.fern@gmail.com](mailto:chuck.fern@gmail.com) or call at (908) 413-3430 to join this club!



## BOOK CLUB

If you are an avid reader, this club is for you! The club is currently looking for a club leader. Once a leader is established, this club can get started. E-mail Jaime, your Lifestyle Director, if you are interested in volunteering to be the club leader or to join this club.

## CANASTA CLUB

The Canasta Club is ready to play and is looking for others to join in! The club will meet once a week in the Card Room. When a club leader is established, a meeting date and time will be decided and communicated via the weekly club e-blasts. E-mail Jaime, your Lifestyle Director, to join this club!

## DINING CLUB

What better way to enjoy each other's company than enjoying food and drinks together! This club will meet on a monthly basis, whether at Cut-5 or other restaurants in town. We are in the

process of forming and once a club leader is named, all members will be contacted. E-mail Jaime, your Lifestyle Director, to join this club today!



## EXECUTIVES CLUB

The Executives Club will meet every month and will focus on business networking and business education. This club is in the process of forming and once a club leader is established, the club will begin meeting. E-mail Jaime, your Lifestyle Director, to join this club today!



## FLAMENCO CLUB

If you are looking for an activity that combines passion and fervor for the body and mind, then Flamenco might be right for you! Classes cover the basic technique, footwork, arms, turns, palmas (claps), use of fans, shawls, hats and any other accessories needed. No partners are required, and you must be 16 years or older. Come discover the "gitana" in you! Contact Lee Schneider at (703) 505-0202 or at [justflamenco@gmail.com](mailto:justflamenco@gmail.com) for more information regarding this club!

## GOLF CLUB (MEN'S)

Whether you are a beginner or an avid golfer, this club is for you! In Florida, we are fortunate to be surrounded by some of the best golf courses. Since it stays warm, we have the pleasure of golfing all year round! We will set up tee times at courses in our area for those that can play from month to month. Please contact Phil Giordano at [pgiordano@pgiordano.com](mailto:pgiordano@pgiordano.com) to join this club.



## GOLF CLUB (WOMEN'S)

Come join this club for some fun social time with the girls! We will play at local golf courses and enjoy lunch afterward! This club is in the process of forming. Once a club leader is established, this club will get together with its members to discuss details. E-mail Jaime, your Lifestyle Director, to join this club.



## MAHJONG CLUB

The Mahjong Club is a great way to come meet new friends while playing the game you love! This club will meet every Friday from 1:00 – 4:00 p.m. in the Card Room.

Contact Susan Schwartz at (973) 204-3293 or at [sbs2nott@aol.com](mailto:sbs2nott@aol.com) to join the club today!

### **MAHJONG CLUB (COUPLES)**

Bring your significant other or a friend to play Couples Mahjong! This club will meet every Wednesday from 7:00 – 10:00 p.m. in the Card Room. Contact Susan Schwartz at (973) 204-3293 or at [sbs2nott@aol.com](mailto:sbs2nott@aol.com) to join the club today!



### **MEN'S POKER CLUB**

The Men's Poker Club had a fabulous first event, with food catered by Cut-5! We are looking for more men to join our club and join in on the fun. We have not yet decided on our next event, but be on the lookout via the weekly club e-blasts for details. We are looking to plan a cigar, steak and wine night! E-mail Randy Lipton at [randyลิป@gmail.com](mailto:randyลิป@gmail.com) if you are interested in joining this club.



### **PHILANTHROPY CLUB**

If you are looking to make a difference in our community, then look no further! Being a part of this club is very rewarding and we would love your help! This club is in the process of forming and once a club leader is established, the club will meet to discuss what direction the club should take. E-mail Jaime, your Lifestyle Director, to join today!



### **RUNNING CLUB**

Is running a part of your weekly exercise routine or do you want to start incorporating running into your workout? We have a group that wants to start running and is looking for others to run with them. This club is in the process of forming and will meet to discuss details. E-mail Jaime, your Lifestyle Director, to join this club.

### **SIXTY PLUS CLUB**

We have created this club to develop a group to foster friendships and camaraderie for those over the age of 60. We want to get together to discuss ideas on interesting and fun events for the club. This club will start in September sometime. Contact Madeline Giordano at [10westmg@gmail.com](mailto:10westmg@gmail.com) to join this club.



### **WINE CLUB**

Hello wine enthusiasts! The most entertaining way to learn about wine is to create a wine tasting. The more you know about wine, the more rewarding the tasting will be. Even if you are a neophyte, your experience will be enjoyable. This club is in the process of planning fun events to start this Fall. Be on the lookout for our upcoming events in the weekly club e-blasts. Daniel Sage and Brian Pasch will be co-leading this

club. Contact Daniel at [danielsage121pt@gmail.com](mailto:danielsage121pt@gmail.com) to join the club and for the latest club information. Salud!



