

CHECK OUT OUR  
PULL-OUT CALENDAR!

BOCA BRIDGES

# Luxe Living

COMMUNITY NEWSLETTER FOR HOMEOWNERS • MAY/JUNE 2022

Family Fun at the  
Community Pool Party

Join the Laughter at the  
Adult Comedy Show

Bring The Kids  
to Movie Nights

Celebrate Mother's  
& Father's Day





**RECREATIONAL FACILITY**

9500 Sauvignon Parkway  
Boca Raton, FL 33496

**LIFESTYLE**

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

**PROPERTY MANAGEMENT**

GRS Management Company

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

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

**TENNIS PRO SHOP**

tennisdirector@bocabridgesracquetclub.com  
(561) 565-6530

**Jesse Levine** • Tennis Director

**Ernesto Eichelblau** • Tennis Pro

**Marlena Hochberg** • Tennis Pro

**Eleonora Iannozzi** • Tennis Pro

**Craig Wittus** • Tennis Pro

**Taylor Niss** • Pickleball Pro

**Brandon Hubschman** • Pickleball Pro

**Arden Rosenfeld** • Pro Shop Manager

**FITNESS**

Body Wellness

**Robert Trnka** • Fitness Director  
(561) 565-6131, Ext. 209  
robert@bodywellness.com

**CUT-5 RESTAURANT**

**Kelli & Matt Morse** • Operators

**Fred Eslameh** • Front of House Manager

**Benjamin Wannan** • Executive Chef

(561) 565-6131, Ext. 205  
cut5@bocabridgesclub.com  
cut5events@gmail.com

Takeout Orders  
(561) 948-2937

**A LETTER FROM YOUR HOA PRESIDENT**



Dear Residents,

I am excited to announce that our back gatehouse is operable! The back entrance/exit has a resident lane for you to use with your resident vehicle barcodes and a guest lane where guests can utilize a keypad to contact residents for entrance into the community. This gate house is not planned nor budgeted to house a guard, however if this is something that the board decides to add post-turnover, the gate house is equipped to accommodate this. The gates will remain open Monday through Saturday from 7:00 a.m. to 6:00 p.m. We will begin to close the gates on Sundays starting in May.

Curb repair and replacement will continue in the neighborhoods that are significantly complete. We will inform the community when we start scheduling the installation of the second lift of asphalt throughout the community.

On the sales side of things, we currently have 140 homes still under construction. The sales office and design center are now closed and operating by appointment only, Monday through Friday. We have the remaining three lots where the sales office sits, in addition to the two lots at the construction office that we anticipate putting up for sale by the end of 2022.

Thank you for your continued patience and support of your amenities and community as we continue to finalize them. Wishing you all a great Spring!

Sincerely,

**AMANDA CUNNINGHAM**

Project Manager and HOA President



## FROM YOUR LIFESTYLE DIRECTOR



Dear Residents,

Summer is almost here! I know all the children are excited for school to end for the year. I wish everyone safe travels with their summer plans and that all the kids going away to camp have a blast! We have many exciting events for you to attend over the next two months including Team Feud, Mother's Day Brunch, a Memorial Day BBQ, Kids' Movie Nights, a Community Pool Party, Adult Comedy Show and more! We also have fun tennis events, pickleball events, and club events for you to enjoy as well. We encourage you to invite your friends and family to join in on the fun here.

Please keep in mind that your RSVPs are very important, otherwise events can be cancelled without enough resident participation. You will receive reminders in my weekly community e-mail blasts which are emailed out every week regarding HOA, Cut-5, and Club Events. There will be easy payment buttons included in those e-blasts for your convenience. Please note that refunds will not be given after the RSVP deadline and all refunds are minus SquareUp fees. Please plan accordingly when paying for the events and feel free to contact me with any questions.

If you haven't done so already, please visit [www.bocabridgeslifestyle.com](http://www.bocabridgeslifestyle.com) to receive information regarding HOA Events, Clubs, Tennis & Pickleball, Fitness Classes, Cut-5 menus, and more! E-mail me if you need assistance gaining access to the community website. I encourage all of you to come by my office to introduce yourselves to me, provide feedback, and share ideas. My door is always open! I will continue to plan events and activities for you and your families to enjoy.

Cheerfully yours,  
**JAIME BRALTS**

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## A LETTER FROM YOUR HOA PROPERTY MANAGER



Dear Residents,

The community continues to grow, as we welcome new neighbors. As a reminder, please review the rules and regulations and feel free to reach out to us with any questions or concerns. Keep Boca Bridges one of the most desirable places to live, by moving in a positive direction.

Please take the time to review the Community Update e-blasts, along with the weekly e-blasts from the Lifestyle Director. We encourage you to join the upcoming events, dine at Cut-5, and have fun at the Racquet Club with Jesse and his staff. Remember to visit the Fitness Center and all it has to offer.

Laura and I look forward to assisting you with your HOA needs. Please give us a call, send us an email, or simply stop by our office at the Clubhouse.

