

CHECK OUT OUR
PULL-OUT CALENDAR!

BOCA BRIDGES

Luxe Living

COMMUNITY NEWSLETTER FOR HOMEOWNERS • JULY/AUGUST 2022

Enjoy our Back-to-School
Pool Party

Bring Everyone to the
Family Dive-In Movie

Don't Miss all the
Kids' Summer Events

Attend the Adult
Home Décor Class





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 Eichelblum • Tennis Pro
Marlena Hochberg • Tennis Pro
Eleonora Iannozzi • Tennis Pro
Craig Wittus • Tennis Pro
Ken Friedman • Pickleball Pro
Brad Staskowski • 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
Francesco Guerriero • 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,

It is hard to believe that Summer is already here! We have had many exciting changes over the past few months, such as introducing our new manager at Cut-5, making the back gates operational, and lowering the front gates on Sundays. As you have all noticed we have been busy working on parcels that are completed or near completion, by adding the second lift. Please be on

the lookout for emails that will update you as to when you can expect the next phase to begin, and the procedures that must be followed to ensure that the process continues to go smoothly. We understand that this does cause some inconveniences for a few days, so please make sure that you are planning, scheduling any deliveries for a different day, and bringing any questions that you may have to Linda at the HOA office. We will continue to give you plenty of notice, and you will begin receiving emails approximately one month prior to the start date to give you plenty of time to prepare. The striping has begun on the second lift that has already been installed, and this first phase is expected to be completed by the end of June.

I am also very happy to announce that we hit 80% closed, the first week in June! As of June 8th, we currently have 403 homes closed out of the 504 homes at Boca Bridges. Six lots remain off the market (the three at the sales office, the two construction house parking lots, and the construction house). We are projecting to hit 90% closed between October and November. We do not have a set date to release the remaining lots however, we are expecting to do this sometime in the Fall.

Finally, our club house turned a year old on June 9th! It is hard to believe that it has already been a year since we have opened the building and beautiful amenities. Our Tennis/Pickleball program continues to exceed the community's expectations and our fitness program continues to add additional classes to accommodate your specific needs and desires. Cut-5 continues to come up with new and exciting ways to keep you coming back and they are always welcome to any feedback or suggestions you may have for them. As we continue through the summer with more people home, and the kids out of schools, please be mindful of these amenities and rules that come with them. The rules are only in place to protect your asset and maintain a positive, healthy environment that can be enjoyed by all residents.

Thank you for your continued patience and support of your community. Wishing you and your family a happy and healthy summer!

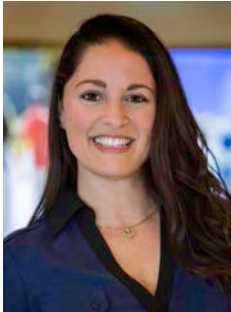
Sincerely,

AMANDA CUNNINGHAM

Project Manager and HOA President



FROM YOUR **LIFESTYLE DIRECTOR**



Dear Residents,

IT'S SUMMER! Time for fun in the sun, family activities, and vacations. We wish you happiness and safe travels wherever your summer adventures may take you. We wish all the kids going to sleep away camp to have a blast and hope they make lifelong friendships. We have many exciting events for you to attend over the next two months including a 4th of July Pool Party, Kids' Movie Nights, kids' summer events, an Adult D.I.Y Home Decor Class, a Back-to-School Pool Party, 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 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

Lifestyle Director

A LETTER FROM YOUR **HOA PROPERTY MANAGER**



Dear Residents,

With hurricane season in full swing starting June 1st through November 1st, we're expected to have a busy season. Be proactive and be prepared! Residents who plan to be absent from their home during hurricane season should prepare your home and lot prior to departure by removing all outdoor furniture and other movable objects. Residents should designate a responsible individual or company to care for the home should it suffer damage and provide the HOA office with this information. Please notify us with whom you will use in your absence.

Please take the time to review the Community Update eblasts, along with the weekly eblasts 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. We urge you to review the Rules & Regulations, as they will be enforced.

Visit the community website at 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.

*Kindness is one thing you can't give away.
It always comes back!*

Sincerely,

LINDA SIMPKIN

HOA Property Manager

STAY CONNECTED!

Visit us at

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 next meetings will be on July 20th and August 17th at 7:00 p.m. 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 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 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 taking a break for the summer while residents are away vacationing. We will continue in September. Have a great summer! Contact Irina Beyder at (908) 868-3990 for more club 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.