### **WOMEN'S CLUB**

The Women's Club had a successful first event, Ladies' Bunco Night! Food and drinks were catered by Cut-5 and fun was had by all! Be on the lookout for our September and October events in the weekly club e-blasts, as we are in the process of planning them! Contact Lisa Ryerson at [lisa@letsgowin.com](mailto:lisa@letsgowin.com) to join the club today!

### **INTERESTED IN STARTING A CLUB?**

If you are interested in joining any of these clubs, please contact Jaime Bralts, the Lifestyle Director. If you want to start a club that is not listed, e-mail Jaime.

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 but not for club events. If you have any questions, please e-mail Jaime at [lifestyle@bocabridgesclub.com](mailto:lifestyle@bocabridgesclub.com).

At the time of this publication, facial coverings are required inside the clubhouse for both vaccinated and unvaccinated residents and their guests. Facial coverings that cover the nose and mouth are recommended at outdoor recreational facilities and events as well. Thank you for your cooperation.



# HOA EVENTS

## LABOR DAY



## POOL PARTY



**Monday, September 6<sup>th</sup> • 11:00 a.m. to 3:00 p.m.**

Join us for a fun Labor Day celebration with a DJ playing music on the pool deck and games to enjoy! We will also have a 30-foot Water Slide for both kids and adults in our grassy area near the kids' playground! Cut-5 will be open for lunch from 12:00 – 4:00 p.m. They will be offering a special BBQ menu featuring BBQ Chicken, BBQ Pulled Pork, Filet-Brisket Sliders, All-Beef Kosher Hot Dogs, Macaroni & Cheese, California Cobb Salad, Watermelon and Assorted Cookies. We will also have kids' meals with Chicken Fingers, Sliders, and Grilled Cheese, all served with French Fries. Festive poolside drinks will be available as well. All food and drinks are at an additional cost and ordered with poolside servers. Bring your friends and family for this fun event! The cost is \$12 per person. Wristbands will be given in order to use the waterslide and can be picked up in Jaime's office. Kindly RSVP online by Wednesday, September 1<sup>st</sup>.



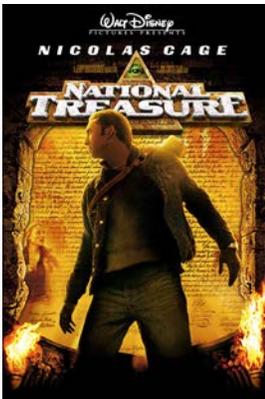
## FAMILY DIVE-IN MOVIE NIGHT

*Luca*

**Friday, September 17<sup>th</sup> • 8:30 p.m**

Bring your favorite pool float to this dive-in movie night for the entire family to enjoy! The film will be shown on a big blow-up screen at nightfall. Popcorn and beverages will be served throughout the movie and a server from Cut-5 will be available if you would like to order other food or drinks from the menu at a separate cost. Please make sure you blow up your floats prior to coming, as we will not have a device to assist with that.

The cost is \$12 per person and outside guests are welcome. Kindly RSVP online by Wednesday, September 15<sup>th</sup>. We hope to see everyone there!



## DRIVE-IN MOVIE NIGHT

*National Treasure*

**Friday, October 15<sup>th</sup> • 8:30 p.m.**

Come join us in the parking lot at the Clubhouse where you can enjoy a 23-foot blowup screen. You have three options to enjoy this drive-in movie: bring your own chairs, golf cart, or sit in your car. If you bring your car, the sound will be streamed via an FM station. If you are going to enjoy the movie in your golf cart or a chair, you will hear the movie through outside speakers. Cut-5 will have a concession stand in the parking lot for you to buy snacks and beverages at an additional cost. The cost for the movie is \$12 per person and outside guests are welcome. RSVP online by Wednesday, October 13<sup>th</sup>. See you there!

# HALLOWEEN AT BOCA BRIDGES



## ADULT COSTUME PARTY

Friday, October 29<sup>th</sup> • 7:00 to 11:00 p.m.

Come join your neighbors and friends at this fun evening for adults only! There will be a DJ playing your favorite dance music, as well as Halloween-themed music throughout the event. Cut-5 will have passed hors d'oeuvres, passed tapas plates, and desserts throughout the evening, as well as a four-hour premium open bar. We will have various costume contests throughout the night, so come dressed to impress! The cost is \$75 per person and guests are welcome.

RSVP online by Tuesday, October 26<sup>th</sup>. We can't wait to see everyone's costumes!