Visit the community website at [www.bocabridgeslifestyle.com](http://www.bocabridgeslifestyle.com). Go to the Property Management tab to direct you to the GRS website to review your account, download documents, or submit a landscape/irrigation work order/service request. Your account number is located on your quarterly statement, as well as the welcome letter mailed to you by GRS Management.

*Spread Positive Energy – It's all in the Attitude!*

Best wishes this spring,  
**LINDA SIMPKIN**

### STAY CONNECTED!

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

Here you will be able to pay for events, make dinner reservations, and more! Don't miss out on staying connected with your community!



Facebook.com/bocabridgeslifestyle  
Facebook.com/cut5

Stay connected via Instagram  
@bocabridgeslifestyle  
@bocabridgestennis



# CLUB NEWS

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

## ART CLUB

Do you love and appreciate art? This club would like to introduce artists and new art experiences to this community. Come join this club as we gather and experience art together! Our meetings will be on May 19<sup>th</sup> and June 23<sup>rd</sup> at 8:00 p.m. Our first meeting will discuss what we want as a group. Future meetings will involve visits to local museums, higher-end establishments selling works of art, visits from artists, and guest speakers. Be on the lookout for details in the weekly e-blasts. Contact Earl Rynerson at [erynerson@comcast.com](mailto:erynerson@comcast.com) to join this club.

## BASKETBALL CLUB (MEN'S)

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



## BOOK CLUB

Are you an avid reader? This club is for you! Come join us to get lost in adventure while reading various genres of books. We are currently reading "Surprise Me" by Sophie Kinsella and will meet on Wednesday, May 11<sup>th</sup> at 7pm in the Lounge. Contact Irina Beyer at (908) 868-3990 for more information.



## BOWLING CLUB

Who doesn't love to go bowling? Come join our adult bowling club! We will meet up at a local bowling alley once a month. To join, contact Susan Schwartz at [sbs2nott@aol.com](mailto:sbs2nott@aol.com).

## BUSINESS CLUB

Come join the Boca Bridges Business Club to get to know your fellow neighbors' businesses. We want to support, collaborate, and build each other's businesses. Contact JM Ryerson at [jm@letsgowin.com](mailto:jm@letsgowin.com) with any questions.

## CANASTA CLUB

Do you love to play Canasta or want to learn how to play? Join us every Tuesday from 1-4 p.m. in the Card Room. Contact Jo Ann Buchalter at [pharmrep99@bellsouth.net](mailto:pharmrep99@bellsouth.net) or at (954) 270-7690.

## CANASTA CLUB (COUPLES)

Bring your significant other or a friend to play Couples' Canasta every Thursday from 7-10 p.m. in the Card Room. Contact Jo Ann Buchalter at [pharmrep99@bellsouth.net](mailto:pharmrep99@bellsouth.net) or at (954) 270-7690.

## DOG LOVERS' CLUB

For those that have pets, you know they are family! We love to show off our pets and have fun events and activities that include them. We are planning our next event on Sunday, May 29<sup>th</sup>. Be on the lookout for the details of this event in

the weekly Lifestyle e-blasts. Contact Cooper's Mom, Jo Ann Buchalter at [pharmrep99@bellsouth.net](mailto:pharmrep99@bellsouth.net) for all club information. We hope to see you and your fur baby at our events! Pawfully yours!

## FLAMENCO CLUB

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

## GOLF CLUB (MEN'S)

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

## KIDS' CHESS CLUB

Do you love to play chess? Or do you want to learn how to play chess? Come join this club for ages 10 and up. We will meet once a month to teach and have friendly games. Be on the lookout for more details in the weekly e-blast sent out by the Lifestyle Director.



### MAHJONG CLUB

The Mahjong Club is a great way to come meet new friends, while playing the game you love! This club meets every Friday from 1-4 p.m. in the Card Room. Susan Schwartz will provide lessons to beginners free of charge. You can contact Susan at (973) 204-3293 or sbs2nott@aol.com to join the club today!

### MAHJONG CLUB (COUPLES)

Bring your significant other or a friend to play Couples' Mahjong! This club meets every Wednesday from 7-10 p.m. in the Card Room. Susan Schwartz will provide lessons to beginners free of charge. Contact Susan at (973) 204-3293 or at sbs2nott@aol.com to join the club today!



### MEN'S POKER CLUB

The Men's Poker Club had a blast at the March Tournament. Thank you to all those that came out! We will be gathering occasionally to play friendly games. Contact Randy Lipton at randyลิป@gmail.com regarding club information.

### PHILANTHROPY CLUB

If you are looking to make a difference in our community, then look no further! Being a part of this club is very rewarding and we would love your help! To join or

get more information about this club, please e-mail Sam Seltzer at gungroo@aol.com. Thank you in advance for all of those that get involved and help make a difference!

### SIXTY PLUS CLUB

We have created this club to develop a group to foster friendships and camaraderie for those over the age of 60. Come join us on May 20<sup>th</sup> and June 17<sup>th</sup> for our next gatherings. Specific details will be on our flyers in the weekly e-blasts sent by our Lifestyle Director. We hope to see you there! Contact Madeline Giordano at 10westmg@gmail.com for more information.



