



# FRENCHMAN'S CREEK

BEACH & COUNTRY CLUB

## FITNESS & SPA

### November 2014 Issue

We are so pleased to start the new season and launch a variety of new and fun services and programs at the Fitness and Spa Center.

We have an array of new spa services, personal training options, aerobics classes, trunk shows and much more...

A Chair Yoga class is featured every Monday at 10 am.

November 10th is the Health fair – we have a variety of vendors, gifts and flu shots are available by appointment.

Trunk shows begin twice a month in November showcasing an assortment of your favorite and new merchandise vendors through May.

The Spa Member Guest event is December 12th for you to come and spend the day relaxing at the Spa and pool.

In November, December, and March the Creek Club will be hosting a variety of family

friendly and kid's activities during the holiday periods.

Be sure to pick up the holiday Recreation Guide for kids & families. Take some time to enjoy the enclosed brochures and imagine yourself participating in all that the Fitness and Spa area offers.

Please ask any Fitness and Spa desk representative any questions or for any assistance you may require. P: 561.622.3691.

Our objective is to have the Fitness and Spa Center be the place for all your health and wellness needs.

We hope that you will take the time to come by to visit and see for yourself what continues to make our Fitness and Spa Center so special.

We look forward to seeing you there!

Sincerely,

Tiffany DeSouza and The Fitness and Spa Staff  
Fitness and Spa Director



# FITNESS & SPA

The Fitness and Spa Center invites you to Schedule an appointment or experience a group class with one of our new team personnel.



**Jason Frankoff**  
Personal Trainer & Classes



**Angela Salazar**  
Massage & Esthetician



**Mary Peterson**  
Massage & Esthetician



**Laura Fleming**  
Nail Technician



**Nancy Hoar**  
Prana Yoga



**Veronica Perez**  
Nail Technician



**Stephanie Wilson**  
Group Aerobics



**Justin Roberts**  
Massage



**Ross Hoffman**  
Medical Massage



# Pilates Reformer Classes

## Strengthen Your Core

Embark a new adventure, a new journey in your life towards better fitness, better health and better posture with Pilates Reformer classes.

Pilates is an exercise program that focuses on the core muscles of the body for all-over flexibility, balance and strength without building bulk. Many people find that Pilates can help alleviate neck, back and shoulder aches while creating positive changes in the way they move, exercise and feel.

**Ladies Class on Sunday at 8:00am**

**Ladies Class on Sunday at 9:00am**

**New MENS Class on Sunday at 10:00am**

*Classes are limited to 5 people per class.*

*Registration is open every Friday prior to the Sunday class.*

Please contact the Fitness center for pricing and to register.

Please call 561-622-3691 for further details



# NOVEMBER Group Exercise Schedule

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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		
		7:00 *GoFIT Stretch 30min Lin		7:00 *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	8:30 Cardio Crunch Jason
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 Vinyasa Yoga Matt	4:00 Belly, Butt & Thighs Stephanie	4:00 Yoga & MELT Jeanine	4:00 Cardio Crunch Matt	4:00 Prana Yoga Nancy	
		8:00 Waves of Steel (Water Class for Men) Matt	(7:15 Pool Checkin) 7:30 Aqua Spin **(Advance Sign Up)	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)	8:30 Aqua Fusion Chris		8:30 Aqua Fusion Chris	9:30 Aqua Fusion Irina
	(3:45 Pool Checkin) 4:00 Aqua Spin **(Advance Sign Up)	4:00 Aqua Fusion Chris		4:00 Aqua Fusion Chris <span style="color: orange;">11/27 NO CLASS</span>		

Group Fitness

8:00 Reformer Class **(Advance Sign Up & fee)
9:00 Reformer Class **(Advance Sign Up & fee)
10:00 MENS Only Reformer Class **(Advance Sign Up & fee)

### Group Exercise Information:

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.