## KIDS' HALLOWEEN PARTY

Sunday, October 31<sup>st</sup> • 5:00 – 7:00 p.m.

Come to the Clubhouse to get the kids' Halloween night started with a fun party before they go trick-or-treating in the neighborhood! We will have a DJ playing fun Halloween-themed music. Cut-5 will be passing out food plates and they will also have a beverage stand. Passed food will include chicken fingers, pizza, hamburgers, mac and cheese, fries and more. We will have costume contests for three different age groups. Each child will receive a goody bag upon check-in. Guests are welcome and wristbands will be available for pick up in Jaime's office once she has confirmed payment has been received.

The cost is \$15 per person, which covers the DJ, food, candy and prizes.

RSVP online by Wednesday, October 27<sup>th</sup>. We can't wait to see the kids' costumes!

## RSVP INFORMATION

In order to RSVP for events, you must go online and pay! Please visit [www.bocabridgeslifestyle.com](http://www.bocabridgeslifestyle.com) or use the payment button in the weekly e-blasts. On the community website, please visit the Lifestyle tab and click on the HOA Events sub tab. We use PayPal to collect payment however, you do not need a PayPal account in order to pay. Simply specify the quantity and click pay with credit card for a one-time payment. Please e-mail Jaime if you have any questions. Kindly RSVP by the event deadline, otherwise events will be subject to cancellation if the RSVP minimum is not met. Refunds will not be given after the RSVP deadline and all refunds will be minus the PayPal fee.



# TENNIS & PICKLEBALL

## FROM YOUR TENNIS DIRECTOR



Dear Residents,

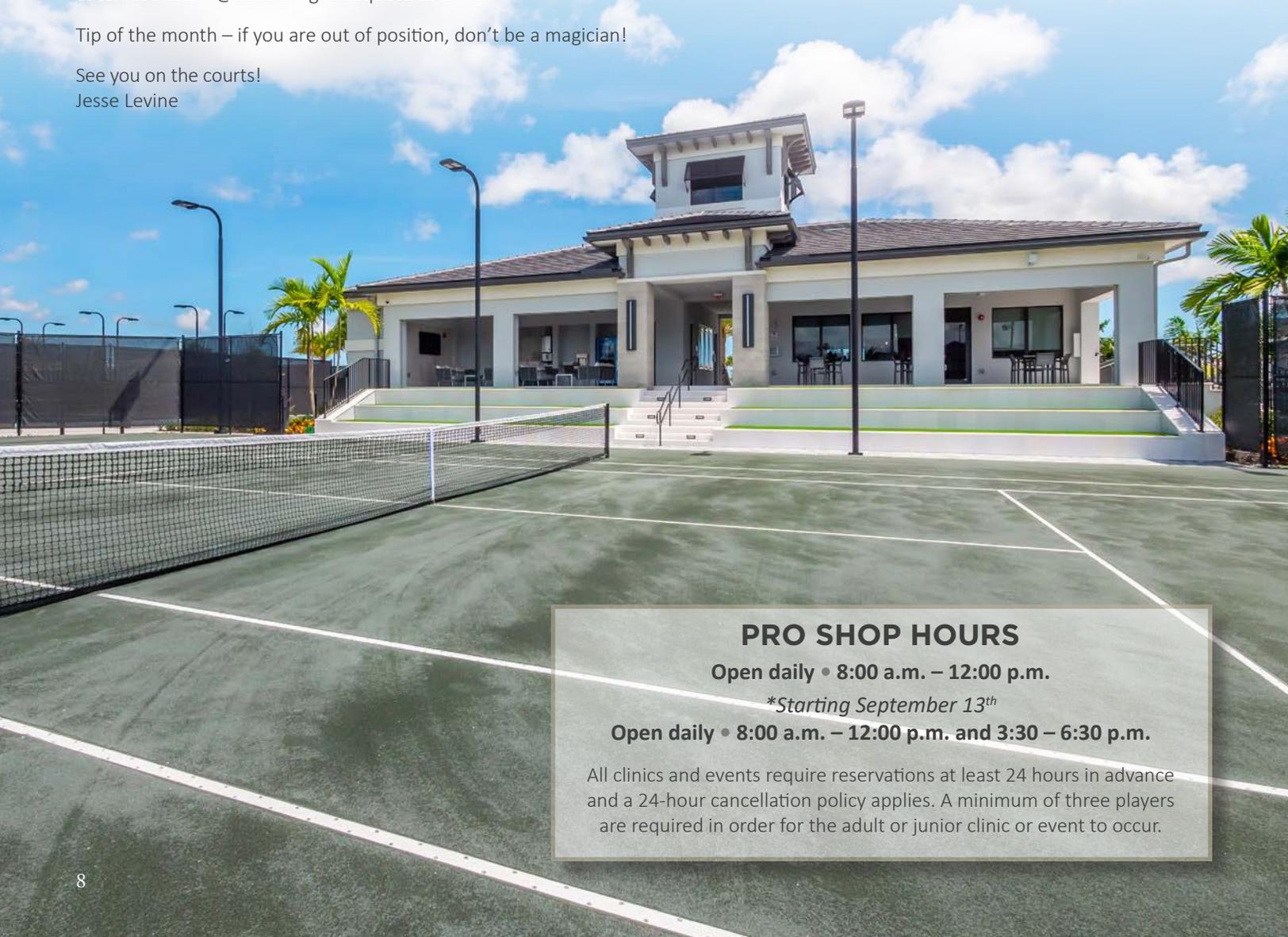
I am so amazed and thankful for the Boca Bridges Tennis and Pickleball community. From our opening in October, to filling up clinics and events throughout the year, it says so much about our community. Our two Ladies' teams in the SPBCWT leagues are gearing up to start in a month or so. We are very excited for them to represent Boca Bridges in a fun, competitive environment.