### TEENS GIVE BACK CLUB

This club is a great way for the teens in our community to give back! We will hold monthly events, whether holding a drive of some kind, serving to the underprivileged, and other worthwhile activities! It is a great opportunity to be involved and make new friends while receiving community service hours. To get involved, please contact Amy Rose at teensgiveback2000@gmail.com.

### WINE CLUB

Hello wine enthusiasts! The most entertaining way to learn about wine is to create a wine tasting. The more you know about wine, the more rewarding the tasting will be. Even if you are a neophyte, your experience will be enjoyable. Look for more specific details in the Lifestyle weekly e-blasts for more information regarding upcoming events.



Contact Daniel at danielsage121pt@gmail.com to join the club and for the latest club information. Salute!

### WOMEN'S CLUB

The Women's Club has had some successful events the last few months and we can't wait to continue the fun! Come join us for our next event on Saturday, May 21st in The Lounge. This charity event is going towards pediatric cancer with Nicklaus Children's Hospital. All details will be in the weekly e-blasts sent by the Lifestyle Director. Contact Lisa Ryerson at lisa@letsgowin.com to join the fun today!

### INTERESTED IN STARTING A CLUB?

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

Please note the difference between an HOA Event put on by the Lifestyle Director and a club event that is created by club members. The Lifestyle Director will collect money for any HOA Event but not for club events. If you have any questions, please e-mail Jaime at lifestyle@bocabridgesclub.com.



# HOA EVENTS



**Friday, May 6<sup>th</sup> • 6:00 – 7:00 p.m.**

Come and bring your children to this class to create a beautiful flower arrangement for Mom!

Flowers by Jana will be here to instruct the kids through this class. They will be using sharp cutters. Please e-mail Jaime your child's age when paying for this class so we can pre-cut the flowers for those kids too young to use the cutters.

The cost is \$30 per child which includes vase, fresh flowers, and instruction.

Kindly RSVP online by  
Tuesday, May 3<sup>rd</sup>.



**Saturday, May 14<sup>th</sup>  
8:00 – 10:00 p.m.**

Come play the game that everyone grew up watching on television! Doug Shannon, The Game Show Entertainer, will be here to host this fun game of *Team Feud* with the entire stage set-up! Six teams of five players will play the game with a Fast Money Round to see who can get to 200 points. We will place you on a team if you need one. Prizes will be given to winning teams! This event will take place in The Lounge and Cut-5 will have a bartender for those that would like to drink and order food. The cost is \$30 per person. If you don't want to play but would like to be a spectator, please come and watch the fun go down as the six teams compete to be the Boca Bridges Team Feud Champions! Kindly RSVP online by Wednesday, May 11<sup>th</sup>.



# KIDS' MOVIE NIGHTS



## *Turning Red*

Friday, May 27<sup>th</sup> • 6:30 – 8:30 p.m.

*Kindly RSVP online by Wednesday, May 25<sup>th</sup>.*

## *A Wrinkle In Time*

Friday, June 17<sup>th</sup> • 6:30 – 8:30 p.m.

*Kindly RSVP online by Wednesday, June 15<sup>th</sup>.*



Bring your favorite big blanket or comfy chair and enjoy a movie on the big screen inside the Sports Court! We will be serving Chicken Fingers, Sliders, Grilled Cheese, and Fries for dinner. Dinner will be served at 6:30 p.m. Popcorn and beverages will be served throughout the movie. Movies are suggested for ages 6 and up as they need to be able to sit and watch the movie without interrupting others throughout the duration of the movie.

The cost is \$15 per child which includes dinner, popcorn, and drinks.



# HOA EVENTS



## Family & Friends CPR Course

Tuesday, June 7<sup>th</sup> • 10:00 a.m.

Come to the clubhouse to get a two-year CPR/AED/First Aid certification. Whether you want certification for babysitting, need it for your summer job, or just want the knowledge to help save lives given an emergency. Gregg from iCertCPR, Inc. will be here to give training designed for ages 12 and older. This course teaches the lifesaving skills of adult hands-only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. The cost is \$42 per person, and we need a minimum of 10 people to hold the class at our clubhouse. Kindly RSVP online by Friday, June 3<sup>rd</sup>.

## Community Pool Party

Saturday, June 11<sup>th</sup> • 12:00 – 4:00 p.m.

Let's kick off the summer with a fun community pool party on your gorgeous pool deck! DJ Rick will be spinning fun music for everyone to enjoy and Cut-5 will provide a fun International food buffet! The food buffet will be featuring Asian, Italian, French, and American cuisine. The cost is \$38++ per person for ages 11 and older and \$16++ per person for ages 10 and under. Cost includes 1 cocktail/mocktail. Wristbands will be collected at Cut-5 once you have paid online with the provided link. The DJ is sponsored by the HOA.



## 4<sup>TH</sup> OF JULY COMMUNITY POOL PARTY

Monday, July 4<sup>th</sup> • 12:00 – 4:00 p.m.

