

CHECK OUT OUR
PULL-OUT CALENDAR!

BOCA BRIDGES

Luxe Living

COMMUNITY NEWSLETTER FOR HOMEOWNERS • SEPTEMBER/OCTOBER 2022

Bring the kids to
Kids' Music Bingo

Attend the Kids'
Pizza Making Class

Come See Live
Music in the Lounge

Don't Miss our Annual
Halloween Events





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 this will be my last message for the Boca Bridges Newsletter as your HOA President! GL Homes will officially be turning over Boca Bridges on September 30, 2022. It has been a pleasure getting to know you and working with you throughout the journey, and I appreciate all your support while we continue to complete your beautiful community.

There will be a Meet the Candidates Night that is scheduled for September 21st at 6:00pm. On Friday, September 30th at 4:00pm via zoom, the election will be held, and three homeowners will be elected to serve on the new board of directors for Boca Bridges.

We are projecting to be at a total of 465 closings by September 30th, leaving approximately 39 homes under construction. While we have not set a solid date yet, we are expecting to begin demolition on the sales office by the end of September and will release the 3 lots for sale sometime in October. These 3 lots will be early delivery homes and contain 2 Pacific's and 1 Atlantic. Once we are near completion, we will remodel our construction and warranty house to prepare it to go on the market and prep the 2 parking lots for our last 2 Atlantic lots. These 2 lots will also be early delivery homes. All monument signs in front of the parcels, still under construction, are projected to be completed by the first week of September. The second lift of asphalt will be scheduled near completion of these back parcels and land development will return to access any areas that need to be readdressed thereafter.

Thank you again for your continued support of your community and the amenities. I wish you all a very successful 4th quarter and happy and healthy holiday season.

Sincerely,

AMANDA CUNNINGHAM

Project Manager and HOA President



FROM YOUR LIFESTYLE DIRECTOR



Dear Residents,

Summer is over and it's back to school time! We wish all the children a great first semester back to school and hope they make new friends and learn a lot. Fall is here and it's our favorite time of year. Spending time with family and friends for all the holidays is the best! We have many exciting events for you to attend over the next two months including a Labor Day BBQ, Kids' Music Bingo, Live Music Happy Hour in the Lounge, Kids' Movie Nights, our annual Adult Costume Party & Kids' Halloween 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 the Special Board Meeting on September 30th, there will be a new Board of Directors in place as of October 1st, and we welcome them. This will be a new transition for all, so your patience is appreciated.

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.

Coming together is a beginning. Keeping together is progress. Working together is success!

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 held at an art gallery in downtown Delray Beach and our Evening in Venice, Italy. Be on the lookout for details in the weekly e-blasts. Contact Earl Rynerson at erynerson@comcast.com to join this club or for more details.

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. Our next meeting to regroup after summer is Wednesday, October 12th at 7:30pm in the Lounge. 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

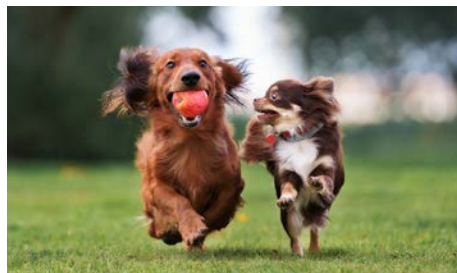
Come join the Boca Bridges Business Club to get to know your fellow neighbors' businesses. We want to support, collaborate, and build each other's businesses. Contact JM Ryerson at jm@letsgowin.com with any questions.

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. Save the date for our annual Howl-O-Ween Pet Parade on Sunday, October 30th at 10:00 a.m.

More details to follow in our weekly e-blasts sent by Jaime. 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!



CASTANETS CLUB (NEW)

Derived from the Spanish word "castaña," meaning chestnut. Castanets are usually associated with Flamenco, but they were originally a traditional element of Spanish folkloric, primarily with Sevillanas and Bolero. However, nowadays they are more commonly used in the fiery, passionate dances of Spain. The Castanet Club offers you the opportunity to learn how to play castanets and perform (if desired, not required) to fabulous Flamenco and classical music. Contact Lee Schneider at justflamenco@gmail.com or (703) 505-0202 for more information.

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 CLUB (NEW)

Calling all men! We are starting a Men's Club here at Boca Bridges and have plans to make it the biggest club in the community! For now, we are collecting member names and contact information. We plan to have a various events per year including dinners, guest speakers, outings, and more. Contact Randy Lipton at randyลิป@gmail.com to get on our member list.

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 September 16th and October 14th 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.

SUPER SESSION JAM CLUB (NEW)

This club is new and exciting as we want to get local musicians and vocalists together and jam out! Players need to bring their own equipment and should be proficient enough to jam with other experienced musicians. Contact Mark Siegel at (631) 988-9015 for club 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 bbteensgiveback@gmail.com.