We are in the process of planning fun tennis and pickleball events. I cannot wait to see what fun we will have on the courts the rest of the year. Be on the lookout for future events in the weekly community e-blasts.

The staff has enjoyed meeting each and every one of you. We continue to see new faces weekly, as new homes are being occupied. If you are new to tennis and would like some lessons, we have a tennis pro for everyone. Pickleball has exploded over the past few years, and our pros are ready to teach you the game. If you have any questions, please feel free to contact me at [tennisdirector@bocabridgesracquetclub.com](mailto:tennisdirector@bocabridgesracquetclub.com).

Tip of the month – if you are out of position, don't be a magician!

See you on the courts!  
Jesse Levine



### PRO SHOP HOURS

Open daily • 8:00 a.m. – 12:00 p.m.

*\*Starting September 13<sup>th</sup>*

Open daily • 8:00 a.m. – 12:00 p.m. and 3:30 – 6:30 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 clinic or event to occur.

## PROGRAM DESCRIPTIONS

### ADULT TENNIS CLINIC

No matter what your level is, we will pair you in groups based on your ability. Come out to play in some drills and point play situations with our pros.

### BEGINNER PICKLEBALL CLINIC

Come learn how to play and score. You will play fun drills and games to keep you coming back for more! This clinic is co-ed and for players just starting to learn how to play.

### BEGINNER TENNIS CLINIC

Just starting out or getting back to playing tennis again? Come out and learn or re-learn the basics with our pros. This clinic is co-ed and is for beginners only.

### CARDIO TENNIS

Tired of running outside or on the treadmill? We got you covered with cardio tennis! Our pros will be sure to get you a workout on the court while doing cardio-specific drills, making it fun for everyone. We play some great music to keep things upbeat and super positive!

### INTERMEDIATE PICKLEBALL CLINIC

Now that you know the basics, learn strategies to get more points! This co-ed clinic will take your game to the next level.

### KIDS' PICKLEBALL CLINIC

Get kids started early in this fun sport! They will learn the rules, basics, and play fun games. This clinic is for ages 6 and up and is co-ed.

### KIDS' TENNIS

Want to get your kids out and moving after school? Get them started in our kids' tennis program! We will teach them basics on technique and play fun games to finish.

### TEEN TENNIS

This tennis program is designed for teens to participate in drills to help improve their game. They will play points with our pros for fun competitive play! This clinic is co-ed.

### TINY TOTS TENNIS

Get the little ones out on the court with foam balls. We will take them through fun obstacle courses with games and instruction from our pros. This clinic is for ages 3 to 5.

## *Fall Weekly Schedule*

### TENNIS & PICKLEBALL

Effective September 13, 2021

#### Monday

8:30-10:00 a.m. – Division 2A Practice  
4:30-5:30 p.m. – Kids' Tennis (ages 9-12) – \$30  
6:00 – 7:00 p.m. Beginner Pickleball Clinic – \$25

#### Tuesday

7:00-8:00 a.m. – Cardio Tennis – \$30  
9:00-10:00 a.m. – Beginner Tennis Clinic – \$30  
10:00 a.m.-1:00 p.m. – Division 2A Matches when home  
(6 courts)  
4:30-5:30 p.m. – Kids' Tennis (ages 6-8) – \$30  
4:30-5:30 p.m. – Kids' Pickleball Clinic – \$25  
5:30-7:00 p.m. – Teen Tennis (ages 13-18) – \$40  
6:30-9:00 p.m. – Fall Pickleball League Play

