



FRENCHMAN'S
CREEK
BEACH & COUNTRY CLUB

Fitness & Spa · Newsletter · February 2015



breathe deep re-energize feed your soul restore dissolve stress

*The Fitness & Spa Center presents
Monday, February 2nd at 5:30pm with Cora
Friday, March 6th at 5:30 with Cora*

full moon Yoga Flow



We invite you to experience true inner peace on a full moon night. Unite your body, mind and spirit with an invigorating session of yoga outside with a view of the golf course and lake.

During a full moon, all energies are amplified, so it's a perfect time to focus on calming the mind, increasing positive thoughts, and moving energy through the body.

The class will consist of Hatha flow, stretching, balance poses, controlled breathing and guided meditation.

Meet in the Fitness lobby to walk to the outside location.

For complete details and pricing, please call the Fitness Center at (561) 622-3691

EXPLORING THE WORLD OF POPULAR DIETS. WHAT WORKS BEST!

Lunch & Learn Lecture

The media loves best selling books about fad diets and weight control! Can they really help us get healthier, lose weight and improve physical performance? Most popular diets promise you'll get thin by Friday, however which ones are healthy and really work?

How do you choose the best diet for you to manage and banish body fat?

Find out in this in-depth look at the practicality, sustainability and reality of today's most popular diets.



Monday, February 2nd

11:30 am—12:30 pm

presented by the Fitness & Spa Center

Scott Josephson MS, RD is a nationally recognized award winning international speaker , who has been published over 100 times, and has been featured in educational webinars, videos and DVD's sold worldwide.

Scott earned his degrees at the University of Miami, served as an operating partner at The Center for Nutritional Research and Treatment and as the Director of Operations at the Hippocrates Health Institute.

Our own Chef will prepare food selections from Scott for your Health and Culinary pleasure.

Please call F&B Office at 273-2648 for more information and reservations.

Fitness & Spa Center

**FRENCHMAN'S
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NuYou

Six Week Nutrition Challenge

Begins Monday, January 12th through Saturday, February, 28th

Learn about Methods and Techniques for Achieving a Healthy NuYou

Work individually with Maureen weekly to achieve your personal goals.

- Healthy ways to lose weight
- Learn to control cravings and hunger by balancing your blood sugar
- Understand healthy eating and proper nutrition
- Learn the myths and truths about nutrition wellness

Maureen Buchbinder, your Nutrition Expert will be at The Fitness Center between 8-9:30 AM, twice a week. Your appointment will include weekly weigh-ins, results review and your body composition assessments on our "InBody" machine, twice a month. Everything will be kept confidential.

Maureen will answer your personal questions, issues, or otherwise. Handouts will be given to you once a week to help you attain your goals.

Meeting Dates with Maureen 8am –9:30am

(Appointments need to be made in advance)

Monday February 2nd and Thursday February 5th.

Wednesday February 11th and Thursday February 12th.

Monday February 23rd and Thursday February 26th.

Please call the Fitness & Spa center to reserve
your appointment in advance at Tel: 561-622-3691



Tai Chi

workshops for Health



During these workshops you will learn how to cultivate your own "Qi" or Life Force utilizing natural breathing, graceful movements & creative visualization. We can assist you on your path towards restoring, maintaining and optimizing your health.

You will learn the secret of Tai Chi Joint Loosening Exercises that anybody can do which lead to fall prevention, longevity, and flexibility.

Sunday, February 8, 9:00 a.m.

Saturday, February 28, 9:00 a.m.

Saturday, March 14, 9:00 a.m.

Sunday, March 22, 9:00 a.m.

Meet in the Fitness Center lobby to walk to the designated outside area. Inclement weather days the workshop will be re located to the main clubhouse.

**For complete information and pricing please contact the
Fitness & Spa center at (561) 622-3691**

\$15 per person

Presenter: Keith Cini, The co-founder and co-director of Agape Healing Arts in Tequesta. He is a practitioner of Chi Nei Tsang at the Upledger Clinic and the Hippocrates Health Institute where is also instructs Qigong and Guided Meditation. A perpetual student and master teacher of the martial and healing arts with 30 years' experience. Keith is certified in several Qigong systems and an International Gold Medal Tai Chi champion



What a dog™

Saturday February 21, at 9:00am YOGA FOR DOGS




Like Yoga, **DOGA** balances, harmonizes, and helps our dog to focus.

What makes DOGA unique is the practice can create benefits that increase a harmony and bonding between the owner and dog, too.

(No Yoga experience necessary. Comfortable stretching and breathing exercises)



Using massage, postures, deep breathing and stretching we can:

-  Help our dogs relax
-  Spend some quality time with our pets
-  Take home a calm and relaxed dog

PLUS, receive a “doggie” gift bag!