Let's celebrate 4<sup>th</sup> of July with a fun community pool party on your gorgeous pool deck! DJ Rick will be spinning fun music for everyone to enjoy and Cut-5 will be providing a delicious food buffet. The lunch buffet includes all beef hot dogs, grilled all beef burgers, pulled BBQ chicken, chicken tenders, macaroni & cheese, crisp mixed greens salad, fresh fruit salad, pasta salad with crisp vegetables, assorted cookies, infused water, lemonade, and tropical iced tea. No outside beverages will be allowed. Full bar will be available, and the ice cream bar will be open. The cost is \$29++ for ages 11 and older and \$16++ for ages 10 and under. Wristbands will be collected at Cut-5 once you have paid online with the provided link. The DJ is sponsored by the HOA.

### RSVP INFORMATION

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





Spring Egg Hunt

## SPRING EGG HUNT WINNERS



## MUSIC BINGO WINNERS





# TENNIS & PICKLEBALL



## FROM YOUR TENNIS DIRECTOR

Dear Residents,

The Boca Bridges racquet club has had non-stop action over the last couple of weeks. Our ladies' league tennis teams are nearing the end of the season. Our 2A team has been moved up to the next level and will be 1B next season! Our D4 team is finishing strong and coming together as well. We are very excited to be adding a division 7 ladies' team! We are all so amazed and thankful of the Boca Bridges Tennis and Pickleball community.

Our pickleball league teams have made the playoffs and will be competing for the championship. We are so grateful to have two teams in the pickleball league. This is a brand-new league that Taylor and Brandon have helped organize and I'm thankful to be one of the founding members. We will be having more pickleball teams next season, as the volume and participation could not be any better for pickleball. What an amazing sport and how fast it's growing! We had an incredible pickleball exhibition with top 5 players in the world here at Boca Bridges! This event was amazing, raising money for Crohn's and Colitis Foundation. We can't thank everyone enough for their continued support in everything we do here and in the community to help others!

It is very exciting looking ahead to the future of our program here at Boca Bridges. Looking forward to some amazing fun events to come. We love seeing the new faces as homes start closing and being occupied. We can't wait to see you all out on the courts soon! If you have any questions, please feel free to contact me at [tennisdirector@bocabridgesracquetclub.com](mailto:tennisdirector@bocabridgesracquetclub.com).

See you on the courts!

Jesse Levine  
Tennis Director



### PRO SHOP HOURS

**Monday – Thursday**  
8:00 a.m. – 12:00 p.m. • 3:30 p.m. – 6:30 p.m.

**Friday & Saturday**  
8:00 a.m. – 12:00 p.m.

**Sunday: Closed**

*All clinics and events require reservations at least 24 hours in advance*

## TENNIS EVENTS

### Mixed Doubles CHALLENGE



**Saturday, May 28<sup>th</sup>**  
**9:00 – 12:00 p.m.**

Partner up with your significant other or friend, for some fun and competitive mixed doubles competition. Prizes will be given for winners and finalists! The cost is \$30 per person. Kindly register online.

### FATHER'S DAY ROUND ROBIN



**Sunday, June 19<sup>th</sup>**  
**9:00 – 12:00 p.m.**

Celebrate Father's Day in a fun round robin tennis event. Play with your significant other, son, daughter, nephew, or anyone to celebrate dad! Make it a memorable Sunday morning on the courts! The cost is \$30 per person. Kindly register online.

## PROGRAM DESCRIPTIONS

### ADULT TENNIS CLINIC

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

### BEGINNER PICKLEBALL CLINIC

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

### BEGINNER TENNIS CLINIC

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

### CARDIO TENNIS

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

### INTERMEDIATE PICKLEBALL CLINIC

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

### KIDS' PICKLEBALL CLINIC

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

### KIDS' TENNIS

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

### TEEN TENNIS

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

### TINY TOTS TENNIS

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

## *Spring Weekly Schedule*

### TENNIS & PICKLEBALL

#### Monday

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

#### Tuesday

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

#### Wednesday

8:30-10:00 a.m. – Adult Tennis Clinic (intermediate/advanced) – \$40  
5:30-6:30 p.m. – Kids' Tennis (ages 9-12) – \$30

#### Thursday

8:30-10:00 a.m. – Division 4 Practice  
4:30-5:30 p.m. – Kids' Tennis (ages 6-8) – \$30  
6:30-9:00 p.m. – Fall Pickleball League Play

