

2015-2016

FRENCHMAN'S
CREEK 
BEACH & COUNTRY CLUB



COMMIT TO BE FIT WELLNESS PROGRAM



GUIDE TO
WORKSHOPS,
LECTURES,
EVENTS
AND MORE...

561-622-3691



MINDFUL MOVEMENT WORKSHOPS

Meditation Workshops

Will help you leave the busy world behind and inspire you to renew your connection to yourself. Each workshop will have a theme and different style of meditation offering you various opportunities to explore this powerful practice.

Full Moon Yoga Workshop

Unite your body, mind and spirit with this outside gentle Yoga-Stretching session.

"Partner Yoga" Workshop

A unique opportunity to share a practice with a friend or partner.

Thursday, November 12—	"Gratitude" Meditation Workshop 4:30pm	Fitness Center
Thursday, November 19—	"Gratitude" Meditation Workshop 4:30pm	Fitness Center
Tuesday, November 24—	Full Moon Yoga Workshop 5:30pm	Outside Workout Area
Thursday, December 3 -	"Giving & Receiving" Meditation Workshop 4:30pm	Fitness Center
Tuesday, December 22—	"Partner Yoga" Workshop 4:30pm	Fitness Center
Tuesday, January 5—	"Inner Vision" Meditation Workshop 4:30pm	Fitness Center
Thursday, January 21 —	Full Moon Yoga Workshop 5:30pm	Outside Workout Area
Tuesday, January 26—	"Inner Vision" Meditation Workshop 4:30pm	Fitness Center
Tuesday, February 9—	"Awakening the Heart" Meditation Workshop 4:30pm	Fitness Center
Thursday, February 23 —	Full Moon Yoga Workshop 5:30pm	Outside Workout Area
Thursday, February 25 -	"Awakening the Heart" Meditation Workshop 4:30pm	Fitness Center
Tuesday, March 8—	"Purification" Meditation Workshop 4:30pm	Fitness Center
Tuesday, March 22—	Full Moon Yoga Workshop 5:30pm	Outside Workout Area
Tuesday, March 29—	"Purification" Meditation Workshop 4:30pm	Fitness Center
Tuesday, April 5—	"Aligning Spine & Spirit" Meditation Workshop 4:30pm	Fitness Center
Thursday, April 14—	"Aligning Spine & Spirit" Meditation Workshop 4:30pm	Fitness Center

GOLF FITNESS OUTSIDE CLINICS

Lower your golf scores, improve your consistency and increase your distance. Learn exercises and fitness techniques that will help you improve your overall golf game.

Thursday, November 5—	TPI Core Stability 4:00pm	Outside Fitness Area
Thursday, November 16—	TPI Shoulder Lats Flexibility 4:00pm	Outside Fitness Area
Wednesday, December 2—	TPI Lower Body Power 4:00pm	Outside Fitness Area
Thursday, January 18—	TPI Balance for Performance 4:00pm	Outside Fitness Area
Thursday, January 28—	TPI Shoulder Strength 4:00pm	Outside Fitness Area
Thursday, February 11—	TPI Upper Body Limitations 4:30pm	Outside Fitness Area
Thursday, February 22—	TPI Optimal Golf Posture 4:30pm	Outside Fitness Area
Thursday, March 3—	TPI Swing Rotation 4:30pm	Outside Fitness Area
Thursday, March 7—	TPI Upper Body Power 4:30pm	Outside Fitness Area
Thursday, April 4—	TPI Hip Mobility 4:30pm	Outside Fitness Area

TENNIS OUTSIDE STRETCH CLINICS

A dynamic 30 minute warm-up routine with a Tennis Pro to prepare you before all tennis practices, matches and tournaments..

Begins October 20—	Tennis Warm-Up Stretch Class—Tuesdays at 8:00am	Outside Area
Begins October 21—	Tennis Warm-Up Stretch Class—Wednesdays at 8:00am	Outside Area
Begins October 23—	Tennis Warm-Up Stretch Class—Fridays at 8:00am	Outside Area
Begins October 24—	Tennis Warm-Up Stretch Class—Saturdays at 8:00am	Outside Area

For pricing for all workshops, clinics, classes and events, please call the Fitness Center.

WELLNESS & SPA EVENTS

- Monday, November 9— Annual Health Fair -8:30am—2:30pm Fitness Center
The fair features flu shots , fun gift give-a-ways as well as a variety of vendors.
- Friday, December 11— Annual Spa Day Event - 9:00am—4:00pm Fitness Center
Enjoy a day of spa services, lunch , playing cards and gifts with friends.
- January 11-14— Take Charge of Your Health Week 8am-11am Fitness Center
Each day a different topic will be presented with fun, interactive information.
- Saturday, February 27— Canine Touch Dog Workshop 8:30am—9:30am Outside Area
Enhance your special relationship as you learn to perform healing massage techniques..

HEALTHY HEART & WELLNESS WORKSHOPS

- Begins October 23— Let's Get Moving Fitness Class—Fridays at 10:00am Fitness Center
A variety of exercises that will focus on muscle strengthening, coordination & balance.
- Tuesday, November 10— Prevent Heart Disease Workshop 4:30pm Fitness Center
Learn about the benefits of exercise, the danger of inactivity, and how much exercise is enough.
- Tuesday, January 19 — A Heart Out Of Rhythm Workshop 4:30pm Fitness Center
Learn how to adjust your exercise to how you feel each day to maintain a balanced heart rate.
- Thursday, January 28 - Goal Setting to a Healthy Lifestyle Workshop 4:30pm Fitness Center
Learn how to set SMART goals to achieve wellness in weight management, exercise and more.
- Tuesday, February 2 — Women's Healthy Heart Workshop 4:30 pm Fitness Center
Transform your view of a women's heart health by examining cardiac risk factors & standards.

LUNCH & LEARN LECTURES

- Monday, January 11- Lois Cahall Finding the story inside your story 11:30am-12:30pm Club
Join International best-selling author, Lois Cahall, for an interactive lunch where you'll learn to apply the skills to take your personal life story on a journey and make your tale relatable.
- Friday, February 5- Scott Josephsen Nutrition for optimal heart health 11:30am-12:30pm Club
Learn how specific nutrients, probiotics and antioxidants play a vital role and their contributions to optimal heart health! Stop the mystery and get the facts.
- Wednesday, March 16- Maureen Buchbinder- Eating in balance for weight loss 11:30am-12:30pm
Outsmart sugars to lose weight quickly and still feeling energized. Learn how you can make some easy changes and transform your body and your health for good!

GET OUT & GET FIT OUTSIDE GROUP CLASS

- Outdoor BodyFit Circuit (Partner –with a friend or significant other)
This 45 minute circuit workout includes cardio and lower body & upper body strengthening.
- Beginning October 23- Outdoor BodyFit Circuit- Fridays at 9:00am Outside Workout Area
- Sunday, November 1- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, November 15- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, November 29- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, December 13- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, December 27- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, January 10- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, January 24- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, February 7- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, February 21- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, March 6- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, March 20- Outdoor Partner BodyFit Circuit-9:30am Outside Workout Area
- Sunday, April 3- Outdoor Partner BodyFit Circuit- 9:30am Outside Workout Area

For pricing for all workshops, clinics, classes and events, please call the Fitness Center.

RETAIL THERAPY

All trunk shows are from 8:00 am—12:30 pm
in the Fitness Center lobby.

Monday, November 9

Anatomie Fitness Apparel

Monday, November 16

Jenny's Jewels and Jodi Rose Original Apparel & Shawls

Monday, December 7

Bonnie's Loft Handbags and NY Jules Jewelry

Monday, December 21

Anatomie Fitness Apparel and Jenny's Jewels

Monday, January 11

Tiffany's Trinkets

Monday, January 18

Kate Hanks Jewelry Designs and Extradinaire Handbags

Monday, February 15

Jenny's Jewels and Bonnie's Loft Handbags

Monday, February 29

Anatomie Fitness Apparel and Jessie's Girl Jewelry

Monday, March 14

NY Jules Jewelry

Monday, March 28

Carrol's Jewelry Creations and Extradinaire Handbags

Monday, April 4

Anatomie Fitness Apparel and Jenny's Jewels

Monday, April 18

Tiffany's Trinkets

Monday, May 2

Jenny's Jewels and Bonnie's Loft Handbags

FRENCHMAN'S CREEK BEACH & COUNTRY CLUB

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Palm Beach Gardens, FL 33410

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2015-2016

FRENCHMAN'S
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BEACH & COUNTRY CLUB



TRAINING SERVICES



561-622-3691

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The Frenchman's Creek Fitness & Spa Center is a state of the art multifaceted facility that will meet the interests and needs of our members. The personal training staff are nationally certified and provide individualized instruction designed to meet fitness goals.

Our certified trainers perform the role of educator, motivator and coach. No matter what your reason for personal training a program can be customized for you.

*Weight Management
Tone Up & Shape Up
Sports Specific
Boxercise
Balance and Flexibility
Post Rehabilitation*

Personal Fitness Training



All initial personal training sessions include an initial assessment

Individual Training Rates:

*Please note some of our senior trainers charge a higher rate.

25 minutes \$40

40 minutes \$55

55 minutes \$65

Duet Training Rate:

(2 people)

55 minutes \$85

Individual Assisted Stretching Rate:

25 minutes \$40

Private Group Training Rates:

*Please note some of our senior trainers charge a higher rate.

40 minutes 3 people \$75

40 minutes 4 people \$85

40 minutes 5 people \$95

40 minutes 6 people \$105

40 minutes 7 people \$115

40 minutes 8 people \$125

55 minutes 3 people \$95

55 minutes 4 people \$105

55 minutes 5 people \$115

55 minutes 6 people \$125

55 minutes 7 people \$135

55 minutes 8 people \$145

Body Composition Analysis Rates:

The InBody machine gauges the amount of lean mass, water and fat in your body by sending Bioelectrical Impedance Analysis from the metal plates under your feet through your body and timing how long it takes.

25 minutes Training Service \$40

Complimentary within a scheduled training service.

Body Rolling MELT Technique:

Discover pain free living by decompressing your neck, low back, and the joints to achieve an active lifestyle!

25 minutes \$45

40 minutes \$60

55 minutes \$70

Individual Fitness Plan:

\$150 Meet with one of our certified trainers to develop an individualized fitness plan.

They will develop the most effective program for you based on your fitness assessment and personal goals.