BUSINESS CLUB

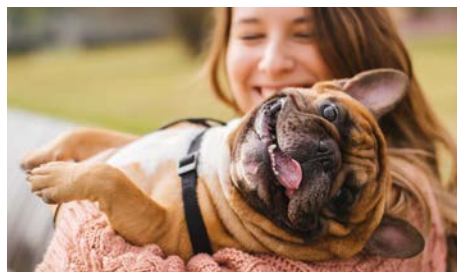
Come join the Boca Bridges Business Club to get to know your fellow neighbors' businesses. We want to support, collaborate, and build each other's businesses. Contact JM Ryerson at jm@letsgowin.com with any questions.

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 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 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 future events. Be on the lookout for the details for upcoming events in the weekly

Lifestyle e-blasts. Contact Cooper's Mom, Jo Ann Buchalter at 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 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 to join this club.



KIDS' GAME CLUB

Do your kids love to play games such as chess, checkers, board games, and more? Then this club is for you! We are looking for kids ages 10 and up to get together once a month to play games in the classroom. We sometimes eat dinner and dessert together. Be on the lookout for meeting dates through the weekly e-blasts 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. Join us on July 15th and August 19th for our next gatherings. Specific details will be on our flyers in the weekly e-blasts sent by the 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 Meredith at bpteensgiveback@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 and we can't wait to continue the fun! Come join us for our next event on Wednesday, August 24th. Details for this event 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



4TH OF JULY COMMUNITY POOL PARTY

Monday, July 4th • 12:00 - 4:00 p.m.

Let's celebrate 4th 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.




KIDS' NERF WATER GUN EVENT

Friday, July 8th • 12:00 – 2:00 p.m.

Come join your friends in the grassy field near the kids' playground for some water NERF gun fun! Six inflatables will be placed in the field to help hide you from your opponents. 15 kids will be able to play at a time. Please make sure you wear proper clothing and shoes you don't mind getting wet. Outside guests are welcome to come.

The cost of the event is \$20 per child and is for ages 4 and up. Kindly pay online by Tuesday, July 5th.

We hope to see you there!



KIDS' REMOTE CONTROL CAR RACING PARTY

Monday, July 11th • 5:00 – 7:00 p.m.

What child doesn't love remote control cars? We will have an inflatable racetrack in the grassy area near the kids' playground that will have jump ramps for 4 kids to race cars at a time. Kids will take turns racing within the 2-hour time frame. The cost of this event is \$15 per child and is for ages 5 and up. Kindly pay online by Thursday, July 7th. See all the RC junkies there!

Mommy & Me Music Party

Wednesday, July 27th & August 10th
10:30 a.m.

Come and bring your little ones to this 45-minute event of upbeat and interactive music with two performers. It's a sing along and dance party for the whole family with classic children's songs, rock n' roll hits and pop favorites provided by Jam with Jamie! We include prop play with animal puppets, shakers, scarves, parachute and bubbles. Are you ready to JAM?! Say OH YEAH! This event is \$20 per child and is for ages 2 and under.

Kindly pay online by the Monday before the event dates. Dads are welcome!



Friday, July 29th • 6:30 – 8:30 p.m.

Bring your favorite big blanket or comfy chair to watch **Sing 2**. This movie will be shown on the big screen inside the Sports Court! We will be serving Chicken Fingers, Hamburger Sliders, Grilled Cheese, and French Fries for dinner. Dinner will be served at 6:30 p.m. Popcorn and beverages will be served throughout the movie. This movie is 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 of this event is \$15 per child which includes dinner, popcorn, and drinks.

Kindly pay online by Wednesday, July 27th.



HOA EVENTS

BACK-TO-SCHOOL

Pool Party

**Saturday, August 6th
12:00 - 4:00 p.m.**

Another summer has passed, and school is about to start back up again. Let's have one last party before getting back into the classroom!

Join us on the pool deck with DJ Rick who will be spinning fun music for everyone. A 30-foot waterslide will be in the grassy area for everyone to enjoy. We will have corn hole set up in two areas of the pool deck for the adults to enjoy!

The waterslide and DJ are sponsored by the HOA.

Kindly RSVP via e-mail to Jaime with a headcount by Wednesday, August 3rd. Food and drinks can be purchased separately with Cut-5.



D.I.Y. Home Décor Paint Party

Thursday, August 18th • 6:00 p.m.

Do you need some home décor for your home or as a gift for someone else?

Do you love arts and crafts?