#### Friday

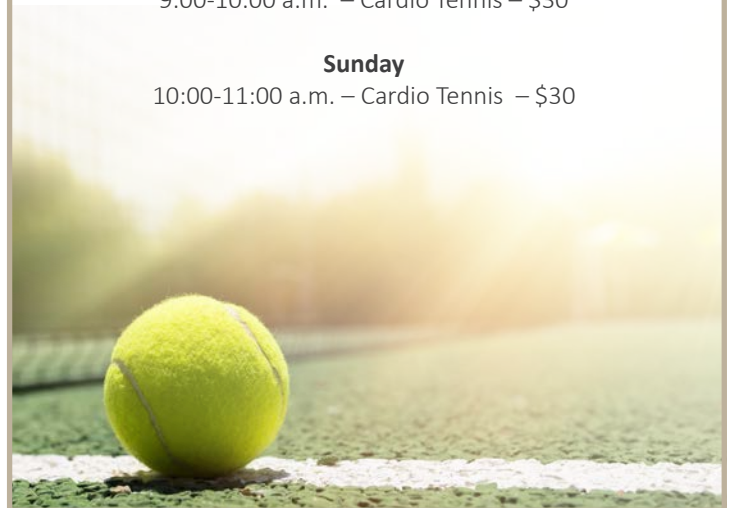
8:30-10:00 a.m. – Adult Tennis Clinic (intermediate/advanced-3 courts max) – \$40  
10:00 a.m.-1:00 p.m. – Division 4 Matches

#### Saturday

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

#### Sunday

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





# FITNESS



## A MESSAGE FROM YOUR FITNESS DIRECTOR

Summer is here and it's that time of year when your hair gets lighter, your skin gets darker, the water gets warmer, the drinks get colder, the music gets louder, the nights get longer, and most of all, life gets better! And what is better than to check out the Fitness Center and numerous Fitness Programs that we have here at Boca Bridges. We have made some more changes to our group fitness schedule with Boot Camp at a new day and time which will be on Mondays at 10:00 a.m., a new 20/20/20 (20 minutes cardiovascular, 20 minutes strength, & 20 minutes stretching) class on Wednesdays at 9:00 a.m., and a new Dance Fusion class on Fridays at 9:00 a.m. Please view our updated schedule for more information as well as times when other classes are offered here for you.

Our personal trainers and spa services have become quite busy recently, but we can always accommodate more so give us a call for these services. Our various kids' programs have been busy as well. Call us to keep your child active all year long. We will also be offering specials for Mother's and Father's Day for all you hard working moms and dads. Be on the lookout for those details in the weekly e-blasts.

I have thoroughly enjoyed my time here getting to know every one of you. For those that I have not met yet, my door is always open so please stop by and introduce yourself.

Thank You & Stay Healthy,  
Robert Trnka  
Fitness Director

### FITNESS DIRECTOR OFFICE HOURS

Monday – Saturday: 8:00 a.m. – 1:00 p.m.

Sunday: 8:30 a.m. – 11:30 a.m.

robert@bodywellness.com

(561) 565-6131, Ext. 209

## FITNESS CLASSES

**20/20/20** This class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training and core work, and 20 minutes of stretching. In this class you will improve your strength, muscle tone, and flexibility. All levels are welcome.

**BARRE** Barre is a workout technique inspired by elements of ballet, yoga, and pilates. It focuses on low-impact and high intensity movements designed to strengthen your body and develop agility and flexibility.

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

**BOOTCAMP** Bootcamp is a fun and challenging military-style fitness program that will push you to your limits with its broad mix of strength training and cardiovascular exercises, which have the aim of providing an all-over body workout.

**DANCE FUSION** This class is a dance-based workout. It is one of the most efficient and fun workouts – it burns a ton of calories while you shake your hips, shimmy your shoulders, and learn easy dance moves. And we don't shy away from squats, lunges, and core work either!

**INTERVAL TRAINING** This class is a total body workout that involves a series of repeated bouts of higher intensity exercises (intervals) ranging from a few seconds to a few minutes in length, with lower intensity exercises (resting) periods in between.

**GLUTES, LEGS & ABS** This class focuses on strengthening and toning all the muscles of your lower body by utilizing dumbbells, barbells, resistance bands, as well as resistance balls for a complete workout.

**PILATES** Exercise your body and mind as you learn to integrate breathing, muscle control and kinetic precision. Build a stronger core, increase overall muscle tone, and improve posture, stability and alignment. Suitable for all fitness levels. Please bring your own mat for this class.

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

**YOGA** Hatha yoga is the most widely practiced form of yoga in America that concentrates on physical health and mental well-being. Hatha yoga uses body postures, breathing techniques, and meditation to bring about a sound, healthy body and a clear, peaceful mind. Hatha Yoga postures also stretch and align the body, promoting balance and flexibility. This class is for all fitness levels. Please bring your own mat for this class.

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

**ADVANCED REGISTRATION is required for all classes.** Please visit the community website to access the Fitness Tab to sign up for classes. If you have immediate questions, please contact Susan, your Fitness Concierge, at [susan@bodywellness.com](mailto:susan@bodywellness.com) or Robert at [robert@bodywellness.com](mailto:robert@bodywellness.com).