TRAVEL CLUB (NEW)

We are looking for people who want to travel in groups! Whether it be a couple's trip, women's only trip, or men's only trip. If you are interested in joining this club, contact Jo-Ann Hoffmann at time2sellagain@aol.com or (772) 201-3598. We will have a meeting soon to discuss the direction of this club.

WOMEN'S CLUB

The Women's Club is an amazing group of women that get together and create memories! We have events every other month. Details for upcoming events 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



KIDS' MUSIC BINGO

Friday, September 16th
7:00 – 8:30 p.m.
\$20 per child

This event is too good to miss! Bring your child, ages 5-12, to this fun music bingo that is designed for kids to enjoy. Doug, The Game Show Entertainer, will be here running this event. He will show movie clips on a big screen and play songs from everyone's favorite movies! Winners will receive prizes.

Kindly RSVP online for this event by Tuesday, September 13th.



LIVE MUSIC WITH *Destiny*

Saturday, September 24th
7:30 – 10:30 p.m.
\$10 per adult cover charge

Destiny Lopez is a singer/songwriter who plays Indie renditions of Classic Rock songs, Motown, and more. Her voice is amazing and one you don't want to miss. Bring your friends to the Lounge for this amazing night of live music.

Cut-5 will provide bartenders for you to buy drinks at a separate cost.

Kindly pay online by Thursday, September 22nd. 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.

KIDS' MOVIE NIGHTS



Disney/Pixar's Lightyear

Friday, September 30th • 6:30 – 8:30 p.m.

Kindly RSVP online by Wednesday, September 28th.

Disney's Halloweentown

Friday, October 7th • 6:30 – 8:30 p.m.

Kindly RSVP online by Wednesday, October 5th.



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

HALLOWEEN AT BOCA BRIDGES



2nd ANNUAL ADULT COSTUME PARTY

Friday, October 21st • 7:00 – 11:00 p.m. • \$75 per adult

Come dressed to impress at our Second Annual Adult Costume Party! DJ Rick will be here spinning your favorite music. Cut-5 will be providing delicious food and provide a 4-hour premium open bar. Guests are welcome and prizes will be given to costume contest winners! Cost includes DJ, decorations, food, open bar, and prizes.

This event is for ages 21 and older. Can't wait to see everyone's costumes!

RSVP online by Tuesday, October 18th.

2nd ANNUAL KIDS' HALLOWEEN PARTY

Monday, October 31st • 4:30 – 6:30 p.m. • \$20 per person

Join us on the pool deck for our Second Annual Kids' Halloween Party before going trick-or-treating!

We will have a DJ playing fun Halloween-themed music. Cut-5 will be serving delicious food and drinks.

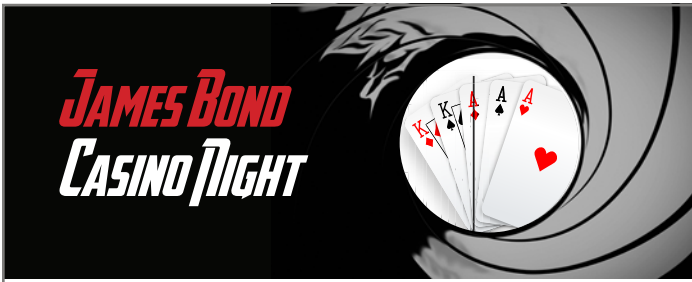
We will have costume contests for three different age groups. Each child will receive a goody bag upon check in.

Please let me know if your child has any candy allergies via e-mail. Guests are welcome and cost includes DJ, decorations, food, candy, and prizes. We can't wait to see everyone's costumes!

RSVP online by Wednesday, October 26th.



SAVE THE DATES



Friday, November 18th

We will be having a full casino with Texas Hold'em Poker, Blackjack, Roulette, Craps, slot machines, and more along with Vegas show girls!
More details to come!



Saturday, December 10th

Don't miss out on the best holiday shopping bizarre right here inside the clubhouse!

Details to follow soon!



Saturday, January 7th, 2023

SARGE has worked on some of the biggest stages in show business. SARGE's ability to improvise and tailor his show to specific audiences is uncanny.
Details coming soon to buy tickets!



Saturday, January 21st, 2023

Come and enjoy a carnival in the clubhouse parking lot with rides, games, and carnival food to celebrate the new year with your family and friends.

Details coming soon!





TENNIS & PICKLEBALL



FROM YOUR TENNIS DIRECTOR

Dear Residents,

What an amazing summer it's been! We have seen our community grow, week by week, and are so thankful for all of you. Our summer women's league tennis team is in the playoffs as we speak and making us proud. We are very excited for our new fall schedule that will start the week of September 12th.