Your plan includes:

- A comprehensive assessment session
- A personalized 4-week independent fitness program
- Guided instruction and demonstration session of your program

WELLNESS THRU PILATES EXERCISE

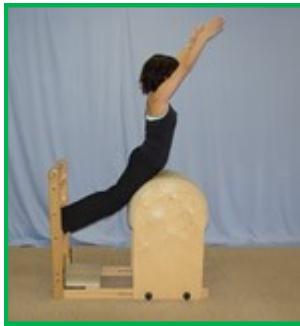


Imagine an exercise program you look forward to, that engages you, leaving you refreshed and alert with a feeling of physical and mental well-being. The Pilates Method of physical and mental conditioning will do all of this, and more.

Pilates is a series of controlled movements performed on spring-based equipment as well as specifically sequenced mat exercises. It is a full body exercise system that strengthens the abdomen, buttocks, lower back, and inner thigh region.

Men and women of every age and body type can benefit from Pilates when done correctly and consistently. Pilates avoids mundane and repetitive movement, making it the ideal choice in fitness for the mind, body and spirit.

- Pilates strengthens and stretches muscles at same time
- Pilates Breathing reduces stress and clears the mind.
- Pilates strengthens weak muscles and strengthens tight muscles.
- Pilates reduces back and neck pain.
- Pilates heightens athletic performance and body awareness
- Pilates opens the chest and shoulders
- **Pilates is for all ages and fitness levels**



Individual Pilates Training

- Improves Posture
- Improves Balance
- Prevents Injury
- Enhances Body Awareness

Pilates Training Rates:

25 minutes	\$40
40 minutes	\$55
55 minutes	\$65

Duet Pilates Training

Rate: (2 people)

55 minutes	\$85
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*Please note some of our senior trainers charge a higher rate.

WELLNESS THRU CARDIO COACHING

Wouldn't it make sense to train your heart to be the strongest muscle in your body?

The more fit your heart is, the more fit you will be and in turn the closer you will be to reaching your fitness goals. Cardio-Coaching will strengthen your heart, help you lose weight, build muscle and improve your health!

Cardiovascular exercise is a key component to any fitness routine. Cardiovascular trainers specialize in custom designed programs based on a combination of your needs and your goals.

Whether you train as an athlete or are working to improve your cardiopulmonary condition, regulate your Diabetes, are looking to maintain a healthy heart and weight, or wish to learn how to design a safe and effective program for yourself, this program is designed for you!

In this program you will be guided through four levels of training beginning from warm up to cool down. You will be guided through a safe and effective cardiovascular exercise plan that will teach you your appropriate training heart rate zones and Met (energy) levels. We utilize training tools such as heart rate monitors, pulse oximeters, perceived exertion scales, and blood pressure cuffs, for monitoring your success.

Join cardio coaching and get the most out of your cardiovascular exercise!

WELLNESS THRU CARDIO COACHING
BRIDGES THE GAP BETWEEN HEALTH CARE
AND HEALTH CLUBS.

CARDIO COACHING

Cardio Coaching Training will present to you how prescriptive exercise will help you to maintain health and vitality.

Cardio Coaching-
How to get the most out of your Cardiovascular Exercise-Key components for safe and effective heart exercise plans.

Exercise programs designed to accommodate medical conditions and physical limitations. Cardiac and Pulmonary Rehabilitation Training, Pre-Diabetes and Diabetes Exercise Plans Exercise programs to help modify CVD risk factors.

Safe supervision and clinical monitoring of exercise.

CARDIO COACHING TRAINING RATES:

25 minutes Consultation
Complimentary

55 minutes \$85

Cardio Coaching workouts are guided internal routines.

Workouts involve five levels of Training.

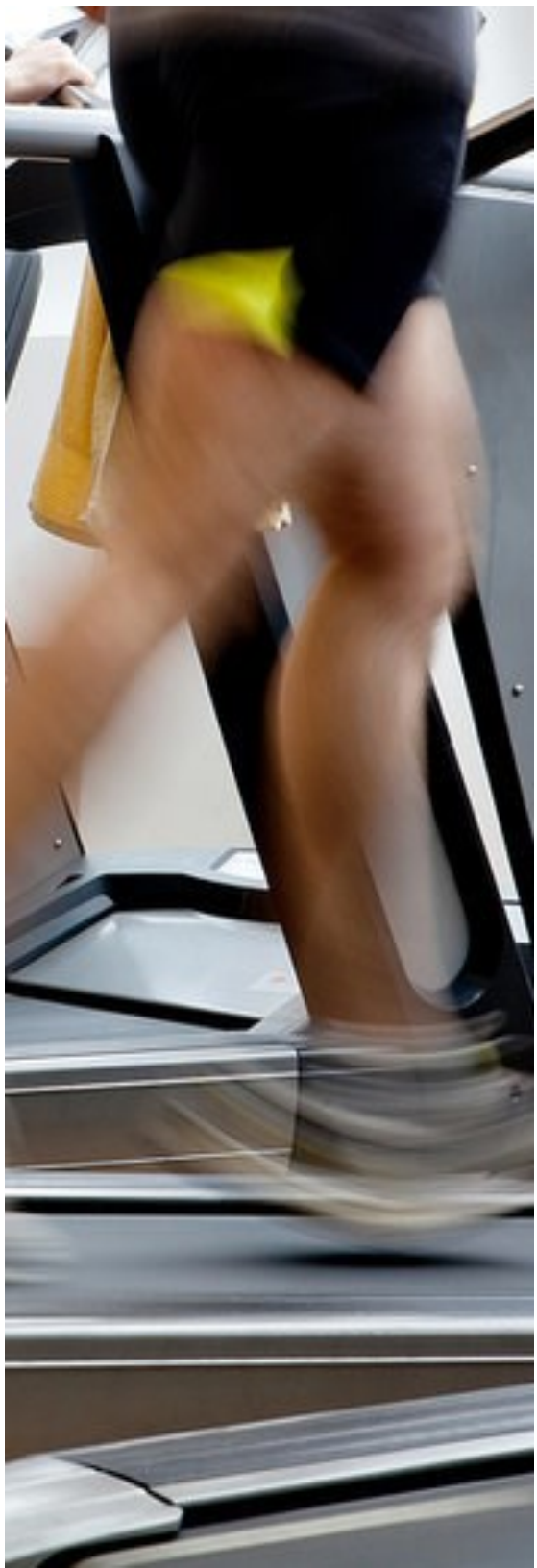
Level 1– Warm– Ups

Level 2– Getting to Steady
State Exercise.

Level 3- For Greater Challenge

Level 4- Slowing Down

Level 5- The Cooling Down Time



WELLNESS THRU AQUATIC EXERCISE

Would you like to have more energy, improve your cardiovascular endurance, muscle strength, burn calories, and increase your flexibility and balance?

Aquatic exercise is a unique way of exercise, because of the properties of water, you have a constant muscle load provided by the water through a full range of motion without all the stress on your joints.

The Benefits of Aquatic Exercise:

Provides Buoyancy and Support:

Water provides buoyancy and support for the body, making it less likely to get injured. When submerged in deep water, you are reducing your body weight by 90% and 50% in waist deep water causing less strain on your joints, back and torso.

Increase Muscular Endurance and Strength:

The high density of water provides up to 12 times more resistance than air, helping you build muscle tone without using heavy weights. You can have a steady resistance working all major muscle groups resulting in total body toning.

Improve Cardiovascular Conditioning:

In water your heart rate is lower allowing you to work harder when compared to exercising on land. You can easily incorporate interval training and increase the intensity of your workout.

Burn Calories:

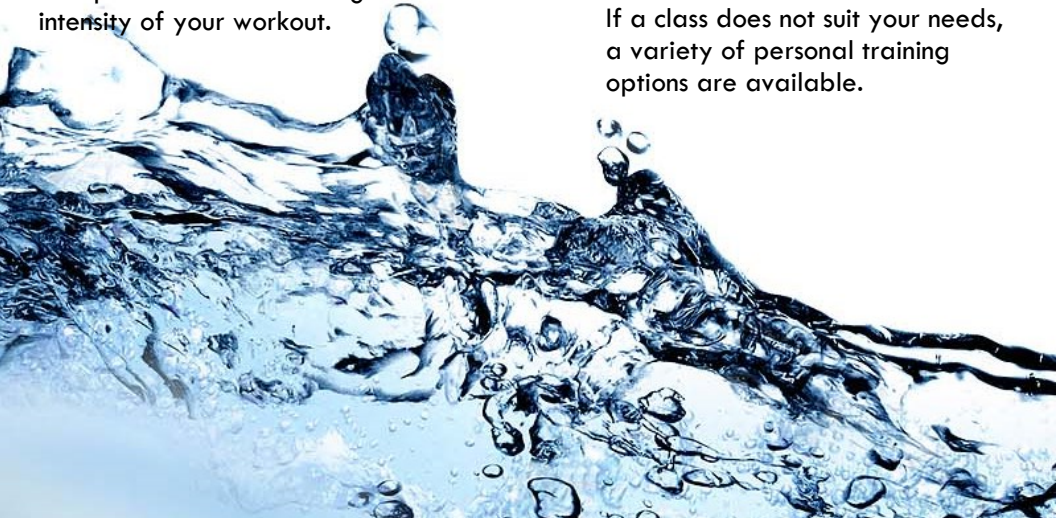
Did you know that water aerobics can burn up as many calories as land aerobics.

Improved Flexibility and Balance:

The reduced effect of gravitational force in water leads to improved flexibility in the body. The joints can be moved through a wide range of motion, without stress on the joints.

Because of the properties of water, if you are suffering any type of limitations such as arthritis, back, knee, shoulder or joint pain, working out in the pool is very beneficial and most important it is a lot of fun.

If a class does not suit your needs, a variety of personal training options are available.



Water Wellness Training :

The pool is a great tool to improve your gait, balance and flexibility. By walking in the water and incorporating balance and flexibility at the same time.

Individual Training Rates:

25 minutes	\$40
40 minutes	\$55
55 minutes	\$65

Duet Training Rate: (2 people)

55 minutes	\$85
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Aquatic After Care:

Post rehabilitation for knee, back or shoulder issues, exercises in the pool can be very beneficial without putting stress on the joints.

25 minutes	\$40
40 minutes	\$55
55 minutes	\$65

Water Spin Bike Training

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.

55 min	Individual Training	\$70
55 min	Duet Training	\$85
55 min	3 Person Training	\$95
55 min	4 Person Training	\$105
55 min	5 Person Training	\$115
55 min	6 Person Training	\$125

Individual Swimming Lessons:

For all ages.

25 minutes	\$40
40 minutes	\$60



REVERSE THE AGING PROCESS WITH MUSCLE ACTIVATION TECHNIQUE™ (MAT)



Did you ever notice that muscle tightness and soreness does not go away in spite of all the things you do to stay flexible?

In recent years, a revolutionary new process has evolved for correcting muscular imbalances in the body. It has dramatically improved functional capabilities in people of all ages, providing a pain free lifestyle. This process is a biomechanically-based system called Muscle Activation Techniques.