This event is for you! Come and enjoy a night of fun arts & crafts with Paint the Grain Studios!

Simply go to the website provided, click workshop calendar, click our event date, click select this event & choose a project, then scroll through the pages of available projects. Paint the Grain will bring all supplies needed to the event for you to create your masterpiece.

Cut-5 will have a server dedicated to this event to bring you food and drinks you can order at a separate cost. Your payment on the website is the RSVP for this event. You do not need artistic ability to complete a project! This event is for ages 16 and older.

You must register online by Friday, August 12th or will have to pay a \$10 late fee. No orders will be taken after Monday, August 15th. See you all there!



Saturday, August 20th • 5:00 – 7:00 p.m.

Come bring your children to for this fun event inside the Sports Court! We will set up 6 jumbo inflatable obstacles where 10 kids can play archery tag at a time. Kids will take turns within the 2-hour time frame. Face masks will be provided, and proper sneakers must be worn during this event. The cost for this event is \$15 per child and is for ages 10 and up. Kindly pay online by Wednesday, August 17th.

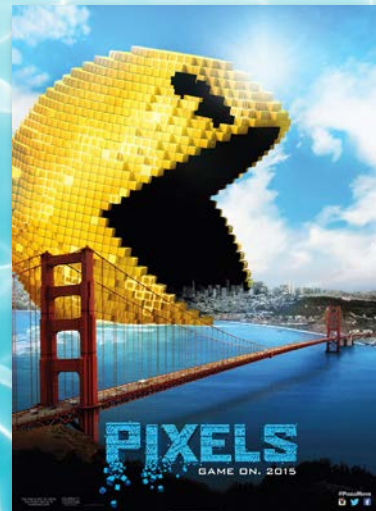


FAMILY DIVE-IN MOVIE PIXELS

Friday, August 26th • 8:00 – 10:00 p.m.

Bring your favorite pool float to this movie night the entire family can enjoy! The film will be shown on a big blow-up screen at nightfall. Popcorn, cotton candy, and beverages will be served throughout the movie.

Cut-5 will have the outside bar open for those that would like to order food and drinks at a separate cost. Please make sure you blowup your floats before you come as we do not have a pump to help assist with that. The cost is \$14 per person and outside guests are welcome. Wristbands will be available for pickup in Jaime's office once you have paid online. Kindly pay online by Tuesday, August 23rd. See you there!



RSVP INFORMATION

In order to RSVP for events, you must go online and pay! Please visit 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.



TENNIS & PICKLEBALL



FROM YOUR **TENNIS DIRECTOR**

Dear Residents,

What an incredible season we had at Boca Bridges Racquet Club! I am so amazed and thankful for the Boca Bridges Tennis and Pickleball community. Our clinics and events were a hit on the tennis and pickleball courts, with fun and competition for all ages. But most importantly the environment at the racquet club is amazing! You, the members, are such a pleasure to have and make this community what it is. We finished in the top 3 of one of our SPBCWT leagues, along with a claymates team fighting hard throughout the season. Congratulations to everyone for a successful year!

It is very exciting looking ahead to the future of our program here at Boca Bridges. The opening of the amazing clubhouse over a year ago, had such buzz around the courts, it created a great environment for everyone. Get ready for that buzz to continue with some great upcoming events including a Wimbledon tournament!

The staff has enjoyed meeting each one of you, and we hope to continue seeing 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.

See you on the courts!

JESSE LEVINE

Tennis Director



SWIATEK GROUP



ALCARAZ GROUP

Our tennis and pickleball events are on hold for the summer as residents are traveling. Please enjoy some pictures from our Mixed Doubles Challenge. Congratulations to all our winners!





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.

Summer Weekly Schedule

TENNIS & PICKLEBALL

Monday

8:30 – 10:00 a.m. – Adult Tennis Clinic – \$40
6:00 – 7:00 p.m. – Adult Pickleball Clinic – \$25
7:00 – 8:30 p.m. – Men's Pickleball Round Robin – \$15

Tuesday

6:00 – 7:30 p.m. – Ladies Pickleball Round Robin- \$15

Wednesday

8:30 – 10:00 a.m. – Adult Tennis Clinic- \$40

Thursday

8:30 – 10:00 a.m. – Doubles Strategy Clinic- \$40

Friday

8:30 – 10:00 a.m. – Adult Tennis Clinic- \$40

Sunday

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

SUMMER PRO SHOP HOURS



Monday – Saturday
8:00 a.m. – 12:00 p.m.
Sunday: Closed

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



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. Be on the lookout for our spa specials 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 mins of cardio, 20 mins of strength training and core work, and 20 mins of stretching. In this class you will improve your strength, muscle tone, and flexibility. All levels are welcome.