#### Wednesday

8:30-10:00 a.m. – Adult Tennis Clinic  
(intermediate/advanced) – \$40  
4:30-5:30 p.m. – Kids' Tennis (ages 9-12) – \$30

#### Thursday

8:30-10:00 a.m. – Division 4 Practice  
4:30-5:00 p.m. – Tiny Tots Tennis (ages 3-5) – \$15  
4:30-5:30 p.m. – Kids' Tennis (ages 6-8) – \$30  
5:30-7:00 p.m. – Teen Tennis (ages 13-18) – \$40  
6:30-9:00 p.m. – Fall Pickleball League Play

#### Friday

8:30-10:00 a.m. – Adult Tennis Clinic  
(intermediate/advanced-3 courts max) – \$40  
10:00 a.m.-1:00 p.m. – Division 4 Matches

#### Saturday

9:00-10:00 a.m. – Cardio Tennis – \$30

#### Sunday

10:00-11:00 a.m. – Cardio Tennis – \$30





# FITNESS

## FITNESS DIRECTOR OFFICE HOURS

Sunday – Friday: 8:00 a.m. to 1:00 p.m.

Saturday: 8:00 a.m. to 12:30 p.m.

leah@bodywellness.com • (561) 565-6131, Ext. 209



## A MESSAGE FROM YOUR FITNESS DIRECTOR

Classes are off to a great start and this past month we have added Zumba on Mondays at 10:00 a.m. More and more residents are taking advantage of working out in the Fitness Center and I have had fun meeting all our new residents.

Personal Training is also picking up. If you are interested in getting back in shape, please contact me directly at Leah@bodywellness.com for more information. Male and female Trainers are available and will create a program that fits your needs.

Many parents have shown interest in the kids' programs and now that they are back in school, it is time to enroll them. Please see the Kids' Zone calendar or email Susan@bodywellness.com for additional information.

In August, we launched our Loyalty Rewards Program. An email was sent to all Boca Bridges residents inviting them to join the program. Please respond so you too can start earning points for working out, taking classes, spa visits, kids' classes, plus many other ways to earn points. Call (561) 413-3499 or see Leah for more information or assistance.

Finally, the Spa at Boca Bridges is open and ready to spoil you with massages, facials, waxing, and more. Stop by my office to pick up one of our brochures or e-mail me and I will send you one. Go online or call (561) 413-3499 to book your relaxation time!

Stay Healthy,  
Leah Ploumis

## FITNESS CLASSES

**BODY SCULPT** This class is a combination of traditional body sculpting methods using free weights, resistance bands, and your own body. Body sculpt is designed to provide you with a total body workout in one short hour and is suitable for all fitness levels.

**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!

**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. Suitable for all fitness levels. Please bring your own mat for this class.

**STRETCH** Focusing on improving body awareness and everyday life by increasing flexibility and range of motion. Stretch classes help relieve stress and tension by relaxing the mind and body. Ideal for all levels of fitness.

**YOGA** Hatha yoga is the most widely practiced form of yoga in America. It is the branch of yoga that concentrates on physical health and mental well-being. Hatha yoga uses body

postures, breathing techniques, and meditation to bring about a sound, healthy body and a clear, peaceful mind. Hatha Yoga postures also stretch and align the body, promoting balance and flexibility. This class is for all fitness levels. Please bring your own mat for this class.



**ZUMBA** Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness. If you want to have fun while working out, this class is for you!

## WATER CARDIO TONING

This class combines cardiovascular conditioning and muscle toning to energetic music. The instructor uses water gloves and encourages participants to use them or demonstrates how participants can use their hands to build lean muscles by creating resistance in the water. Have fun while building your fitness.

### Advanced registration is required for all classes.

Please visit the community website to access the Fitness Tab to sign up for classes. If you have immediate questions, please contact Susan, your Fitness Concierge, at susan@bodywellness.com or Leah at leah@bodywellness.com.

REJUVENATE THE BODY, MIND & SPIRIT

**TO SCHEDULE AN APPOINTMENT**

Call (561) 413-3499 or email Susan at Susan@bodywellness.com.

# The Spa

AT BOCA BRIDGES

**HOURS OF OPERATION**

Open Daily • 8:30 a.m. to 7:30 p.m.  
(BY APPOINTMENT ONLY)

## Massages

### SWEDISH MASSAGE

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

**60 min \$88 | 90 min \$134**

### SPORTS MASSAGE

Recharge your body. This powerful massage is designed to alleviate tension and muscular stress.