What is Muscle Activation Technique™ and how it can help me?

Muscle Activation Technique (MAT)™ is aimed at restoring balance at joints. According to MAT, pain and stiffness are symptoms of unstable joints.

In order to restore balance at joints, a MAT specialist follows five steps; comparative assessment of joint range of motion (ROM), muscular response test, treatment to restore muscle strength, retest muscular response and reassessment of joint range of motion.

Muscle Activation Techniques are beneficial for:

- Muscular tightness
- Loss of mobility
- Post surgical recovery
- Muscular weakness
- Balance Problems
- Posture Alignment
- Inflammation
- Range of Motion
- Joint irritation/stability

Muscle soreness is a symptom that the body is overworking to maintain structural stability. Weak muscles can cause other muscles to over work. This can cause pain and inflammations as they struggle to maintain joint stability and over time will decrease range of motion.

MAT can slow down or even reverse degenerative processes. Arthritic conditions due to joint instability and wear & tear can be helped or prevented when muscles function properly. MAT creates a stronger connection between the brain and the muscular system so balance is restored and the ability for the body to function is greatly improved.

With MAT, you can return to the golf course, tennis court, or your daily activities with renewed strength and without pain. **MAT therapy enables you a new lease on your active lifestyle.**



Muscle Activation Technique

- ◆ Reduce muscle pain due to tightness, weakness & inflammation
- ◆ Restore strength lost to injury, stress, trauma, and overuse
- ◆ Increase muscle strength & improve athletic performance
- ◆ Can be used to enhance your current physical therapy program
- ◆ Improve posture and balance

MAT Therapy Rate:

55 minutes \$125

GYROTONIC®: EXERCISE OUTSIDE THE LINES



GYROTONIC® is a holistic approach to movement that is designed to meet the needs of people of all ages and abilities.

What is the Gyrotonic® method?

Gyrotonic® exercises were designed by the former Romanian ballet dancer, Juliu Horvath, to offer a balanced conditioning exercise that strengthens and lengthens the muscles and spine, while helping to repair muscle injuries.

These exercises are performed on a specially designed Pulley Tower and exercise bench that are fully adjustable and can meet the needs of many people with varying body types and levels of strength.

What are the benefits of Gyrotonic® exercise for me?

- ◆ Deep abdominal and core strengthening
- ◆ Building cardiovascular endurance through energetic, rhythmic, movement
- ◆ Flex - Ability by creating fluidity and elongation of muscles and joints
- ◆ Focuses on the coordination of breath as the fuel for movement
- ◆ Equipment that assists the body in movement to work deeper
- ◆ Relief from pain and
- ◆ compression through expansion and movement of energy in the body
- ◆ Comprehensive - focuses on muscles, muscle fascia, joints, spine, and nervous system

What Gyrotonic® golf training can do for you...

Gyrotonic® specialized golf exercises were designed to help incorporate the feeling of **Gyrotonic®** exercises into the golf swing. These exercises will help you get the feel of the correct golf swing. They will not only help you stretch and strengthen in a golf specific manner, but will train you to actually move your body differently and swing the golf club better.

- Increased drive distance
- Faster and more accurate club swing
- Controlled trajectory
- Improved shoulder & hip turn for greater ball-striking precision
- Posture adjustments
- Better contact and directional control of the ball
- Improved focus
- Improved pelvic mobility to decrease faulty movement

Gyrotonic® training directly mimics what a golfer must do with his arms, wrists, hands, and torso during the golf swing. You can get your game to a level that you never thought you could achieve!

Gyrotonic® movements consist of guiding the body through a series of circles and spirals. It helps us create a musculature that is strong but that also has the dexterity to allow the bones to do what they are meant to do.

Gyrotonic® Training Rates

25 minutes \$40

40 minutes \$55

55 minutes \$70

*Furthermore, it allows the body to keep moving, without interruption, because of the circularity of the movements and the design of the equipment itself. There is no endpoint to the **Gyrotonic®** Expansion System.*

Golf Performance Program

Create more consistency, distance, and lower scores with effective golf fitness. Golf Fitness Training activities include exercises for mobility, stability, strength, speed, power, explosiveness, and control.

Our Titleist Performance Institute (TPI) trained and golf performance staff will evaluate your physical ability, highlight swing characteristics affecting your golf swing, implement a proper training program and work together to keep you playing your best game.

Swing Efficiency

Swing technique and style is as unique as a player's fingerprints. The golf pro will utilize a video swing analysis to provide a precise picture of what is happening during your swing. They can then match your swing technique with your physical attributes to help you build a more repeatable and efficient golf swing.

Strength and Conditioning

Factors like strength, flexibility, balance, endurance, nutrition, stability, power, vision and posture all influence the body's mechanics. Utilizing our physical screening process, the trainer will isolate any physical limitations, correlate these findings to your swing technique and prescribe a custom-conditioning program.

GOLF PROS

Billy Burke, Luis Leon, Dick Lancioni and Wendy Modic



FITNESS TRAINERS

Vicki Bednar –TPI MP3, NASM, ACSM

Elizabeth Holt– TPI FP2, Golf Conditioning Specialist, NASM

Christine Inwood– TPI FP2, NASM-CES, NASM FNS, AFFA

Jaime Oldenberg– TPI FP1, NASM-

GOLF PERFORMANCE SPECIALISTS

Brian Keim-NASM, NASM Golf Specialist, CES, CSCS, NSCA

Karen Smith –NASM, NASM Golf Fitness Specialist, Pilates

Angelique Malfregreot– Gyrotonic 1 & 2, NSCA, CSCS, Pilates, AFFA

Linda Newman– Gyrotonic, Pilates

Frenchman's Creek provides you a comprehensive Golf Fitness Program that unifies your fitness and golf professional. Our TPI certified trainers and golf performance specialists will create a customized individual training program for you. The options to implement your performance program, include personal training, individual gyrotonic training and video swing analysis to overcome the obstacles that keep you from playing your best game.

Program Options

55 minute TPI Personal Training: \$75

55 minute TPI Gyrotonic Training: \$75

TPI Fitness Evaluation: \$90

- TPI Physical Limitation Evaluation Assessment
- Evaluation Report with TPI Fitness Handicap

TPI PRO Evaluation: \$195

- Video Golf Swing Analysis *(with golf professional)*
- 30 minute Golf and Swing Review Lesson *(with golf professional)*
- TPI Physical Limitation Evaluation Assessment *(with fitness professional)*
- Evaluation Report with Golf Fitness Handicap *(with fitness professional)*

TPI PRO Re-Evaluation: \$125

Recommended 6 week review for optimal performance results.

- Video Golf Swing Analysis *(with golf professional)*
- TPI Physical Limitation Evaluation Re-assessment *(with fitness professional)*
- Re-evaluation Report with TPI Fitness Handicap *(with fitness professional)*



Your Trainer Is:

A Nationally Certified and Approved Frenchman's Creek Trainer. Your trainer has been certified by NASM, ACE, ACSM., AEA, ASFA, AFFA, Gyrotonic, MAT Specialist LMT or Pilates.

Our Team:

Consists of many of the best fitness training professionals in Florida. Their focus is in improving the health, fitness and overall quality of life for you.

Our Mission;

Whether you are a fitness novice or a competitive athlete, we will design a specific program that will help you reach and exceed your goals. Our objective is to implement a program where we motivate, instruct and educate every member to obtain an optimal workout and achieve noticeable results.

*To choose the trainer that is best suited for you please consult our
MEET OUR PROFESSIONALS BOOK,
available at the Fitness Center front desk.*

How to Begin:

To schedule a session please contact the Fitness Center at 561-622-3691.

Check In:

For your initial training session or when health information has changed, please plan to arrive 15 minutes prior to your scheduled appointment to allow time to complete the health history questionnaire. For all subsequent sessions please arrive 5 minutes in advance.

Cancellation Policy:

To better serve you we rely on your support in providing us 24 hours notice for any cancellations. We appreciate your understanding to contact us by 5pm the night before to make changes.

Late Arrival & Session Duration:

All training sessions range from 25, 40 or 55 minutes in length. Late arrival may decrease the amount of time spent with a trainer if no time extension is available on the schedule.

FRENCHMAN'S CREEK BEACH & COUNTRY CLUB

**13495 Tournament Drive
Palm Beach Gardens, FL 33410**

Phone: 561-622-3691

Fax: 561-775-6440

SPA & Wellness

FRENCHMAN'S
CREEK 
BEACH & COUNTRY CLUB



2015-2016

Phone: 561-622-3691



Balance

We offer a wide variety of services that will pamper you and give you a renewed sense of well being.

Serenity

Walk through our doors and begin to unwind in the comfort of our Spa.

Harmony

As the Spa surrounds you a deep state of relaxation washes over you.

Therapy Collection

Radiant Facial Care

Organic & Natural Therapies

Rejuvenating Massage Collection

Signature Nail Therapies

MANmade

Body Treatments & Body Bronzing

Petite Youth Spa

Indulgent Spa Packages

Spa Etiquette

Radiant Facial Care

Frenchman's Creek Signature Essentials Facial

50 min \$85 80 min \$115

An essential treatment for all skin types. This experience includes a thorough cleansing, exfoliation, steam, extractions and a specialty masque. Your skin will feel refreshed and renewed. The therapist will customize the products to your skin type.

Specialty Facials

Microdermabrasion Facial

50 min \$95 Series 6 pack \$495

80 min \$125 Series 6 pack \$650 (80min includes décolletage)

This highly effective treatment efficiently removes dead skin cells from the outermost layer of the facial epidermis resulting in a vibrant, healthier complexion using a crystal-free bicarbonate machine for optimal results.

Anti-Aging Peptide Vitality Facial

50 min \$95

Turn back the hands of time with this intensive treatment. Using performance based ingredients that pair peptides and stem cells to plump, smooth and fill fine lines and wrinkles from within the skin. The perfect remedy for those who want an instant skin lift. Great for aging skin. *(This is a non-steam facial)*

Vitamin C Infusion Facial

50 min \$95

Our facial boasts the unparalleled powers of BVOSC, a potent yet gentle, stable form of vitamin C and Orange Stem Cells.

The antioxidant-rich blend will create glowing, tightened, vibrant skin. Let your skin bloom with this nourishing facial.

Waxing

Eyebrow	\$12 & up
Lip	\$10 & up
Chin	\$15 & up
Bikini Line	\$25 & up
Back Wax	\$60 & up
Full Arm	\$40 & up
Half Arm	\$25 & up
Full Leg	\$65 & up
Half Leg	\$35 & up
Underarm	\$25 & up

Threading

Eyebrow	\$15 & up
Lip	\$15 & up
Chin	\$15 & up
Forehead	\$20 & up
Neck	\$40 & up
Cheeks	\$40 & up
Full Face	\$125 & up

Up charge price can vary depending on thickness and length of the hair.