AQUA FIT This low-impact class is performed in shallow water and is designed to improve joint stability, coordination, heart health, endurance, and strength. The class will incorporate cardio and strength, using water dumbbells and body resistance.

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 concentrates on physical health and mental well-being, using 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 or Robert at 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



4TH OF JULY SPECIAL

Buy 4 Sports or Deep Tissue Massages & Save \$40

(Valid until July 12, 2022)

BACK TO SCHOOL SPECIAL

10% off any Spa Service

(Valid until August 12, 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 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 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

LOYALTY REWARDS PROGRAM

Earn points for working out & other activities!

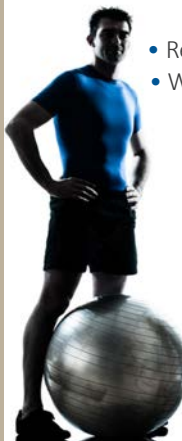
How does the Loyalty Rewards program work?

- 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.)



JULY/AUGUST KIDS' ZONE SCHEDULE

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

JULY/AUGUST FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 10:00 am Zumba Claudia FS	9:00 – 10:00 am Interval Training Dawn FS	9:00 – 10:00 am 20/20/20 Julian FS	9:00 – 10:00 am Pilates Carolyn FS	9:00 – 10:00 am Dance Fusion Priscila FS	9:00 – 10:00 am Stretch Peggy FS	9:30 – 10:30 am Barre Eliana FS
10:00-11:00 am Bootcamp Luz FS	10:00 – 11:00 am Aqua Fit Dawn LP	10:00 – 11:00 am Yoga Eliana FS	10:00 – 11:00 am Glutes, Legs & Abs Julian FS	10:00 – 11:00 am Body Sculpt 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





CUT-5



A NOTE FROM CUT-5



We are excited to welcome our new Front of the House Manager, Francesco Guerriero, to join our family. Francesco originally owned a hair salon in New Jersey but moved to Lago Di Como, Italy in 2006. He quickly fell in love with all aspects of wine and became a wine sommelier. He then moved back to the U.S. and became a solo wine aerator distributor. He worked trade shows and eventually sold his hair salon in New Jersey to concentrate solely on his wine aerator business. This adventure led him into the restaurant industry as well as the hotel industry. He landed a management position with

Marriot in Parkland, FL. Years later he managed a Hilton hotel. Francesco has been in the hospitality industry for over 15 years. He has learned a lot, most importantly, customer service and the ability to communicate with guests and staff. His philosophy is to treat everyone with integrity and love. He is very personable and will treat everyone the way he would want to be treated. He will make sure all the residents here at Boca Bridges have an amazing experience at Cut-5, including fabulous service. Be on the lookout for all his great ideas for events coming soon! If you haven't already, we invite you to stop by and meet Francesco at your next visit at 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

Labor Day BBQ

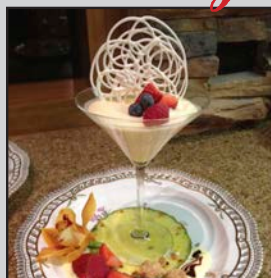
Monday, September 5th

Save the date for a fun BBQ at Cut-5 to celebrate Labor Day! Specific details will be given in the weekly e-blast as the event comes closer. Outside registered guests are welcome. See you then!

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 to create your custom event today! Please visit our website at www.chezgourmet.com



SIXTY PLUS CLUB • BOWLING & DINNER



ANIMAL SAFARI SHOW



BOCABRIDGES

9500 Sauvignon Parkway
Boca Raton, FL 33496

BACK-TO-SCHOOL

Pool Party

Saturday, August 6th • 12:00 - 4:00 p.m.

Another summer has passed,
and school is about to start back up again.
Let's have one last party before getting back into the classroom!

Join us on the pool deck with DJ Rick who will be spinning fun music for everyone. A 30-foot waterslide will be in the grassy area for everyone to enjoy. We will have corn hole set up in two areas of the pool deck for the adults to enjoy! The waterslide and DJ are sponsored by the HOA.

Kindly RSVP via e-mail to Jaime with a headcount by Wednesday, August 3rd.

Food and drinks can be purchased separately with Cut-5.