All dogs are kept on their leash. Vaccinations, flea and tick control and “dog” friendly pet preferred.

Meet at 9 am in front of the Fitness Center Lobby to begin with a walking meditation.

Light meal two hours prior and please bring a small baggy of your pets favorite treat chopped into 1/4 size bites.
Space is limited.

To sign up in advance and for pricing details,
please call the Fitness Center at 561-622-3691

Fitness & Spa Center

February Trunk Show

Get ready for an extraordinary February in Frenchman's Creek with chic fashions for you.

Monday, February 2nd

8:00 am -12:30 pm

Van Galz Jewerly
TLF Fitness Apparel

Monday, February 16th

8:00 am -12:30 pm

Jenny's Jewels
Bonnie's Loft handbags

Tel: (561) 622-3691



Group Exercise Schedule

Frenchman's Creek Beach and Country Club , Tel: 561-622-3691

February

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin Zone		7:00 Spin Cycle Zone Fran		7:00 Spin Cycle Zone Angelique		7:00 Spin Cycle Zone Robin	7:00 Spin Cycle Zone Angelique
	10:00 Spin Zone Matt	8:00 Spin Cycle Zone Fran	8:00 Spin Cycle Zone Robin	8:00 Spin Cycle Zone Fran		8:00 Spin Cycle Zone Robin	
			4:00 Spin Cycle Zone Matt		4:00 Spin Cycle Zone Robin		
Group Fitness			7:15 *GoFIT Stretch 30min Lin		7:15 *GoFIT Stretch 30min Jeanine		
		8:00 Body Sculpt Irina	8:00 Barrelates Lin	8:00 Body Sculpt Irina	8:00 Barrelates Jeanine	8:15 Body Sculpt Donna	
	9:00 Ropes Gone Wild Federico	9:00 Restorative Stretch Liz		9:00 Restorative Stretch Cora	9:00 Body Sculpt Stephanie	9:15 Restorative Stretch Cora	
	10:00 Zumba Marisol	10:00 *Chair Yoga 40 min Liz		10:00 Zumba Marisol			
		4:00 Yin-Yang Yoga Matt	4:00 Belly, Butt & Thighs Stephanie	4:00 Yoga & MELT Jeanine	4:00 Cardio Crunch Matt	4:00 Prana Yoga Nancy	
Aqua			8:00 Waves of Steel (Water Class for Men) Matt	(7:15 Pool Checkin) 7:30 Aqua Spin **(Advance Sign Up) Chris	8:00 Waves of Steel (Water Class for Men) Matt		
	9:00 Aqua Fusion Matt	8:30 Aqua Fusion Chris	(8:45 Pool Checkin) 9:00 Aqua Spin **(Advance Sign Up) Robin	8:30 Aqua Fusion Chris		8:30 Aqua Fusion Chris	
		(3:45 Pool Checkin) 4:00 Aqua Spin **(Advance Sign Up) Chris	4:00 Aqua Fusion Chris		4:00 Aqua Fusion Chris		
Pilates	8:00 Reformer Class **(Advance Sign Up & fee)	<p>Group Exercise Information:</p> <p>Class rates are as follows; daily per class member rate is \$7, daily guest per class rate is \$10 and the unlimited monthly member rate is \$50. (Monthly fee is not applicable to the Pilates Reformer Class). Pilates Reformer Class is \$15 per person. The reformer class is limited to 5 people and registration opens Friday morning. All classes are suited for all fitness levels. **This class requires advance registration at the fitness center desk before the day of the class, It has limited participant space. All classes are 55 minutes. *Classes are 40 minutes.</p>					
	9:00 Reformer Class **(Advance Sign Up & fee) Lin						
	10:00 MENS Only Reformer Class **(Advance Sign Up & fee) Lin						

February Holiday Week Group Exercise Schedule

Frenchman's Creek Beach and Country Club

Tel: 561-622-3691

February Holiday Week Additional Classes

Monday 16th - Friday 20th

	MONDAY 2/16	TUESDAY 2/17	WEDNESDAY 2/18	THURSDAY 2/19	FRIDAY 2/20
<i>Spin Zone</i>				8:00 Spin Cycle Zone Elizabeth	
	3:00 Spin Cycle Zone Matt		4:00 Spin Cycle Zone Matt		3:00 Spin Cycle Zone Angelique
<i>Group Fitness</i>	MONDAY 2/16	TUESDAY 2/17	WEDNESDAY 2/18	THURSDAY 2/19	FRIDAY 2/20
		9:00 Cardio Crunch Stephanie			
	11:00 KIDS Zumba Marisol	11:00 Family Yoga Rachel	11:00 TEEN Zumba Marisol	11:00 KIDS Yoga Rachel	
	3:00 TRX Cardio Circuit Angelique		3:00 Matt Pilates Jeanine	3:00 Vinyasa Yoga Jeanine	3:00 Cardio Kickbox Matt
	5:00 Cardio Kickbox Matt	5:00 Yin-Yang Yoga Matt	5:00 TRX Cardio Circuit Matt		