Organic & Natural Treatments

Organic Customized Massage

25 min \$45 50 min \$85 80 min \$115

Enhance any massage with the powerful effects of organic pure essential oils for the ultimate in stress reduction. These organic essential oils are derived from plants, herbs, flowers and roots and have beneficial therapeutic qualities. Transport your body into a world of total relaxation.

Organic Facial

50 min \$95 80 min \$125

Transform your skin with our 100% active, natural, paraben-free and synthetic fragrance-free ingredients. Anti-oxidant rich plant and marine extracts, including grape stem cells, spirulina, kombucha, goji berry will rapidly improve skin tone, texture and clarity. Skin is left calm, nourished, and radiant! Great for all skin types.

Organic Body Glow

50 min \$80

The 100% natural, luxurious sugar scrub exfoliates, hydrates, and conditions skin. Your experience is completed with a fresh scented nourishing total body cream containing shea butter, jojoba seed oil, vitamins A, C and E and more to nourish, soothe and soften the skin.

Select one from our rejuvenating scrubs:

- ◆ *Invigorating Ginger Lime*
- ◆ *Asian Indulgence Bamboo & Black Sesame*
- ◆ *Rainforest Passionfruit Guava*

Organic Spa Ritual Nail Treatments

Close your eyes and drift away as the botanical mineral and vitamin rich products leave your skin hydrated, nourished and revitalized.

Chinese Jasmine Manicure 25 min \$23

Chinese Jasmine Pedicure 50 min \$39





Rejuvenating Massage Collection

Frenchman's Creek Customized Massage

25 min \$40 50 min \$75 80 min \$105

No two bodies are alike. Consult with your therapist to create the massage that is personalized to your needs using various massage modalities. Melt your muscles into a deep state of relaxation, reduce stress and bring balance back to your body, mind and spirit.

Stress Reliever Massage

25 min \$40

Need tension relief but you are short on time? Treat yourself to this neck, back and shoulder massage that focuses on relieving stress in the areas that need it the most.

Energy Healing Therapy

50 min \$75

This therapy can be used to reduce stress and promote relaxation and healing. Energy work can balance the nervous system, improve digestion and help to promote more restful sleep.

Specialty Massages

Foot Reflexology Treatment

25 min \$45 50 min \$85 (hands & feet)

Pressure is applied to specific pressure points on the feet to relieve tension in corresponding parts of the body to balance the body's natural energy flow. You are welcome to wear comfortable clothing during this service as the service can be performed fully clothed.

Shiatsu Massage

50 min \$85 80min \$115

This therapy uses finger and palm pressure in a continuous rhythmic sequence (similar to finger-acupressure) to improve circulation, relieve stiff muscles and alleviate stress.

Rejuvenating Stone Massage

50 min \$85 80 min \$115

Heated basalt lava stones are used and incorporated throughout the massage to warm muscles allowing stress to melt away. A relaxing experience for stiff achy joints and tight muscles. A cool stone chaser completes your experience.

In Home Massage Service please add \$20. Hot Stone is not available for in home service.

Specialty Massages Continued

Therapeutic Myofascial Massage

50 min \$85 80 min \$115

Myofascial release therapy is applied hands-on, in kneading-style strokes that are meant to loosen, soften and lengthen muscle tissues. This therapy has also been affective in treating patients with chronic fatigue, tension, repetitive stress injuries, migraine headaches, arthritis and Fibromyalgia. Experience this total release of body tension massage therapy. Assessment is included when time permits..

“Medical Style” Alignment Therapy Massage

50 min \$85 80 min \$115

This therapy combines Structural Energetic Therapy® (SET) and massage to address the area of your pain first and then bring the rest of your body into balance to support those changes. This therapy is beneficial in rehabilitation of physical conditions causing pain and builds physical performance potential to its maximum.

CranioSacral Therapy

50 min \$85

CranioSacral Therapy is an effective modality focused on the head to relieve tension utilizing a light-touch approach. This encourages the release of restrictions deep in the body by targeting the central nervous system. This subtle, nurturing treatment almost feels like you are receiving a massage from the inside out to release tension.

Organic Customized Massage

25 min \$45 50 min \$85 80 min \$115

Enhance any massage with organic pure essential oils for the ultimate in stress reduction. These organic essential oils are derived from plants, herbs and flowers that have beneficial therapeutic qualities. Transport your body into a world of total relaxation.

Swe-Thai Massage

50 min \$85 80 min \$115

Swe-Thai massage therapy successfully blends the relaxing strokes of the Swedish massage with the stretching techniques of traditional Thai massage offering the ultimate relaxing experience.

Traditional Thai Massage

50 min \$85 80 min \$115

Thai Massage is performed on a mat on the floor and you *wear light, loose-fitting clothing*. The practitioner uses thumbs, palms, forearms, elbows, feet, knees and even shins to provide relief to stretch and loosen tight muscles, to release tension and relieve joints.

How to Receive a Massage

- ◆ Give yourself extra time before your massage to enjoy steam, sauna or take a shower .
- ◆ Communication is the key to getting the massage you want. During your service let your therapist know if you feel any discomfort or prefer additional pressure.
- ◆ You will be able to disrobe in privacy in the room and you will be draped with a sheet throughout the service to preserve modesty.
- ◆ We use fragrance free oil, lotion , crème and nut free oil is available upon request.



Signature Nail Therapies

Artificial Nail Services

Gel Nails

Hypoallergenic, odorless and acrylic-free gels create gorgeous, thin, natural-looking nail enhancements. Gel enhancements are cured with a UV light.

Gel Full Set	\$55.00
Gel Overlay Full Set	\$45.00
Gel Refill	\$30.00
Gel Pink & White Full Set	\$65.00
Gel Overlay Pink & White Full Set	\$55.00
Gel Pink & White Refill	\$35.00

ENHANCEMENTS—

(Additional to any Gel Nail Service)

Nail Repair	\$5
Product Removal	\$20
French Polish	\$4

FootLogix Treatment Pedicure

50 min \$39

Footlogix Pediceuticals® - "the transformational foot care product line" - was scientifically formulated with pharmaceutical-grade ingredients to transform the skin and nails on the feet giving you healthy, happy feet.

Signature Nail Therapies Continued

Signature Frenchman's Spa Manicure and Spa Pedicure

Signature Manicure 25 min \$20

Signature Pedicure 50 min \$35

Treat yourself today to our signature manicure and pedicure using milk and honey products. The services include nail shaping, cuticle trimming, foot callous removal, relaxing massage and polish application.

Organic Spa Ritual Manicure and Pedicure

Chinese Jasmine Manicure 25 min \$23

Chinese Jasmine Pedicure 50 min \$39

Close your eyes and drift away as the botanical mineral and vitamin rich products leave your skin hydrated, nourished and revitalized.

Diabetes Manicure and Pedicure

Diabetes Manicure 25 min \$20

Diabetes Pedicure 50 min \$39

The manicure is performed using emollient products and the specific needs are taken into consideration. The pedicure uses the Footlogix pharmaceutical-grade products and all of the special needs are taken into consideration of the service including gentle cuticle work, careful callus reduction, nail shaping and polish application.

Express Nail Services

Express Manicure 15 min \$15

Express Toe Polish Change 25 min \$24

Short on time? Enjoy a quick file, buff, lotion application and polish and we will get you on your way.

ENHANCEMENTS—(Additional to any manicure or pedicure)

French Polish \$4

Essential Oil Therapy Treatment Hands \$12 / Feet \$18

Gel Polish \$10

Gel Polish Removal (w/out manicure) \$15

Design \$5

In Home Manicure or Pedicure please add \$15.



MANmade

Frenchman's Creek Signature Customized Massage

25 min \$40 50 min \$75 80 min \$105

No two bodies are alike. Consult with your therapist to create the massage that is personalized to your needs using various massage modalities. Melt your muscles into a deep state of relaxation, reduce stress and bring balance back to your body, mind and spirit.

Fitness Wellness Massage

50 min \$75 80 min \$105

An excellent choice for anyone actively enjoying golf, tennis or regular fitness workouts. This massage relieves sore muscles resulting from overexertion and physical activity. Specialized, focused techniques reach muscle layers in conjunction with passive stretching help to elongate muscles and release tightness and tension.

Gentlemen's Facial

50 min \$85

This men's specialty facial begins with a skin consultation and deep cleansing. After the skin has been steamed and exfoliated, a soothing masque is applied. Your skin will feel nourished and your complexion will be re-energized. *Men should not shave less than 4 hours before a facial treatment.*

MENicure

25min \$18

Your nails and cuticles are groomed, followed by a relaxing and moisturizing massage.

Gentlemen's Pedicure

50min \$30

This men's specialty pedicure will restore and condition your neglected feet. After a whirlpool soak and exfoliation, cuticles are repaired, nails are buffed, and a restorative massage completes this treatment.

In Home Massage Service please add \$20. Hot Stone is not available for in home service.

Body Treatments

Organic Body Glow

50 min \$80

The 100% natural, luxurious sugar scrub exfoliates, hydrates, and conditions skin. Your experience is completed with a fresh scented nourishing total body cream containing shea butter, jojoba seed oil, vitamins A, C and E and more to nourish, soothe and soften the skin.

Select one from our rejuvenating scrubs:

- ◆ *Invigorating Ginger Lime*
- ◆ *Asian Indulgence Bamboo & Black Sesame*
- ◆ *Rainforest Passionfruit Guava*

Sunburn Relief Treatment

50min \$80

This wrap is very soothing and comforting. It is excellent for restoring moisture to dry, dehydrated skin and also for instant relief of sunburn.

Body Bronzing

\$40

A healthy way to achieve the Florida sun-kissed look. Using the South Seas® paraben and UV free bronzing solution, you receive a beach beautiful color.

Please note: please wear dark loose fitting clothing and bronzing is recommended to be scheduled 24-36 hours prior to an event. Any wax or nail services should be done minimum one day prior to tanning.

South Seas® tanning products have been recognized by Hollywood's elite, are exclusively used on Dancing with the Stars.

Receive a South Seas® Body Scrub with a Body Bronzing for \$80.

The Bora Bora Body Citrus Polish is a non-greasy, invigorating scrub that exfoliates leaving you with fresh, smooth skin. This polish is specifically formulated for pre-airbrush tan preparation to help create even color and extend the tan. Paraben free.





Petite Youth Spa

Our Princess and Diva services are designed for our next generation of spa visitors.

Diva services are for ages 10-13 and Princess services are for ages 5-9.

We recommend both teens and tweens wear bathing suits for spa services and parental accompaniment is always welcome in treatment rooms. All children under the age of 16 require parental accompaniment when in the Spa.