**TO SCHEDULE AN APPOINTMENT**

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

# The Spa

AT BOCA BRIDGES

**HOURS OF OPERATION**

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

## Massages

**SWEDISH MASSAGE** A traditional and invigorating massage using firm pressure that swiftly revives tired and fatigued muscles, leaving a feeling of revitalization and relaxation.  
**60 min \$88 | 90 min \$134**

**SPORTS MASSAGE** Recharge your body. This powerful massage is designed to alleviate tension and muscular stress.  
**60 min \$104 | 90 min \$159**

**HOT STONE MASSAGE** Therapeutic and rejuvenating using warm volcanic stones and moderate deep pressure to intensely soothe tired, aching muscles and aid relaxation.  
**60 min \$137 | 90 min \$170**

**DEEP TISSUE MASSAGE** Similar to Swedish, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons, and fascia.  
**60 min \$104 | 90 min \$159**

**AROMA THERAPY MASSAGE** Massage with organic essential oils provokes deep relaxation and mindful meditation.  
**60 min \$93 | 90 min \$143**

**INTEGRATIVE MASSAGE** A precise blend of various massage techniques, combining Swedish and Deep Tissue therapy.  
**60 min \$93 | 90 min \$143**

**REIKI MASSAGE** Reiki is an ancient art form that directs our "life force" allowing the practitioner to channel this energy in a way that brings the mind, body and spirit back into harmony and a balanced way of being.  
**60 min \$104 | 90 min \$159**

**HEALING TOUCH MASSAGE** This method directs the body's "life force" to parts of the body where pain and discomfort lie. The Practitioner uses a gentle touch to dissolve blockages by energetically balancing one's energy flow, enabling the body to repair itself.  
**60 min \$93 | 90 min \$148**

## Facials

**DEEP CLEANSING FACIAL** Facial treatment plus extractions, steam, special eye and neck masks refreshes, hydrates and purifies your skin.  
**50 min \$93**

**SENSITIVE SKIN FACIAL** Soothes fragile skin, exfoliates, cools, and calms your skin; reduces redness and maintains hydration of your skin.  
**50 min \$93**

**MINI FACIAL** Rejuvenates your skin with steam and a cleansing, toning, exfoliating, and moisturizing treatment.  
**30 min \$60**

**A GENTLEMANS' FACIAL** Formulated for a man's specific skin needs. A deep-cleansing is followed by an exfoliating scrub and extraction.  
**60 min \$93**

**ORGANIC FACIAL** Multi-sensory experience utilizing a hand-picked blend of certified organic products, incorporating whole plants, spices, herbs, fruits, and vegetables specific to your skin's needs.  
**50 min \$104**

## Enhancements

**SCALP MASSAGE** 10 min \$15

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

**AROMATHERAPY** Lavender Eucalyptus \$20

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

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

**PEEL** Vitamin C \$20



## Mother's Day & Father's Day

**SPECIAL**  
**15% OFF any Spa Service**

*(Mother's Day valid until May 31, 2022)*

*(Father's Day valid until July 9, 2022)*



# WELLNESS



## PERSONAL TRAINING PROGRAMS

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

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

Contact [robert@bodywellness.com](mailto:robert@bodywellness.com) or call (561) 413-3499 to schedule your appointment today!



## GROUP & PRIVATE SWIM LESSONS

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

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

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

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

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

Please contact [robert@bodywellness.com](mailto:robert@bodywellness.com) with any questions.



## NEW YOU WEIGHT LOSS CHALLENGE

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

Here's what the program includes:



Suggested workouts to target your problem areas



Support and guidance to reach fitness goals



Food journals to track food and water intake



Fitness evaluation on first consult to give you accurate start point



Weekly check in to review journals and adjust based on progress



Food education to empower you to make healthy choices

FEE: \$75 a month or \$25 by the week.

Questions? Contact [robert@bodywellness.com](mailto:robert@bodywellness.com)

## LOYALTY REWARDS PROGRAM

Earn points for working out & other activities!

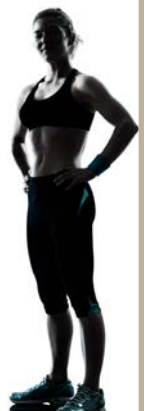
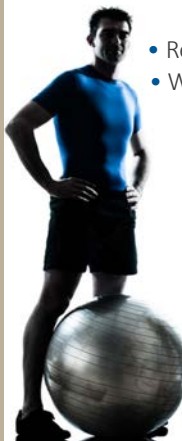
How does the Loyalty Rewards program work?

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

### Earn Points & Redeem!

See the sample points below

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



## MAY/JUNE KIDS' ZONE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-5:00 pm <b>Teen Basketball</b> Ages 14-16   SC	4:00-4:45 pm <b>Group Basketball 1</b> Ages 4-5   SC	4:30-5:15 pm <b>Little Dragons Karate</b> Ages 3½-5   FS	4:00-4:45 pm <b>Happy Feet Soccer</b> Ages 2-3½   GA	3:45-4:30 pm <b>Batter Up T-Ball</b> Ages 3-4   SC	9:30-10:00 am <b>Mommy &amp; Me Swim</b> Ages 1-3   CP	9:00-9:45 am <b>Happy Feet Soccer</b> Ages 2-3   GA
5:00-6:00 pm <b>Group Basketball 4</b> Ages 8-10   SC	5:00-6:00 pm <b>Group Basketball 5</b> Ages 11-13   SC	4:30-5:15 pm <b>Group Basketball 2</b> Ages 5½-6   SC	4:30-5:15 pm <b>Karate Kids 1</b> Ages 5-6   FS	4:45-5:30 pm <b>Batter Up T-Ball</b> Ages 5-6   SC		10:00-10:45 am <b>Happy Feet Soccer</b> Ages 4-5   GA
		5:30-6:15 pm <b>Karate Kids 2</b> Ages 7-9   FS	5:00-6:00 pm <b>Group Basketball 3</b> Ages 7-9   SC			