**60 min \$104 | 90 min \$159**

### HOT STONE MASSAGE

Therapeutic and rejuvenating using warm volcanic stones and moderate deep pressure to intensely soothe tired, aching muscles and aid relaxation.

**60 min \$137 | 90 min \$170**

### DEEP TISSUE MASSAGE

Similar to Swedish, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons, and fascia.

**60 min \$104 | 90 min \$159**

### AROMA THERAPY MASSAGE

Massage with organic essential oils provokes deep relaxation and mindful meditation.

**60 min \$93 | 90 min \$143**

### INTEGRATIVE MASSAGE

A precise blend of various massage techniques, combining Swedish and Deep Tissue therapy.

**60 min \$93 | 90 min \$143**

### REIKI MASSAGE

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

**60 min \$104 | 90 min \$159**

### HEALING TOUCH MASSAGE

This method directs the body's "life force" to parts of the body where pain and discomfort lie. The Practitioner uses a gentle touch to dissolve blockages by energetically balancing one's energy flow, enabling the body to repair itself.

**60 min \$93 | 90 min \$148**

## Facials

### DEEP CLEANSING FACIAL

Facial treatment plus extractions, steam, special eye and neck masks refreshes, hydrates and purifies your skin.

**50 min \$93**

### SENSITIVE SKIN FACIAL

Soothes fragile skin, exfoliates, cools, and calms your skin; reduces redness and maintains hydration of your skin.

**50 min \$93**

### MINI FACIAL

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

**30 min \$60**

### A GENTLEMANS' FACIAL

Formulated for a man's specific skin needs. A deep-cleansing is followed by an exfoliating scrub and extraction.

**60 min \$93**

### ORGANIC FACIAL

Multi-sensory experience utilizing a hand-picked blend of certified organic products, incorporating whole plants, spices, herbs, fruits, and vegetables specific to your skin's needs.

**50 min \$104**

## Enhancements

**SCALP MASSAGE** 10 min \$15

**REFLEXOLOGY Hand/Foot** \$20 each/\$35 combo

**AROMATHERAPY** Lavender Eucalyptus \$20

**PARAFFIN TREATMENT Hand/Foot** \$25 each/\$45 combo

**PEEL** Vitamin C \$20

**BROWS** Tinting/Shaping | \$30 each/\$55 combo





# WELLNESS



## PERSONAL TRAINING PROGRAMS

It is never too late to become the healthiest version of you. It is time to focus on looking and feeling your best!

Our top trainers offer the support you need to reach your fitness goals.

Contact Leah@bodywellness.com or call (561) 413-3499 to schedule your appointment today!



## GROUP & PRIVATE SWIM LESSONS

Florida is surrounded by water! Do your kids know how to swim? Students will be taught all the skills needed to feel confident in the water. They will learn stroke work, breath control, underwater swimming and more!

**Private 1:1** – 6 half-hour sessions: \$300

**Semi-Private lessons** – 6 half-hour sessions: \$157.50 each student

**Group lessons** – 8 half-hour sessions: \$160 each student

For a group session, we require 3 children minimum and 5 children maximum.

Please contact Leah@bodywellness.com with any questions.

**NEW YOU WEIGHT LOSS CHALLENGE**

This is a personal challenge! We give you all the tools to create a healthier, more balanced lifestyle that allows you to shed pounds and KEEP THEM OFF! Win a healthier, happier YOU!

Here's what the program includes:

- Suggested workouts to target your problem areas
- Food journals to track food and water intake
- Weekly check in to review journals and adjust based on progress
- Support and guidance to reach fitness goals
- Fitness evaluation on first consult to give you accurate start point
- Food education to empower you to make healthy choices

FEE: \$75 a month or \$25 by the week.  
Questions? Contact Leah@bodywellness.com

## LOYALTY REWARDS PROGRAM

Earn points for working out & other activities!

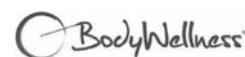
How does the Loyalty Rewards program work?

- Earn points for classes taken, services used (personal training, spa service, children's programs) and more!
- Pre-register at <https://bodywellness.perkville.com>

### Earn Points & Redeem!

See the sample points below

- Join Rewards Program (+50 pts.)
- Refer a friend new to program (+400 pts.)
- Weight Loss Goal Accomplished (+20 pts.)
  - Birthday (+50 pts.)
  - Fitness Evaluation (+25 pts.)
  - Workshop Attended (+15 pts.)
  - Personalized Session (+10 pts.)
    - Class Attended (+5 pts.)
    - Online Booking (+2 pts.)
- Every \$1 spent on retail (+1 pt.)