Princess Spa Services

5-9 years of age

Create your own “ice cream” themed nail services.

Princess Manicure 25min \$12

Princess Twinkle Toes Pedicure 25min \$20

Diva Spa Services

10-13 years of age

Treat your nails and toes to the favorite “ice cream” flavors you crave.

Diva Manicure 25min \$15

Diva Footloose Pedicure 50min \$25

Diva Mini Facial 25min \$40

Perfect for pre-teens and teens to learn the “do’s and don’ts” about skincare. This facial includes a skin analysis and cleansing mini facial.

Diva Bye, Bye Blemishes Facial 50min \$75

Created for young skin, this facial includes an in-depth cleansing to remove impurities and correct imperfections. Basic lessons on the importance of clean skin will be shared with your child.

Diva Rub My Back and Feet Massage 25min \$40

This light massage is a great introduction to massage for any young person. Loose fitting street clothes are optional if preferred. (same gender therapist)

Indulgent Spa Packages

Day of Beauty

3.5HRS \$195

50 min Customized Massage
50 min Signature Facial
25 min Signature Manicure
50 min Signature Pedicure

Harmony

2HRS \$145

80 min Signature Facial
25 min Organic Body Glow

Renewal

3HRS \$150

Fitness Class of your Choice
50 min Customized Massage
50 Min Signature Facial

All Packages listed above are for one person and all services should be received the same day.

Youth Spa Packages

Enjoy some time together with your little princess or diva.

Mom & Me Package Selections

Princess Strawberry Shortcake

Manicure & Pedicure 50min \$72

(Princess ages 5-9 years old)

Enjoy both an "ice cream" 25min manicure and 25min pedicure of sweet fruity scents of strawberry, vanilla and a hint of citrus.

Divas Strawberry Smoothie Manicure &

Pedicure 80min \$90

(Divas ages 10-13 years old)

Indulge your sweet tooth with an "ice cream" 25min manicure and 50min pedicure of delectable scents of fruity strawberry & kiwi, marshmallow and sweet vanilla.



Spa Etiquette



Reservations

The Spa is open 7 day a week. We suggest making your reservations in advance to ensure you receive the treatments you desire at the time you prefer. **Please call 561-622-3691**

Arrival Time

We encourage you to arrive 15-30 minutes prior to treatments—giving yourself optimal time to complete our healthcare questionnaire, enjoy the steam / sauna amenities or shower to prepare yourself for your scheduled services.

Optimal Spa Experience

When appropriate robe, slippers and a locker are provided as a complimentary service to be used while you are a guest in the Spa. Most treatments are enjoyed without clothing. During treatments, the body is fully draped, exposing the area being worked on preserving modesty. When unsure you are welcome to wear undergarments for your service.

Cancellations

All Spa services are reserved especially for you. To better serve you we rely on your support in providing us 24 hours notice for any cancellations. We appreciate your understanding to contact us by 5pm the night before to make changes.

Late Arrival

Late arrival may decrease the amount of time spent with a therapist if no time extension is available on the schedule.

How Young is to Young?

The Spa is appropriate for guest 5 years and older. Any spa guest under the age of 16 needs to be accompanied for the length of their time in the Spa. Please refer to our Petite Youth Section for a list of services.

Cell Phones

We request Spa patrons be mindful of disturbing the relaxation of others. For your comfort and others we ask that Cell phones are not brought into the Spa and Nail Salon. All cell phones should be turned off. If a patron needs to make a call please step outside of the building as to not disturb others.

Should I Alert Someone About My Health Concerns?

We ask all spa patrons complete a health questionnaire yearly or if there are any pertinent changes to update us so we may better customize spa therapies for you. Should you have any allergies, any medical conditions, prefer a male or female therapist, are pregnant, using any topical or internal renewal skin products, please notify the receptionist when booking your treatment.

Personal Valuables

We regret we cannot be held responsible for the loss or damage to personal articles, including clothing or accessories. Please leave all your jewelry and valuables at home.

Homecare

To continue the benefits of your spa experience at home, products used in your treatments are available for purchase. Your spa therapist will be happy to advise you.



FRENCHMAN'S
CREEK 
BEACH & COUNTRY CLUB

**Spa Treatment
Preference
Information
Guide**

Phone: 561-622-3691

*Thank you for taking the time to complete this Spa Treatment Preference Guide.
Your responses to these questions will help us to serve you better.*

MEMBER NAME: _____

MEMBER NUMBER: _____

GUEST NAME: _____

DATE: _____

MASSAGE / BODY SCRUB THERAPY PREFERENCES

Please indicate your areas of concerns. Please check all that apply:

- Stress Reduction
- Anxiety, Irritability, Fatigue, Insomnia
- Headaches
- Muscle Aches & Pains
- Neck, Shoulder, or Back Pain
- Injuries

Are you sensitive to touch or pressure? Yes No

What pressure do you prefer? Light Medium Heavy

How often do you receive massages?

Do you have a specific area you want focused on?

Do you suffer from arthritis or any vein issues? Yes No

Do you have any allergies? Yes No

Do you have any rashes or bruise easily? Yes No

Are you pregnant? Yes No

NAIL THERAPY PREFERENCES

Please indicate your areas of concerns. Please check all that apply:

- Dry skin, thin skin
- Nail Conditions
- Rough, calloused or peeling skin on the feet

Are you sensitive to touch or pressure? Yes No

What pressure do you prefer? Light Medium Heavy

How often do you receive Manicures? Pedicures?

Do you have diabetes? Yes No

Do you have any nail or toe nail infections? Yes No

SKIN CARE THERAPY PREFERENCES

Please indicate your areas of concerns. Please check all that apply:

- Skin Tone
- Fine Lines - Skin Tone / Texture
- Dehydration
- Excessive Oil
- Redness, Sensitivity
- Clogged Pores, Acne
- Eyes – Fine Lines, Puffiness
- Lips – Fine Lines

Are you sensitive to touch or pressure? Yes No

How often do you receive facial services?

Do you have a specific area you want focused on?

Do you use Retin-A, retinol, Renova or glycolic products? Yes No

Do you have any allergies? Yes No

Have you received any injections, fillers or chemical peels? Yes No

WAXING

Have you ever been waxed before? Yes No

Rate your sensitivity to pain. Low Medium High

Do you use Retin-A, retinol, Renova or glycolic products? Yes No

Do you use/take Tetracycline, Accutane, Salicylic Acid? Yes No

Do you use brown spot or skin lighteners for your skin? Yes No

GENERAL WELLNESS INFORMATION

Are you taking any medications regularly? Please list them.

Do you have any medical issues? Please list them.

I understand that massage, skin, nail and bodywork I receive are provided for the basic purpose of relaxation and / or relief of muscular tension. If I experience any pain or discomfort during this session, I will immediately inform the practitioner so that the pressure and/ or strokes may be adjusted to my level of comfort. If I feel the service needs to be discontinued for any reason I affirm I will communicate to the practitioner to act in accordance. I affirm that I have stated all my known medical conditions, and answered all questions honestly. I agree to keep the practitioner updated as to any changes in my medical profile and understand that there shall be no liability on the practitioner's part should I fail to do so.

SIGNATURE: _____

THERAPIST SPECIAL NOTES:

FRENCHMAN'S CREEK

BEACH & COUNTRY CLUB

Fitness & Spa Meet our Professionals

Tel: 561-622-3691



FITNESS PERSONNEL

Tiffany De Souza	Director of Fitness and Spa
Marisol Jimenez	Assistant Director of Fitness and Spa
Precious	Reception Concierge
Angelique Malfregeot	Personal Trainer, Gyrotonic, Pilates
Anne Fufidio	Personal Trainer
Brian Keim	Personal Trainer
Chris Dimond	Personal Trainer, Water Lessons
Christine Inwood	Personal Trainer
Dona Adler	Personal Trainer
Donna Becker	Personal Trainer, Pilates
Elizabeth Holt	Personal Trainer
Federico Balet	Personal Trainer, Boxing
Jan Parker	Personal Trainer, Muscle Activation
Jason Frankoff	Personal Trainer
Jamie Oldenberg	Personal Trainer
Jeanine Chamberlain	Personal Trainer, Pilates , Yoga
Jeanne McCammon	Personal Trainer
Karen Marchelleta	Medical Fitness Trainer
Karen Smith	Personal Trainer, Pilates
Lilia Drew	Personal Trainer
Linda Newman	Pilates, Gyrotonic
Lin Luber	Pilates
Matthew Claudel	Personal Trainer, Spin, Yoga, Gyrotonic
Michael Podwal	Pilates
Mike Soldo	Personal Trainer, Massage Therapist
Monique Fleming	Pilates
Vicki Bednar	Lead Personal Trainer

SPA PERSONNEL

Ana Maria Shoemaker	Massage Therapist
Angela Salazar	Massage Therapist / Esthetician
Carla Rafaty	Nail Specialist
Everist Flagg	Lead Massage Therapist / Esthetician
Felicia Muntean	Lead Nail Specialist
Justin D Robert	Massage Therapist
Maria Parra	Massage Therapist / Esthetician
Mary Peterson	Massage Therapist / Esthetician
Melissa Johnson	Massage Therapist
Mideline Saint Louis	Nail Specialist
Mirasol Ching	Esthetician / Nail Specialist
Myrna Wasserman	Massage Therapist
Rachel Speranza	Massage Therapist
Ross Hoffman	Massage Therapist
Stephanie Gieruc	Massage Therapists/ Yoga Instructor
Teodora Suriel	Massage Therapist/ Esthetician
Veronica Perez	Nail Specialist
Zaneta Popstefanova	Massage Therapist / Esthetician

GROUP INSTRUCTOR PERSONNEL

Ashley Thomson	Yoga, Aqua, Mat Pilates
Cora Ciaffone	Yoga Instructor
Fran Gambino	Spinning Instructor
Irina Wetzel	Aerobic & Zumba Instructor
Jane Cohen	Spinning Instructor
Janel Lingo	Spinning Instructor
Marianne Storath	Aerobic & Zumba Instructor
Nancy Hoar	Yoga Instructor





Originally from Philadelphia, Tiffany's career started in the health industry as a spa service provider in 1988. She worked in various salon and spas moving from a spa technician into the management of these facilities. In 2004 Tiffany moved to South Florida to be the General Manager of a local luxury day destination spa with over 250 employees. She oversaw and successfully opened the second spa location in the Seminole Hard Rock Hotel and Casino in Hollywood, Florida.

In 2008 Tiffany joined WTS International, a spa consulting company with clients world wide operating fitness and spa facilities including 5 star in upscale hotels, resort and leisure communities around the country. As a Spa Director for WTS Tiffany was responsible for every aspect of the spa including revenue & profitability; created and implemented all operational plans, procedures and protocols, established budgets, developed all local area marketing and functioned as the key point of contact between the Client and WTS. She provided sales & product training, managed retail sales and recruited, hired and trained all spa and fitness personnel.