# November Holiday Week Additional Group Exercise Schedule

## November Holiday Week Additional Classes

WEDNESDAY 11/26	THURSDAY 11/27	FRIDAY 11/28
	8:00 Spin Cycle Zone Angelique	
5:00 Spin Cycle Zone Matt		4:00 Spin Cycle Zone Matt

WEDNESDAY 11/26	THURSDAY 11/27	FRIDAY 11/28
11:00 Kids Zumba Marisol	9:00 Mat Pilates Angelique	
3:00 X-treme Body Sculpt Matt	11:00 TEEN Zumba Marisol	3:00 X-treme Body Sculpt Matt
5:00 Zumba Marisol		5:00 Hot Yoga Matt

Group Fitness

### Group Exercise Information:

Class rates are as follows; daily per class member rate is \$7, Kids / Teen rate is \$7 per child and daily adult guest per class rate is \$10. Kids ages are recommended to be from 7 years old to 10 years old and Teen classes are for 11 & up. All classes are suited for all fitness levels. All classes are 55 minutes.

**The regularly scheduled classes for November are available to view on the Monthly November Group Class Schedule.**

# Body Composition

## Have your Body Composition Evaluated with Jason Frankoff

Using the new InBody Composition Machine you will learn about your body and how this will help you get the most out of your workout.

**Complimentary Service available November 1 through November 30.**

Please call 561-622-3691 for further details and to schedule an appointment.

# InBody Test

## Wellness & Weight Loss with the InBody

Wellness and weight loss comes from a healthy lifestyle and is not focused on weight but centered around the ratio of muscle to fat. Learn more about our wellness and weight loss programs to start living a healthy lifestyle.

The InBody Test provides ample results to track your progress. Discover and start monitoring your muscle distribution, fat allocation, body water balance and metabolic rate. Ask your provider on how to get the InBody Test today!



InBody		BIOSPACE	
ID	June Doe	Height	Age
	5'01.8"	51	Female
		Test Date / Time	05.04.2012 09:46
<b>Body Composition Analysis</b>			
Total Body Water (%)	60.6	Lean Body Mass	Weight
Dry Lean Mass (%)	21.7	82.8	130.3
Body Fat Mass (%)	48.1		
<b>Muscle-Fat Analysis</b>			
Weight (%)	130.3		
SMM	13.2		
Body Fat Mass (%)	48.0		
<b>Obesity Analysis</b>			
BMI	24.0		
PPF	36.9		
<b>Segmental Lean Analysis</b>			
Right Arm	4.0	4.0	4.0
Left Arm	4.0	4.0	4.0
Trunk	4.0	4.0	4.0
Right Leg	4.0	4.0	4.0
Left Leg	4.0	4.0	4.0
<b>Body Composition History</b>			
Weight	134.9	132.9	137.6
SMM	44.3	44.1	41.4
PPF	41.3	40.2	39.3



# November Fitness & Spa Center Trunk Show

Frenchman's Creek welcomes you back with open arms to another exciting shopping season.

*Monday November 10th*

*8:00 am-12:30 pm*

*Anatomie Fitness Apparel*

*Monday November 17th*

*8:00 am-12:30 pm*

*Jenny's Jewels*

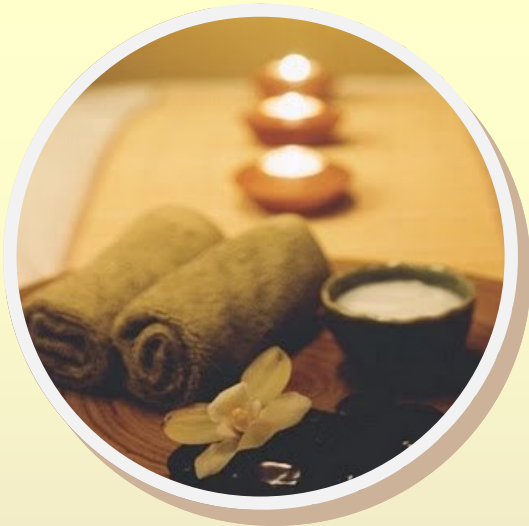


561: 622-6391

# SPA & Fitness



## Member Guest Spa Day



**Come by yourself or  
bring a friend to  
indulge and spend the  
day playing cards &  
relaxing at the Spa and**

You are invited to a  
*Member-Guest*  
*Spa and Fitness Day*  
**Friday December 12<sup>th</sup>**  
**from 9:00 a.m. to 4:00 p.m.**

Three spa packages to select  
from,  
refreshing champagne cocktails,  
light spa hors d'oeuvres,  
spa lunch, fitness classes,  
10% off all retail & product

*For an appointment, please call the Fitness Center and Spa at 561-622-3691*