## SEPTEMBER/OCTOBER KIDS' ZONE SCHEDULE

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|--|---|---|--|---|--|
| 2:45-3:30 pm<br><b>Little Dragons Karate</b><br>Ages 3½-4   FS | 2:45-3:30 pm<br><b>Karate Kids 2</b><br>Ages 7-9   FS           | 2:45-3:30 pm<br><b>Group Basketball 2</b><br>Ages 5½-6   SC | 2:45-3:30 pm<br><b>Group Basketball 3</b><br>Ages 7-9   SC | 2:45-3:30 pm<br><b>Happy Feet Soccer</b><br>Ages 3-4   SC | 9:30-10:00 am<br><b>Mommy &amp; Me Swim</b><br>Ages 1-3   CP |
| 2:45-3:30 pm<br><b>Group Basketball 1</b><br>Ages 4-5   SC     | 4:45-5:45 pm<br><b>Pre-Teen Basketball 1</b><br>Ages 10-12   SC | 4:30-5:15 pm<br><b>Karate Kids 1</b><br>Ages 4½-6   FS      | 4:00-5:00 pm<br><b>Teen Zumba</b><br>Ages 14-16   FS       | 3:45-4:30 pm<br><b>Batter Up T-Ball</b><br>Ages 3-4   SC  |  |
|  | 6:00-7:00 pm<br><b>Teen Basketball</b><br>Ages 13-16   SC       |   |  |   |  |



Registration required for all kids' classes. Please call before attending, as some classes are still forming. Questions? Please email Susan@bodywellness.com

### BASKETBALL

Individual Session: \$65/hr.  
Ages 7+: \$35 per kid, for 2 or more  
Ages 4-6: \$30 per kid, for 2 or more  
Package Pricing:  
Ages 7+: \$180 for 6 wks (\$30/session/kid)  
Ages 4-6: \$150 for 6 wks (\$25 per session/kid)

### HAPPY FEET SOCCER/ BATTER UP T-BALL

\$140 for 6 weeks, min 3, max 5

**KARATE:** \$160 for 8 wks.  
\$45 registration fee includes Gi.  
min: 6 students

## SEPTEMBER/OCTOBER FITNESS SCHEDULE

| Monday  | Tuesday  | Wednesday                                      | Thursday  | Friday   | Saturday  | Sunday   |
|---|--|--|---|--|---|--|
| 10:00 – 11:00 am<br><b>Zumba</b><br>Miryam   FS | 9:00 – 10:00 am<br><b>Water Cardio Toning</b><br>Martin   CP | 10:00 – 11:00 am<br><b>Yoga</b><br>Eliana   FS | 9:00 – 10:00 am<br><b>Pilates</b><br>Carolyn   FS | 10:00 – 11:00 am<br><b>Body Sculpt</b><br>Melanie   FS | 9:00 – 10:00 am<br><b>Stretch</b><br>Peggy   FS | 9:00 – 10:00 am<br><b>Interval Training</b><br>Bianca   FS |

### CLASS LOCATIONS

SC: Sports Court    CP: Clubhouse Pool    FS: Fitness Studio



# CUT-5



## A NOTE FROM CUT-5



We would like to introduce our new Front-of-the-House Manager, Fred Eslameh. Fred's mother was passionate in the kitchen and would tell vivid stories of the food, the dishes, and the spices she used from the many different countries she visited. Fred's youthful dream was to be a sports instructor, specifically in martial arts, but after watching and helping his mother cook, he realized that he had another interest, food!

Fred and his brothers all attended culinary school. Upon graduating, his brothers opened their own restaurant and Fred and his mother joined them to support and help run the business. His years of culinary management and his family experience helped him advance in his career faster than most. He completed his culinary practicum at a 900-year-old exclusive restaurant in Sweden, The Castle. Upon graduating, they offered him a job and he was with them from 1987 to 1995. The owner gave Fred the opportunity to travel and develop restaurants in several other countries. He has managed and opened six fine dining establishments and worked for a billion dollar company that had a steakhouse in North Palm Beach. He turned around the failing 500-seat steakhouse, which had a very unique, multicultural menu that attracted people from long distances. His experience has provided him with the resources to develop a distinct set of skills to be able to identify issues, resolve them, and implement preventative systems.

Fred's personality is resilient, and he is always looking for improvement. Help us warmly welcome him to Boca Bridges, as he looks forward to meeting all of you during your next dining experience with us.

Sincerely,  
Matt & Kelli Morse

## HOURS OF OPERATION

### MAIN RESTAURANT

Wednesday, Thursday & Sunday  
Lunch: 12:00 p.m. – 4:00 p.m.  
Dinner: 4:00 p.m. – 9:00 p.m.