In 2011 Tiffany became the Fitness and Spa Director at Frenchman's Creek Beach and Country Club where she will apply her leadership, team-building, training and motivational skills to make a substantial contribution to a growing organization, as well as helping surpass all of its goals.





Marisol Jimenez
Assistant Director of Fitness and Spa
Frenchman's Creek
Esthetician #BW7795,FB9745059 , Aerobics
Zumba & Poundfit
Instructor

Marisol graduated from Florida Career College with a diploma in skin care full specialist with training business marketing and retail sale, she is also certified as a Zumba and Poundfit instructor. Marisol was a business owner from 2000 to 2007 until she moved back to her original country Colombia. In 2002 she became an Aerobic Instructor and Latin Dancer Teacher for Frenchman's Creek and IBIS Country Club in Palm Beach. In 2006 Marisol obtained her Independent Personal Trainer Certification and helped to design different Fitness Programs to improve strength, flexibility and balance. Today, Marisol serves in the role of Assistant Fitness Center & Spa Director at Frenchman's Creek Beach & Country Club, providing the best possible service for members.



Precious Cadet
Reception Concierge of Fitness and Spa
Frenchman's Creek

Precious is originally from South Africa. She joined us since 2013 as a trainee in the Food & Beverage department and also graduated from the Hotel International School with a diploma in hospitality management. In 2014 she furthered her career in Frenchman's Creek and joined the Fitness & Spa department. She is dedicated to always providing excellent service to the members and passionate that their experience and expectations are consistently exceeded.



Angelique Malfregeot
Personal Trainer, Gyrotonic
Pilates, Spin instructor
CSCS, NSCA, AEA, AFAA, Gyrotonic I&II

Angelique's interest in health and fitness began at a young age in Stuart, Florida. Rhythm, movement and the ocean have been a central part of her life since graduating from Florida State University and Fitness Institute International. She is certified in Gyrotonic Levels 1 and 2, the Gyrokinesis and the specialized equipment Gyrotoner, Jumping Stretch Board, the Leg Extension Unit and the Archway. Between Europe and the US, she studied with Julio Horvath Gyrotonic expansion system creator and many master trainers. She is also a Certified National Strength and Conditioning Specialist, a Pilates mat and equipment Instructor, a Yamuna Body Rolling Instructor, and a Zumba Instructor.



Anne Fufidio
Personal Trainer
NASM

Anne has 22 years of Personal training experience. She is certified with the National Academy of Sport Medicine and as well as the Fitness Institute. Anne is also TRX- Rip certified. She has enjoyed motivating her clients at Frenchman's Creek for the past thirteen years. She specializes in resistance training.



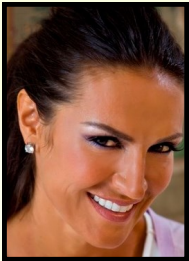
Brian Keim
Personal Trainer
NASM, CES, PES, NSCA, CSCS

With 19 years of professional experience, Brian has his degree in Exercise Science and Wellness from Ball State University and specializes in Corrective exercises and Sports Specific Training. Brian is certified by Nationally Accredited Organizations NASM , CES and PES, and by NSCA as a CSCS*D and golf fitness through NASM Golf Specialist Program.



Chris Dimond
Personal Trainer, Water Instructor
NASM, AEA, Swim Instructor

Chris began working at Frenchman's Creek in December 2004. She teaches the water aerobic classes, performs one on one training in the pool from post rehabilitation, and cardio workouts that incorporate strength, core and balance conditioning. If you have difficulty exercising in the fitness center, you may want to try the pool. It is the choice exercise for your joints if you have arthritis, a knee replacement, hip replacement or back pain. Chris also teaches swimming lessons for children adults and also children who are very fearful, to the child who needs stroke techniques. She is a personal trainer in the fitness center and certified to do land training as well Chris certifications include AEA water instruction NASM Personal Training , American Red Cross Water Safety Instruction in Aquatic After Care certification



Christine Inwood

**NASM - CES, NASM - FNS, AFFA, IKTI, TPI 2
TRX & Rip certified Trainer, Pilates Instructor
TPI FP2**

Christine Inwood began studying training and teaching health fitness, in her home country Austria, and brought her flair across the Atlantic to America. Christine's commitment to health and fitness began at an early Age competed in Vienna / Austria in the Mini Olympic Games. Christine is extremely passionate about living a healthy lifestyle. Her aspiration is to share this love of fitness and proper nutrition with clients. From weight management to sport conditioning, Christine knows how to help clients of all ages get the results they are after. Christine is certified through the National Academy of Sports Medicine, The Aerobic and Fitness Association of America and The International Kinesiology Training Institute. She is also a Pilates Instructor, a Certified Water and Spin Instructor. TRX & Rip certified trainer, and certified through the Titleist Performance Institute as a Golf Fitness Instructor.



Donna Adler

**Personal Trainer, Aerobics, Poundfit Instructor
ACE, NASM, ECE**

Her love of fitness began back in the 70's. She began teaching aerobics and weight training in 1980. In 1984 Donna opened Ultimate Aerobics Inc.; one of the first Fitness Studios in Fort Lauderdale. After moving to Jupiter in 1995, she continued her career as a Personal Trainer. Her Athletic accomplishments include running 5 marathons and many half marathons. Presently her hobbies include cycling, tennis, and snow skiing. Certifications: American Council on Exercise (A.C.E.), Tony Abbott's Health and Fitness Institute, National Academy of Sports Medicine (N.A.S.M.), Heart-saver AED (American Heart Association). She also teaches group fitness classes which include body sculpting, bosu balance training, and aerobic exercise. Fitness is a way of life!!!!



Donna Becker
Personal Trainer, Pilates
NASM, ACE, LMT# MA53822

Donna Becker was born in West Palm Beach, FL and raised between West Palm Beach and Oahu, Hawaii. As a competitive surfer and ocean lifeguard she knew the benefits of being fit at an early age. She brings to Frenchman's Creek over 18 years of experience as a Personal Trainer and Group Exercise Instructor. She is certified through both NASM and ACE. In addition, she is fully certified in Pilates (MAT, Reformer, Cadillac, Chair and Barrels) and is a Licensed Massage Therapist # LMT MA53822. Finally, she has enjoyed working at Frenchman's Creek for the past 12 years.



Elizabeth Holt
Personal Trainer NASM, Professional Golf Fitness TPI
1 & 2, Mad Dog Spinning Instructor, Red Cross Swim

Originally from Myrtle Beach, SC, Elizabeth began her fitness career early in life after attending Stephens College in Missouri and Palm Beach Atlantic University in Florida. Elizabeth began working in the fitness world at age 23 training private clients from Palm Beach to Jupiter. She has a strong background in yoga, Pilates, spinning, swim instruction and hands on stretching. Coming from a family of low handicappers Elizabeth has enjoyed golf from an early age. Her goal is to bring health and happiness to her clients. In her spare time, Elizabeth loves to be with her son watching his golf tournaments. Her son Jake is a Senior at The Pine School. He is seeking a career in golf and is now ranked 15th in Florida with a +2.8 USGA handicap.



Federico Balet
ACSM, Boxing Coach & Heavy Rope

Federico Balet is our certified personal strength/balance trainer and certified boxing coach. He has been training people of all ages and fitness levels for over 30 years. He combines his previous professional musician experience with his knowledge of the anatomy of movement and exercise to create his proven Rhythm Training System. As the owner of Dynamic Fitness Solutions, his clients rave about his method of developing and improving every area of their fitness skills, while having fun! Federico is the co-founder of The Winning Round Foundation, Inc., a non profit 501c3 organization that uses non contact boxing based fitness programs which have proven to enhance the lives of many living with Parkinson's Disease by reducing its symptoms. He has had the privilege of working with a professional body builder John Defendis, who has titles as Mr. USA, Mr. Universe, Mr. America. Federico combines boxing, heavy rope, ball work with resistance training to help his clients maintain a healthy, fit body and work towards reaching their personal best!



Jamie Oldenberg
Personal Trainer, Golf Fitness Instructor
NASM, FNS

Jaime has been a passionate member of the health and fitness industry for over 15 years and is the proud owner of an all natural & organic nutrition store. She holds her certs with The National Academy of Sports Medicine, Fitness Institute International, & The Titleist Performance Institute. She specializes in balance, stabilization, injury prevention, post rehabilitation, golf fitness and sports performance.



Jan Parker
***Biomechanics Consultant and Exercise Specialist &
Golf Mechanics Specialist . NASM***
LMT# MA55486

NASM Certified Personal Trainer, 21 years, MAT - Muscle Activation Technique Specialist and 10 years at Frenchman's Creek. Posture Alignment Specialist—The Egoscue Method, Gokhale Method, Liz Koch—Core Awareness, Manual therapy techniques, Micro-progressive Restorative Exercises are all combined and used to treat indicated muscle imbalances resulting in pain, tightness and joint instability.

Jan works with different fitness levels, pre and post operative conditions and day to day injuries. She specializes in Personal Training for all lifestyles including sports specific; Golf, Tennis, Strength Training, Balance and Flexibility. She customizes in exercise programs that are developed according to each client's individual needs. Stabilization is the key!



Jason Frankoff
Personal Trainer
***ACE, AFFA, NETA, BS Medical Imaging,
Associate PTA***

Jason has been involved in the health and fitness industry for most of his life, he was bitten by the workout bug in high school training for football and wrestling. Then was recruited into army special forces where he used his knowledge to help his fellow soldiers reach their fitness goals. After leaving the military he began his journey of continuing fitness both in the world of competitive bodybuilding and kickboxing, along with several medical degrees including P.T.A. and Radiography. He has been a certified personal trainer for nearly 25 years working with clients of all ages and fitness needs from professional athletes to injury and stroke rehab.



Jeanine Chamberlain

***Pilates Trainer, Personal Trainer, Yoga, Spin,
Fitour, AFAA , Water Aerobics***

Jeanine is no newcomer when it comes to the world of fitness and performing arts. She has a wide background of experience ranging from performing a lead role on Broadway to being part of the US Armed Services Division teaching dance and fitness classes to service men, women and children abroad. She is currently a Master Trainer with the FitTour Corporation, which allows her to design, host and present various workshops throughout the country. You can find Jeanine teaching Pilates reformer, mat Pilates, power and gentle yoga, Jazz, sculpting, TRX, Aqua and Boot camp.