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

### BASKETBALL

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

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

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

### KARATE: \$160 for 8 wks.

\$45 registration fee includes Gi.  
min: 6 students

## MAY/JUNE FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 10:00 am <b>Zumba</b> Claudia   FS	9:00 – 10:00 am <b>Interval Training</b> Dawn   FS	9:00 – 10:00 am <b>20/20/20</b> Instructor   FS	9:00 – 10:00 am <b>Pilates</b> Carolyn   FS	9:00 – 10:00 am <b>Dance Fusion</b> Instructor   FS	9:00 – 10:00 am <b>Stretch</b> Peggy   FS	9:30 – 10:30 am <b>Barre</b> Eliana   FS
10:00-11:00 am <b>Bootcamp</b> Luz   FS		10:00 – 11:00 am <b>Yoga</b> Eliana   FS	10:00 – 11:00 am <b>Glutes, Legs &amp; Abs</b> Julian   FS	10:00 – 11:00 am <b>Body Sculpt</b> Melanie   FS		

Pre-registration is required for all classes and class size is limited to 20. Please remember social distancing during the class.

### CLASS LOCATIONS

CP: Clubhouse Pool FS: Fitness Studio SC: Sports Court  
OBC: Outdoor Basketball Court GA: Grassy Area





## A NOTE FROM CUT-5

Wow, can you believe we are approaching our one year of opening Cut-5 at Boca Bridges? Many of you have asked us over the last few months if our management has changed or if there is a new owner/operator. We are excited that you have noticed our changes. To answer your question...no, we have not changed management or owner/operators. We are simply making constant adjustments as we aim to provide you with a great experience every visit. Our team meets weekly to discuss menu, staff, events, and customer feedback. As the community continues to grow, so will we. We base our changes on the needs and wants of the community.

Our goal is to do our best to maintain happy customers and happy team members. We are proud to say right now, based on feedback from you the customers and our staff, both are very happy! We believe much of our success comes from the community support. We appreciate that most of you bring your concerns to us directly and not post negativity about restaurant on social media. More than anything, we appreciate the social media posts shared about your great experiences at Cut-5. We look forward to seeing you at our many exciting events in the next couple months to include Neon Club Night, Adult Comedy Night, Mother's Day Brunch, Memorial Day, Father's Day & 4<sup>th</sup> of July BBQs, and many more events to come.

Don't forget you can book the Lounge or Pavilion through the Lifestyle Director, Jaime, and Cut-5 will provide the perfect menu for your event. If you are having an event at home, your office or other offsite venue, our catering company has over 25 years of experience. Chez Gourmet Catering is one of South Florida's elite caterers. We are now booking November and December holiday events so call Chez Gourmet Catering at 561-740-9690 today to book your event. Ask for Kelli Morse, one of the owners/operators of Cut-5.

Thank you for your continued support,

Respectfully,  
Matt & Kelli Morse

## HOURS OF OPERATION

### MAIN RESTAURANT

**Monday & Tuesday:** Closed

**Wednesday & Thursday:** 12:00 – 9:00 p.m.

**Friday:** 12:00 – 10:00 p.m.

### Saturday

Breakfast/Lunch: 10:00 a.m. – 4:00 p.m.

Dinner: 4:00 – 10:00 p.m.

### Sunday

Breakfast/Lunch: 10:00 a.m. – 4:00 p.m.

Dinner: 4:00 – 9:00 p.m.

### COSMOS POOLSIDE BAR

**Saturday & Sunday:** 12:00 p.m. – 7:00 p.m.

**Happy Hour:** 4:00 p.m. – 7:00 p.m.

### POOL SERVICE

**Saturday & Sunday:** 12:00 p.m. – 5:30 p.m.

*\*Please note the pool deck closes at dusk per Palm Beach County*





# PROMO SPOTLIGHT

#WhatsTheScoop@Cut5

## ICE CREAM & DESSERT STATION

Featuring Lily's handmade ice cream offering more than 12 flavors to choose from. We will have Gluten Free, Dairy Free/Vegan, and Nut Friendly dessert options available. For the complete dessert station menu, please visit the community website.



## Happy Hour

EVERYDAY

Half price on all wine, beer & cocktails  
4:00 - 7:00 p.m.



## WINE DOWN WEDNESDAY

Half Priced Bottles of Wine with purchase of an entree. Offer is for dine-in only.



(561) 948-2937

## Sunday Family Fun Day!

Every Sunday from 4 - 9 p.m.