Friday & Saturday  
Lunch: 12:00 p.m. – 4:00 p.m.  
Dinner: 4:00 p.m. – 10:00 p.m.

*Closed Monday & Tuesday*

### LOUNGE

Happy Hour: Friday  
5:00 p.m. – 9:00 p.m.

### COSMOS POOLSIDE BAR

Saturday & Sunday: 12:00 p.m. – 4:00 p.m.  
Happy Hour: 2:00 p.m. – 4:00 p.m.

### POOL SERVICE

Wednesday – Sunday: 12:00 p.m. – 4:00 p.m.

*\*After 4:00 p.m. orders can be placed at  
To-Go Counter inside Cut-5*

# PROMO SPOTLIGHT

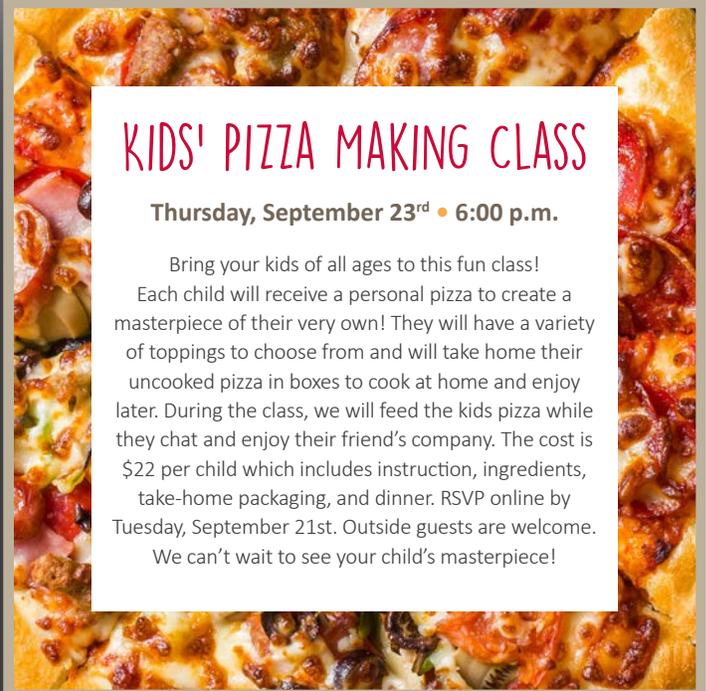


**Sunday Brunch**

October 3rd from 11am - 2pm

Come join us for a delicious brunch menu everyone can enjoy! We will continue to have brunch the first Sunday of every month! Visit the community website to see the brunch menu.

(561) 639-7936



**KIDS' PIZZA MAKING CLASS**

Thursday, September 23<sup>rd</sup> • 6:00 p.m.

Bring your kids of all ages to this fun class! Each child will receive a personal pizza to create a masterpiece of their very own! They will have a variety of toppings to choose from and will take home their uncooked pizza in boxes to cook at home and enjoy later. During the class, we will feed the kids pizza while they chat and enjoy their friend's company. The cost is \$22 per child which includes instruction, ingredients, take-home packaging, and dinner. RSVP online by Tuesday, September 21st. Outside guests are welcome. We can't wait to see your child's masterpiece!



**Sushi**

Every Thursday,  
Friday & Saturday  
4pm - close



**BARISTA HAPPY HOUR**

Wednesday - Friday  
3:00 - 6:00 p.m.

Come and enjoy \$2 off all Boba teas, coffees, and smoothies! Come see us at the To Go area of Cut-5!



**SAVE THE DATE: WINE PAIRING** Thursday, October 7<sup>th</sup> • 6:00 p.m.

This will be an event you won't want to miss. Come and enjoy cheese boards paired with delicious wines from around the world. Look for specific details and cost in the weekly community e-blasts.

# BOCABRIDGES

9500 Sauvignon Parkway  
Boca Raton, FL 33496

## KIDS' HALLOWEEN PARTY



**Sunday, October 31<sup>st</sup> • 5:00 – 7:00 p.m.**



Come to the Clubhouse to get the kids' Halloween night started with a fun party before they go trick-or-treating in the neighborhood! We will have a DJ playing fun Halloween-themed music. Cut-5 will be passing out food plates and they will also have a beverage stand. Passed food will include chicken fingers, pizza, hamburgers, mac and cheese, fries and more. We will have costume contests for three different age groups. Each child will receive a goody bag upon check-in. Guests are welcome and wristbands will be available for pick up in Jaime's office once she has confirmed payment has been received. The cost is \$15 per person, which covers the DJ, food, candy and prizes. RSVP online by Wednesday, October 27<sup>th</sup>. We can't wait to see the kids' costumes!