Jeanne McCammon

C.S.C.S., NSCA

Jeanne McCammon is a certified personal trainer with several years experience working in Palm Beach County. Jeanne has been a C.S.C.S. (Certified Strength & Conditioning Specialist) with The National Strength & Conditioning Association for 16 years. She obtained her undergraduate and Masters degree from The University of Central Florida. Jeanne resides in Jupiter with her husband and two daughters. She will be joining Frenchman's Creek part time this year, and is excited to be on the fitness staff at the most premier Country Club in South Florida.



Karen Marchelletta
MS,ACSM RCEP,ACLS, AACVPR
Clinical Exercise Physiologist, Clinical Exercise
Specialist , Cancer Exercise Trainer

Karen Marchelletta has her MS. degree in Exercise Physiology from the University of Miami. Certified by the American College of Sports Medicine (ACSM), Karen is a Clinical Exercise Physiologist, Exercise Specialist, Cancer Exercise Trainer and Exercise Test Technologist. She is the owner of Medical Fitness Concierge, affiliated with the Exercise is Medicine (EIM) program. She will be teaching Cardio-Coaching this year as well as Exercise programs for heart, lung and diabetic rehabilitation.



Karen Smith
Personal Trainer, Pilates
NASM, CPT,PES,PTS, AIS, BT

Karen is a National Academy of Sports medicine (NASM) health and fitness professional with more than 25 year experience in a private club industry, her training include active isolated stretch (AIS) performance enhancement (PES), conditioning, balance and pilates training.



Lilia Drew
Personal Trainer
NASM, CES

Originally from Quebec, Canada, Lilia Drew has been in the fitness industry since 2005. She has a Bachelor's Degree in Business from Palm Beach Atlantic University, a Master's degree in Exercise Science with a focus on Rehabilitation from California University of Pennsylvania, as well as certifications through the National Academy of Sports Medicine in CPT (Certified Personal Trainer) and CES (Corrective Exercise Science).



Linda Newman
Pilates, Gyrotonic I & II

“Gyrotonic isn't just for golfers”. Linda completed Gyrotonic Golf Training with David Rasmussen, who was trained by Hank Haney. The increased flexibility and strength can be seen within a few sessions. One of her Gyrotonic Enthusiasts can be seen on the golf channels “The Haney Project.” Linda is also trained in Rehabilitative Pilates as well as Classical Pilates. She is being certified in Gyrotonic Expansionion System, levels 1&2, as well as being certified to teach on our New Jumping Stretch Board! She also completed Gyrotonic training for Golfers, level 1&2, as well as Therapeutic applications. She is also certified in the MELT Method, as seen recently, on Dr. Oz. (Myofascial Energetic Length Technique).



Lin Luber
Pilates Instructor

Her clientele has run the gamut from young ballerina wannabes to elite professionals, acrobats, anchorpeople, celebrities, senior citizens and everyone dedicated to getting into shape. With Linda's discerning eye and intuition, she enhances her client's potential for seeing, feeling and living the results of a workout with a body/mind approach. Linda is familiar with many Pilates modalities yet, she enthusiastically appreciates the original style of Pilates and is considered a second generation teacher 2x removed from Joseph Pilates's himself. She has worked in different environments such as movie studios, hotels, television show and various fitness facilities. Lin loves helping people develop to their true potential.



Matthew Claudel
***Personal Trainer, Pilates, Spinning, Water
Aerobics, Yoga, GYROTONIC I, II, Gyrotonic
Jumpboard, Poundfit Instructor
NASM, ASCA, ASFA, ACSM, ACE***

Matthew Claudel has been successfully competing, performing, coaching and teaching swimming & diving. He is a certified group fitness instructor and personal trainer, a United States certified Swim coach level 4, and certified GYROTONIC and Poundfit instructor. Some of his others credentials include being a Spinning instructor star 3 a Yoga instructor, a Pilates instructor, a Realyrder instructor and a TRX RIP group training instructor, Matthew is pursuing his dream to become a Master trainer for Spinning & Realyrder programs, and a presenter for ECA& WSSC conferences.



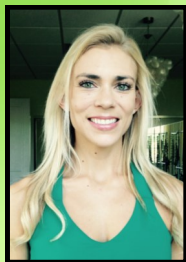
Michael Podwal
Pilates Trainer

Native New Yorker, Graduate of The High School of Performing Arts (Music Dept.); Scholarship student at The Juilliard School of Music (Dance Dept.). Performed on Broadway, Television and Movies. Worked for Jerome Robbins, Gower Champion, Donald Mckayle, Jaime Rogers and Anna Sokolow. He moved to Los Angeles in 1972 to assist choreographer Jaime Rogers on The Sonny and Cher Show and Mary Tyler Moore Television Specials. Under the auspices of Dr. James Garrick he created the first Pilates Certification Program with the 1979 opening of The St. Francis Memorial Hospital's Sports Medicine Center in San Francisco. He trained Karma Kintzler in implementing Pilates at The Canyon Ranch in Tucson, Arizona and relocated to Florida in 1999, where he began the Pilates program at Frenchman's Creek in 2000.



Mike Soldo
Personal Trainer, Massage Therapist
NASM, LMT# MA38063

Mike Soldo has over 22 years experience as a fitness trainer. He is certified through The National Academy of Sports Medicine and The Titleist Performance Institute as a golf fitness instructor. He is certified to teach Mat Pilates, Dynamic Stretching, he is a Senior Fitness Specialist and has completed the TRX group Rip Training Course. Michael has also been in massage therapy for 12 years through Palm Beach Academy.



Monique Fleming
Pilates Trainer

Monique Fleming was awarded a bachelor of science degree in Health Science from the University of Florida. She is a certified personal trainer. She began her pilates experience in the late 90s. Her initial tutelage was under direct supervision of a Pilates instructor and physical therapists. She is currently attending Michele Larson's education company, Core Dynamics. Monique is a local Floridian who attended Alexander W. Dreyfoos School of the Arts and graduated with honors in Dance and Communications. Her 8 years of experience in classical ballet, dance and movement, enriches her abilities to aid her clients in achieving their goals.



Vicki Bednar
Personal Trainer
Lead Trainer
NASM, TPI3,ACSM

Vicki Bednar has over 18 years experience as a Group Exercise Instructor as well as over 16 years experience as a Personal Trainer. She is certified through both the National Academy of Sports Medicine and the American College of Sports Medicine as a Personal Trainer. In addition, she has the highest level of certification through the Titleist Performance Institute as a Golf Fitness Instructor Level 3 Medical Professional (completed as a Fitness Professional). She has completed all three levels of the Muscle Activation Techniques Jumpstart Program and is certified through the Aerobics and Fitness Association of America (AFAA) to teach a variety of group exercise classes such as High/Low aerobics and Step aerobics. In addition, she is certified to teach classes such as Spinning, Body Pump, and TRX/RIP Trainer. Finally, she has enjoyed working as a Personal Trainer at Frenchman's Creek Country Club for the past 15 years.

Spa Personnel





Ana Maria Shoemaker
Massage Therapist
LMT# MA 40868

Born in Brazil, Ana Maria has been a massage therapist and esthetician for over 10 years . She is passionate about massage and believes it is one of best ways to distress and reduce pain. She is trained in several modalities such as: Swedish, deep tissue, MLD, reflexology, aromatherapy, cranial sacral . She is also a member of FSMTA, NCBTMB and ABMP.



Angela Salazar
Massage Therapist, Esthetician
LMT# FB646—FV9584075

As a graduate of Yvonne de Vilar Scientific Skincare in 1999, Angela has continued her esthetics education in microdermabrasion, chemical peels, and advanced skin care technologies. Angela has worked overseas and in the United States offering not only her skin care expertise, but as a licensed massage therapist and nail technician as well. She possesses vast knowledge in luxurious body treatments and offers different types of massage based on your body's needs. Whether its pampering or focused clinical care, Angela gives her all to provide her guests with a wonderful, rejuvenating experience



Carla Rafaty
Manicure, Pedicure
FV9572336,FB9747515

Carla was born and raised in Brasilia, the capitol of Brazil. She attended Santa Ursula University in Rio de Janeiro where she studied Biology for four years prior to moving to the United States. She graduated from The Anton Aesthetics Academy in West Palm Beach, Florida. Her specialties include: gel polish, and spa manicure & pedicure. To her a good manicure is about maintaining and improving the health and well being of a customer's hands, feet and self.



Everist Flagg
Massage Therapist, Esthetician
Lead Spa Therapist
LMT# MA12513, FB0710824

In the 80's Everist Flagg moved from a small island in the Caribbean to Florida. She started working at Frenchman's Creek 24 years ago and was inspired to begin her career in esthetics and massage therapy. She has been doing facials, waxing and massage therapy since 1989. As a spa therapist her reward is the beautiful results her clients experience on their face and body.



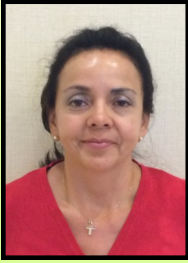
Felicia Muntean
Manicure, Pedicure
Lead Nail Technician
FV9576743

Felicia, was born, raised and went to school in a small town in Romania, DRACULA'S land. After she graduated college, specialized in marketing and being a window dresser in Romania, she decided to live "the American dream". She came to the U.S. working for some prestigious country clubs. Felicia attended and graduated at Total Nails and Hair Academy, in West Palm Beach. Her specialties are gel polish, spa manicure and pedicure and gel nails. Felicia is a young energetic and great personality. She is fun and enjoy working with the members!



Justin D. Roberts LMT
Massage Therapist
Reiki Master / Teacher
LMT# MA 67587

Justin decide to enroll into massage therapy at PBSC and he truly made the best decision in doing so. Justin practiced as a healing arts practitioner at Kula Yoga Shala in Jupiter where he was fortunate to expand his ability as a therapist and hone in on his trade of facilitating sacred space for others to heal. He also teaches Yoga to offer a deeper understanding to those on the path to Self realization and ultimately fulfillment. He has experience working in a Country Club environment at Mirasol Country Club as well as 5 Star resort and Spa service at Eau Resort and Spa (formerly Ritz Carlton). Justin has developed a perception of ancient ways to meet people where they are at in these modern days.



Maria Parra
Massage Therapist
LMT# MA70324

Maria was born in Colombia, raised in NJ. Graduated Carolina School of Massage Therapy, in 1997. She had her own business, worked with Doctors, in giving patients treatments to reach their goal to better health. She studied various modalities, deep tissue, pregnancy massage, hot stone, Swedish, MLD, reflexology, aromatherapy, neuromuscular, medical massage, to name a few. She is studying and using Myokneesthetic to customize each members needs. I moved to FL and have been working in various County Clubs and Spas since 2013. I am a people person love what I do. Working with people makes me love my work more.