Group Exercise Information:

Class rates are as follows; daily per class member rate is \$7, Kids rate is \$7 per child and daily guest per class rate is \$10.

Kids ages are recommended to be from 5-10 years old to and TEENS are 11-13 years old. **All classes are suited for all fitness levels.**

All classes are 55 minutes.

Group Exercise Class Descriptions

Aqua Spin:

Come jump on a bike and work out your whole body. Because your body is submerged in the water, you are working your muscles against the resistance of the water, while there is no stress on your joints as in a land based spinning class, your core is engaged at all times so it is a total body workout. Pre-registration at the Fitness desk in advance is required for this class. It is limited to 11 participants. We recommend 15 minutes early arrival check in for class prior to the start time to be fitted to the bike.

Aqua Fusion:

A total body workout of toning, cardio and sculpting that includes the use of props creating resistance in the water to enhance intensity.

Barrelates:

A unique adaptation of Pilates apparatus exercises applied to the barre and mat pilates for increased challenge to core stability and balance. The class is constantly varied choreography and exercise techniques to keep the body and mind on its toes.

Belly, Butt and Thighs:

Total focus on the lower body using bands, dumbbells, balls and body bars.

Body Sculpt:

A fusion of cardio, weights, step and core work that challenges your strength and core to build lean muscle and burn calories.

Cardio Crunch:

Burn fat and tone your body with a combination of cardio and body sculpting moves. This class will challenge your body and mind with empowerment and motivation.

Chair Yoga 40 minutes:

Those of you with disabilities, inflexibility or who just cannot get on the floor can improve your health through an amazing form of adaptive exercise. The chair replaces the mat! Chair Yoga relaxes your body and mind, improves your flexibility and elevates your overall health and well-being. Come dressed in your everyday clothing. Class ends in time to make your card game!

GolFIT Stretch Class—30minutes :

A complete routine of stretches for golfers prior to teeing off, to create joint mobility and get all the parts of the body primed and ready to go.

Hot Yoga Flow:

A Vinyasa flow class that combines the union of mind & body, strength and flexibility through breath and movement performed in a heated room.

Kids / Teen Class:

An aerobic workout combining various types of dance and play to improve flexibility and strength for a fun and challenging full body workout. Kids ages 7-10 & Teen ages 11 & up.

Pilates Reformer Class:

Pilates is an exercise program that focuses on the core muscles of the body for all-over flexibility, balance and strength without building bulk. It is recommended to take minimum three private Pilates trainings prior to participating in the reformer class. The Monthly fee is not applicable to the Pilates Reformer Class and is \$15 per person. The reformer class is limited to 5 people and registration opens Friday morning.

PoundFit Rockout Workout:

Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, isometric movements, plyometrics and Isometric poses. Strengthen and sculpt muscles, and drum your way to a leaner, slimmer physique .

Prana Yoga:

Prana Yoga is a practice that offers a balance of asanas (poses), pranayama (breathing exercises) and meditation in a fluid flow that encourages practitioners to connect movement with breath.

Restorative Stretch:

The class focuses on releasing tension and lengthening muscles. You will build strength, improve flexibility, increase mind body awareness.

Ropes Gone Wild:

Battling Ropes is a no impact, kick butt, fast and furious, combined cardio and functional training workout. You gain strength, stamina, and power.

Spin Cycle Zone:

Enjoy this high energy low impact class where you are coached through cycling techniques and concepts to challenge your cardiovascular strength and take your workout to the next level.

Waves of Steel (Water Class for Men):

A water workout designed specifically for men to improve golf and tennis fitness, cardiovascular endurance and flexibility in a low impact environment.

Yin-Yang Yoga:

This class combines Yin & Yang Yoga that starts with meditative yoga that evolves into an uplifting yoga to cultivate your strength, flexibility & breath.

Yoga & MELT:

This class combines Yoga and the body rolling MELT Method to eliminate pain, improve performance, flexibility and range of motion and reduce tension.

Zumba:

Join the party with this fun and exciting Latin dance-based aerobic experience that makes this calorie burning class the most fun in your day.