



FRENCHMAN'S CREEK

BEACH & COUNTRY CLUB



FITNESS & SPA



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 Pool.

You are invited to a
***Member-Guest
Spa and Fitness Day***
**Friday December 12th
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 purchases and a complimentary gift bag.

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



Holiday Family Yoga Classes

If yoga is good for you, why not the whole family? These classes are designed to help you experience the joyful benefits of yoga as a family ...and pass on healthy habits to your kids.

Family yoga classes are structured like kids yoga classes with emphasis on interactive and partner poses for kids and adults to do together.

We'll do age-appropriate yoga poses, breathing, movement games, and relaxation. No yoga experience required.

A non-competitive, creative & fun activity appropriate for children ages 4-12 years old.



Classes are located in the group aerobics room in the Fitness & Spa center.

**Saturday, December 20, 3:00 p.m.
Tuesday, December 23, 10:00 a.m.
Saturday, December 27, 3:00 p.m.
Tuesday, December 30, 10:00 a.m.**

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

Group Exercise Schedule

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

December 1st—18th

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

Holiday Group Exercise Schedule

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

DECEMBER 19th - January 1st

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin Zone						19 7:00 Spin Zone 8:00 Spin Zone 4:00 Spin Zone	20 7:00 Spin Zone 9:00 Spin Zone 5:00 Spin Zone
	21 9:00 Spin Zone 10:00 Spin Zone 5:00 Spin Zone	22 7:00 Spin Zone 8:00 Spin Zone 3:30 75min Spin	23 7:00 Spin Zone 8:00 Spin Zone 4:00 Spin Zone	24 7:00 Spin Zone 8:00 Spin Zone 3:00 Spin Zone	25 9:00 Spin Zone	26 7:00 Spin Zone 8:00 Spin Zone	27 7:00 Spin Zone 8:00 Spin Zone 4:00 Spin Zone 5:00 Spin Zone
	28 9:00 Spin Zone 10:00 Spin Zone 4:00 Spin Zone	29 7:00 Spin Zone 8:00 Spin Zone 3:30 75min Spin	30 7:00 Spin Zone 8:00 Spin Zone 4:00 Spin Zone	31 7:00 Spin Zone 8:00 Spin Zone 3:00 Spin Zone	1/1/15 9:00 Spin Zone		
Group Fitness						19 8:15 Body Sculpt 9:15 Restorative Stretch 4:00 Prana Yoga	20 8:30 Cardio Crunch 9:30 Vinyasa Yoga 11:00 Kids Aerobic 3:00 Family Yoga 4:00 Body Sculpt
	21 8:00 Body Sculpt 9:00 Rope 10:00 Zumba 11:00 TEEN TRX 3:30 Zumba Pilates classes* 8:00 Reformer 9:00 Reformer 10:00 Reformer	22 8:00 Body Sculpt 9:00 Restorative Stretch 10:00 Chair Yoga 40min 11:00 Kids Yoga 3:00 Mat Pilates 4:00 Yin-Yang Yoga 5:00 Cardio Crunch	23 7:30 GolfFit 30min Stretch 8:00 Barrelates 9:00 Cardio Crunch 10:00 Family Yoga 11:00 TEEN TRX 4:00 Belly, Buts, & Thighs 5:00 Hot Yoga	24 8:00 Body Sculpt 9:00 Restorative Stretch 10:00 Zumba 11:00 Kids Zumba 3:00 Mat Pilates 4:00 Yoga MELT	25 10:00 Cardio Crunch	26 8:15 Body Sculpt 9:15 Restorative Stretch 4:00 Prana Yoga	27 8:30 Cardio Crunch 9:30 Vinyasa Yoga 11:00 TEEN Aerobic 3:00 Family Yoga 4:00 Body Sculpt
	28 8:00 Mat Pilates 9:00 Rope 10:00 Zumba 11:00 Kids Yoga 5:00 Cardio Kickbox Pilates classes* 8:00 Reformer 9:00 Reformer 10:00 Reformer	29 8:00 Body Sculpt 9:00 Restorative Stretch 10:00 Chair Yoga 40min 11:00 TEEN Yoga 3:00 Mat Pilates 4:00 Yin-Yang Yoga 5:00 Zumba	30 7:30 GolfFit 30min Stretch 8:00 Barrelates 9:00 Cardio Crunch 10:00 Family Yoga 11:00 TEEN TRX 4:00 Belly, Buts, & Thighs	31 8:00 Body Sculpt 9:00 Restorative Stretch 10:00 Zumba 11:00 Kids Zumba 3:00 TRX Circuit 4:00 Yoga MELT 5:00 Cardio Crunch	1/1/15 10:00 Mat Pilates		
Aqua						19 8:30 Aqua Fusion	20 9:30 Aqua Fusion
	21 9:00 Aqua Fusion	22 8:30 Aqua Fusion	23 8:00 Aqua Fusion 9:00 Aqua Spin**	24 8:30 Aqua Fusion	25	26 8:30 Aqua Fusion	27 9:30 Aqua Fusion
	28 9:00 Aqua Fusion	29 8:30 Aqua Fusion	30 8:00 Aqua Fusion 9:00 Aqua Spin**	31 8:30 Aqua Fusion			

Group Exercise Information: Class rates are as follows: daily per class member rate is \$7, daily guest per class rate is \$10, kids/teen per class rate is \$7 and the family rate is \$10 per family. **Kids ages are 6-10 and Teen ages are 11-13.** *Pilates reformer classes require advance sign up starting two day prior and is \$15 per person and are limited to 5 people. **Aqua Spin requires advance registration at the fitness center desk the day before to day of the class. It is limited to 11 participants. *We recommend 15minutes early arrival check in for class prior to the start time to be fitted to the bike.* Please note all classes are 55 minutes in duration. **All classes are suited for all fitness levels.**

How Do We Eat In Balance, Feel Energized, Satiated And Lose Weight. **Lunch & Learn Lecture**

This discussion will look at the role nutrition plays in nourishing your body, help you lose your cravings and how balancing nutrient dense foods and carbohydrates keeps you satiated.



Friday, January 9th 11:30 am–12:30 pm
presented by the Fitness & Spa Center

Featuring Maureen Buchbinder Nutrition Coach MS, MBA, BS, CC. Maureen is a Nutrition Consultant and a Health Educator. Maureen specializes in weight loss and getting healthy. She emphasizes on educating you, so you can understand why it is so difficult to maintain or attain your ideal body weight.

Sign up in the Food & Beverage Office (561) 273-2647

Fitness & Spa Center

**FRENCHMAN'S
CREEK**
BEACH & COUNTRY CLUB



NuYou
Six Week Nutrition Challenge
Begins Monday, January 12th through Saturday, February, 28th

The top half of the poster features a vibrant sunset background with a large white sun and orange-hued hills. Two black silhouettes of people in Tai Chi poses are shown. The person on the left has one arm raised and the other extended horizontally. The person on the right is in a wide, low stance with arms extended. The text 'Tai Chi' is written in a large, bold, black font, with 'workshops for Health' in a smaller font below it.

Tai Chi

workshops for Health

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

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

Sunday, January 11, 9:00 a.m.

Saturday, January 31, 9:00 a.m.

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

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

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

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

Workshops will be located outside by the duck area. Inclement weather days the workshop will be re located to the main clubhouse.

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

December Fitness & Spa Trunk Show

Monday December 8th

8:00 am-12:30 pm

*Kanaris Gemstone Jewelry
Tasc Fitness Apparel*

Monday December 15th

8:00 am-12:30 pm

*Jenny's Jewels
Anatomie Fitness Clothing*



561: 622-6391