Mary Peterson
Massage Therapist
LMT# MA22599

Mary Peterson Palm Beach County native. Graduated from Academy of Healing Arts Lake Worth in 1996. Specializing in deep tissue and neuromuscular massage. Also trained in hot stone, Lomi Lomi, Swe-Thai. Graduated Palm Beach Community college in 2008 with skin care, facial specialists. In 2013 completed 200 hour Yoga instructor certification. I am a people person, I love what I do. Looking forward to a great season at Frenchmans Creek.



Melissa Johnson
Massage Therapist
LMT# MA29711

Melissa has been a massage therapist for 15 years and is a Certified Myokinesthetic Provider. She also has a Bachelor of Science degree in Sports Medicine from the University of Central Florida. As a native Floridian, Melissa has worked with several local Doctors and has rendered many types of treatment inclusive of Neuro-muscular reeducation, Deep tissue massage, and sports related injury massage. Recently she has added Swe -Thai Massage to her resume. Attention to detail and knowledge of physiology allows Melissa to accurately and effectively treat any Neuro-Muscular condition presented to her.



Madeline Saint Louis
Manicure, Pedicure

Madeline was born in and raised in Haiti and moved to United States when she was 11. Madeline's specialties include: Manicure & Pedicure, Chemical Restructuring and Hair Coloring. She prides herself on providing the best services and strives to make all members feel welcome and relaxed.





Mirasol Ching
Esthetician, Manicure, Pedicure
FB9721496, FV9544037

Mirasol was born and raised in the Philippines. In 2000 she moved to the United States to pursue her career as a nail and facial technician, however, she has been in the business for 29 years. She also specializes in eyebrow threading and microdermabrasion. She is studying to become a massage therapist, make-up artist, and to also specialize in spray tanning. When her clients are enjoying themselves and feeling relaxed, it makes her love her job even more.



Rachel Speranza
Massage Therapist
LMT# MA 39641

Rachel Speranza has been a Nationally Certified and Florida State Licensed Massage Therapist since 2003. As a Registered and Certified Aromatherapist and LMT she began integrating these two complimentary modalities in the hopes of promoting the powerful experience that essential oils and massage therapy can yield. Her passion for both massage therapy and aromatherapy led her into becoming a Continuing Education Instructor for licensed professionals, as well as inspiring future massage therapists as an Adjunct Massage Therapy Instructor at Palm Beach State College since 2008. She is also a Certified Pediatric Massage Therapist, and Certified Rainbow Kids Yoga Instructor. Her specialities include Hot Stone Massage, Aromatherapy, Deep Tissue Therapy, Medical Massage practitioner, Intuitive bodywork and healing, Swe-Thai, as well as Reflexology.



Myrna Wasserman
Massage Therapist
LMT# MA12252

After being licensed by Florida Massage Board in 1991, Myrna worked in a Chiropractic office for 6 years as well as starting at Frenchman's Creek in November 1991. She studied various modalities including neuromuscular therapy which relieves stress and pain e.g. sciatica, lower and upper back. Attained Attunement as a Reiki Master Level III in March 2009. She also offers pregnancy massage.



Ross Hoffman
Massage Therapist
LMT# MA 27888

Ross is a Florida Licensed Massage Therapist since 1998. Certified in Structural Energetic Therapy (IST) Relief from Back Pain, Carpal tunnel / Nerve Entrapment, Cranial Structural Techniques.

President of Treasure Coast Chapter FSMTA, Sports Massage chairperson, Keiser University Advisory Board, TCOA, PBWOA, MCOA (Wrestling) Officials Association, AAU/USA Wrestling Coach for Port St. Lucie P.A.L Wrestling Club.



Stephanie Gieruc
Massage Therapist
LMT# MA56530

Stephanie is a certified Yoga instructor as well as a licensed massage therapist. She enjoys teaching and helping people to better help themselves through Yoga and massage therapy. Since becoming a Massage therapist she has worked in the physical therapy field as well as some of the areas best spas. She customizes each session based on the clients' individual needs making her bodywork either completely relaxing, therapeutic, or both. Stephanie specializes in gentle to firm Swedish, deep tissue, and aroma-therapeutic massage, as Swe -Thai and traditional Thai bodywork.



Teodora Suriel
Esthetician /Massage Therapist
LMT#MA65867
FB# 9750979

Teodora is a Florida certified Massage Therapist, with addition certification on Foot Reflexology. Teodora encourages her clients to be active participants in their healing process and as practitioner brings balance and harmony to Mind, Body and Spirit through her Reflexology techniques, and her nurturing and therapeutic touch. She also speaks Spanish and English



Veronica Perez
Nail Specialist
FS# 893050

Veronica born and raised in West Palm Beach Florida, she is very talented with great personality very confident in what she does. Graduated from Hollywood Institute of Beauty Careers, Specializes in spa manicures, spa pedicures, gel manicure & acrylics.



Zaneta Popstefanova
Massage Therapist and Esthetician
LMT# MA 55373, FB# 9745544,

Zaneta Popstefanova is a licensed massage therapist and a licensed massage therapist and licensed esthetician in the state of Florida. She has built her proficiency of 5 years working with wellness center, chiropractors and spa. Her treatments are built based on the clients needs and a “ Whole Body” view. Zaneta is a firm believer that a healing touch adds to the person’s preventative “Heath Care” and well-being. She also holds a bachelors of science in alternative medicine.

Group Instructor
Personnel





Ashley N. Thomson
*Yoga Instructor , Barre, Mat
Pilates, Aqua, TRX*

Ashley is trained by the world's largest yoga fitness education school, YogaFit. She teaches Vinyasa classes influenced by Ashtanga, Pilates, and Restorative disciplines. Ashley provides a balanced asana practice promoting core strength, and a flexible spine. In addition to Yoga, she holds specialties in Mat Pilates, Barre, and TRX Suspension Training. Ashley is certified by the American Council on Exercise as a Personal Trainer and Fitness Nutrition Specialist.



Cora Ciaffone
*Yoga Instructor, Aqua, Mat
Pilates, Meditation*

Yoga Instructor, R.Y.T. 500 Yoga Alliance Corporate Yoga Program Development 1993 to 2013 registered Yoga Teacher, RYT 500. AEA Certified Aquatic Exercise Trainer, Certified Dog Trainer Teaching Yoga, Meditation, Core Training, Fitness for groups and private training. Yoga with your Dog, Yoga Boarding. Implements the precision of Iyengar yoga and Anusara yoga for all levels of fitness. Spinal Health Education. Co-founder The Back School of Long Island, at New York Spine Specialists in Lake Success. "Healing Touch" Yoga classes with your canine partner.



Fran Gambino
Spinning Instructor

Originally from western New York, I moved to North Palm Beach in 1979. I've been an athlete my whole life. I began taking spin classes in 1994, fell in love with the extensive cardio workout, and became a certified instructor in 1996. I've been teaching ever since. I love the mental and physical release spin gives without the trauma on your knees and ankles. I play a large variety of music to please everyone which helps make the time go by quickly ("Time flies when you're having fun!"). I am a health enthusiast! I also enjoy yoga and I have a certification in kickboxing.



Irina Wetzel
*AFFA Aerobics Certified instructor &
Zumba Instructor*

Irina Wetzel is originally from Lima, Peru. She attends Fitness International institute, AFAA certified instructor, Body training System certification in step, body pump and dance, TRX cert. and Zumba Instructor. She has been teaching since 2005. Fitness is what she adores to do it's her passion. She loves helping people to become healthier and to do fitness as a way of living and to put smiles in her participants' faces because it lets her know they are enjoying working-out.



Jane Cohen
Spinning Instructor

Jane Cohen has taught fitness classes for 38 yrs. She is certified in Step ,lo impact, strength, and spin classes. Jane has taught at FL, PGA National Resort Fitness, Golds, Staying Alive Fitness and LA Fitness. She loves when people come and enjoy the classes and see results.



Janel Rose
Spinning Instructor

Born and raised in the California Bay Area Janel was a competing gymnast and has participated in a variety of sports throughout her life. She underwent rehabilitation and studied Kinesiology and is now a certified master trainer instructing for one of the largest certification organizations in the world. A She is an instructor for the West Palm Beach Sheriffs Department and is looking forward to her formal certification with the National Academy of Sports Medicine next Fall. Her passion is to inspire others toward a healthier lifestyle and to help motivate her clients to become the best version of themselves.



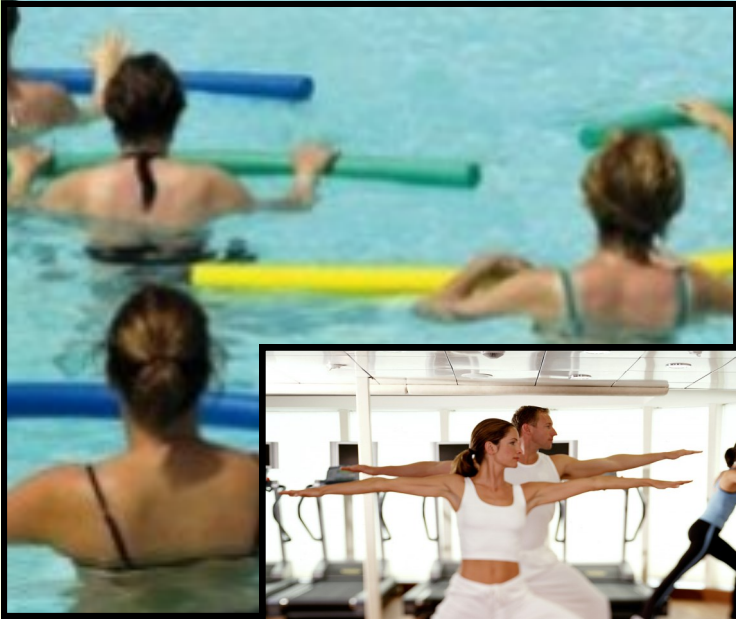
Marianne Storath
ACE Aerobics Group Certified instructor

Marianne specialties include Yoga, strength training; balance training, high intensity interval training, zumba, yoga, core and functional training. She teach all levels from beginner to advanced.



Nancy Hoar
Yoga Instructor

Nancy is a registered yoga teacher with 200RYT Yoga Alliance and certified through Shiva Rea's Samudra Global School for Living Yoga. Nancy recently completed her Ayurvedic Lifestyle Consultant studies. Ayurveda is a sister science to yoga that helps to keep the mind and body in balance and harmony with nature through daily routines, yoga, breathing exercises, meditation and nutrition. Nancy uses the ancient teachings of Yoga and Ayurveda with some modern twists to create a practice that is suited to members specific needs. The practice of yoga will enhance your fitness program and improve your game of golf, tennis, cards and the game of life.





Allow us to help you enjoy a
healthier way of living.

Frenchman's Creek Beach & Country Club
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Palm Beach Gardens, FL
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