Bring the entire family! Children 10 & under eat FREE  
\*One child meal for every adult entree ordered

(561) 948-2937

# CUT-5 EVENTS

## Mother's Day Brunch

**Sunday, May 8<sup>th</sup> • 10:00 a.m. – 2:00 p.m.**

\$44++ per person (13 years and up) • \$20++ per person (12 years and under)

Bring all the special women in your life to this delicious brunch! A Mimosa or Bloody Mary included for all moms. There will be hot and cold, chef and server attended stations including an Omelet Station, Carving Station, Pasta Station, Breakfast Buffet, Cold Brunch Buffet, and a Dessert Buffet. Beverages include coffee, hot tea, iced tea, and soda. Reservations are highly recommended!



## Memorial Day BBQ

**Monday, May 30<sup>th</sup> • 12:00 – 4:00 p.m.**

\$28++ per person (11 and older) • \$15++ per person (10 years and under)

Come to the pool and enjoy a delicious BBQ buffet provided by Chef Ben and his staff! Buffet includes all beef hot dogs, grilled beef burgers, grilled BBQ chicken, chicken tenders, macaroni and cheese, pasta salad, French fries, crisp mixed greens salad, tropical iced tea, infused water, and lemonade. Full bar available and the ice cream bar will be open. Pre-pay online with the link given in the weekly e-blasts. Wristbands can be picked up at the hostess stand after paying online. No refunds will be given once booked online.



## FATHER'S DAY BBQ

**Sunday, June 19<sup>th</sup> • 12:00 – 4:00 p.m.**

\$38++ per person (11 and older) • \$16++ per person (10 and under)

Come celebrate Dad poolside with our delicious poolside BBQ provided by Chef Ben and his staff! Buffet includes all beef hot dogs, grilled beef burgers, steak kabobs, shrimp kabobs, chicken tenders, macaroni and cheese, potato salad, French fries, crisp mixed greens salad, Caesar salad, tropical iced tea, infused water, and lemonade. Full bar available and the ice cream bar will be open. Pre-pay online with the link given in the weekly e-blasts. Wristbands can be picked up at the hostess stand after paying online. No refunds will be given once booked online.



# Adult Comedy Show

Saturday, June 25<sup>th</sup>  
6:00 – 10:00 p.m.

Comedy Show from 8:00 – 9:00 p.m. • DJ from 6:00 – 10:00 p.m.  
\$45++ per adult (18 and older)

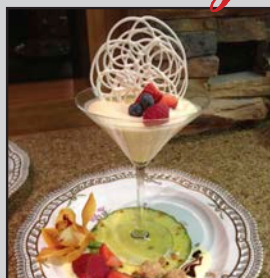
Come and enjoy comedian Mark Evans perform his “Southern, Not Stupid” Show at 8:00 p.m. at Cut-5. Mark has always been able to make people laugh, but when he first took the stage in 1993, he knew he found his calling, and he has never looked back. Since then he has worked comedy clubs, colleges, casinos, corporate events, country clubs, international resorts, and cruise ships. His performances aboard Carnival Cruise Lines have made him an even more diverse comedian. This show is for ages 18 and older. \$20 of your ticket price will go towards food or drinks bought at Cut-5 during the show. Purchase your tickets with the link provided by Cut-5 during their weekly e-blast. No refunds will be given once ticket is purchased so please plan accordingly. See you there for a fun night of music and comedy!



## CHEZ GOURMET

C A T E R I N G

*celebrate everything!*



Weddings • Mitzvahs • Galas • Quinceañeras • Birthdays  
Corporate • Dinners • Holidays

Besides Cut-5 catering all your private functions here at the Boca Bridges Club & Sports Center, they are also the proud owners of Chez Gourmet Catering and pride themselves as one of Florida's premier catering companies. Chez has been in business for over 20 years creating amazing dishes for others to enjoy. They will take care of all of your catering needs in your home or at a venue throughout Palm Beach, Broward, or Dade County. E-mail Kelli at [kelli@chezgourmet.com](mailto:kelli@chezgourmet.com) to create your custom event today! Please visit our website at [www.chezgourmet.com](http://www.chezgourmet.com)

# BOCABRIDGES

9500 Sauvignon Parkway  
Boca Raton, FL 33496

## Adult Comedy Show

Saturday, June 25<sup>th</sup> • 6:00 – 10:00 p.m.

Comedy Show from 8:00 to 9:00 p.m.  
DJ from 6:00 to 10:00 p.m.

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Come and enjoy comedian **MARK EVANS** perform his "Southern, Not Stupid" Show at 8:00 p.m. at Cut-5. Mark has always been able to make people laugh, but when he first took the stage in 1993, he knew he found his calling, and he has never looked back. Since then he has worked comedy clubs, colleges, casinos, corporate events, country clubs, international resorts, and cruise ships. His performances aboard Carnival Cruise Lines have made him an even more diverse comedian. This show is for ages 18 and older. \$20 of your ticket price will go towards food or drinks bought at Cut-5 during the show. Purchase your tickets with the link provided by Cut-5 during their weekly e-blast. No refunds will be given once ticket is purchased so please plan accordingly. See you there for a fun night of music and comedy!