This fall we will have 3 league teams for all our Boca Bridges women. It is very exciting to coach and be a part of their competitive league play vs. surrounding clubs. We know they will make us proud. Our kids' programs will be starting in September, which we are all happy to see them back from camp and on the courts after school.

We are excited about our paddle and racquets event along with Woodfield Country Club on September 15th. Sixteen tennis and sixteen pickleball players will play a fun night of competition with dinner and drinks to follow play. We look forward to seeing new faces as we get our busy, fun, and exciting new season started. If you have any questions, please feel free to contact me at tennisdirector@bocabridgesracquetclub.com.

See you on the courts!

JESSE LEVINE

Tennis Director

TENNIS & PICKLEBALL EVENTS

FREE SEASON TENNIS OPENER CLINIC

Sunday, September 11th
Adults • 9:00 – 10:00 a.m.
Kids • 10:00 - 11:00 a.m.

Come join us on the courts for some fun and games to start the season off right and to meet the pros! Kindly register online for this fun event.



PADDLES & RACQUETS EVENT

Thursday, September 15th
6:15 p.m.

We will be playing against Woodfield in this event with a maximum of 16 tennis players and a maximum of 16 pickleball players. This event is \$50 per person and includes food and drinks. Register online for your spot today!



FALL PRO SHOP HOURS

Effective September 12th

Monday – Saturday
8:00 a.m. – 12:00 p.m. • 3:30 – 6:30 p.m.
Sunday: Closed

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



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.

Fall Weekly Schedule

TENNIS

Monday

9:00 – 10:30 a.m. • AA2 Team Practice
5:30 – 6:30 p.m. • Junior All-Star Program (ages 8-12)

Tuesday

8:30 – 10:00 a.m. • Adult Tennis Clinic- \$40
10:00 a.m. – 1:00 p.m. • AA2 Team Matches
5:00 – 6:00 p.m. • Junior Future Champions Program (ages 4-7)
6:00 – 7:00 p.m. • Teen Tennis (ages 13-17)- \$30

Wednesday

9:00 – 10:30 a.m. • C3 Team Practice
5:30 – 6:30 p.m. • Junior All-Star Program (ages 8-12)
6:30 – 8:00 p.m. • Adult Tennis Clinic- \$40

Thursday

8:30 – 10:00 a.m. • B3 Team Practice
10:00 a.m. – 1:00 p.m. • C3 Team Matches
5:00 – 6:00 p.m. • Junior Future Champions Program (ages 4-7)

Friday

8:30 – 10:00 a.m. • Adult Tennis Clinic- \$40
10:00 a.m. – 1:00 p.m. • B3 Team Matches

Saturday

9:00 – 10:30 a.m. • Adult Tennis Clinic- \$40

Sunday

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

Fall Pickleball Schedule coming soon!



KIDS' PROGRAMS RATES

Our kids' programs are 10 weeks in length. Please see the rates below and call us if you have any questions.

Once a week: \$300 • Twice a week: \$580
Drop-In Rate: \$40



FITNESS



A MESSAGE FROM YOUR FITNESS DIRECTOR

Summer has come and gone, and the kids are now back in school. Pretty soon the days will feel shorter, and the weather will get cooler. As we all get back to our normal day to day activities, it is always important to remember your health and well-being. And with that, I welcome you to check out the Fitness Center as well as all the fitness programs that we have here at the clubhouse. We have made another change to the group fitness schedule. On Saturdays we have added a Tone class at 8:00 a.m. with our new instructor Monica. Also, just a friendly reminder that we have brought back the Water Aerobics class, Aqua Fit, on Tuesdays at 10:00 a.m. with Dawn at the Lap Pool. These are just a couple of the 13 weekly classes that are offered here for you. Please check out our updated schedule for the days and times of the rest of the classes.

With the new school year beginning, please don't forget our wonderful after school activities we have here for your kids. Batter Up T-Ball, Group Basketball, Soccer Shots, Karate Kids, and Mommy & Me Swim are just a handful of the many programs to keep your child active and happy throughout the year. For days and times of these, as well as any other classes, please see the kids zone schedule.

My door is always open so please feel free to stop in. I look forward to assisting all of you in making this community the best there is!

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



SEPTEMBER SPECIAL

Buy 2 massages at full price & receive a free enhancement.

(Valid until September 30, 2022)

SPOOKTACULAR SPECIAL

Buy 3 massages at full price & receive a 4th massage for 50% off.

(Valid until October 31, 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!

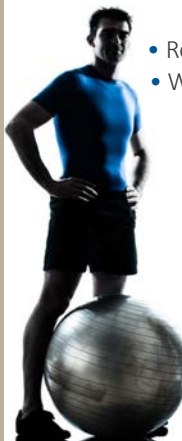
How does the Loyalty Rewards program work?

- 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.)



SEPTEMBER/OCTOBER 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

SEPTEMBER/OCTOBER 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 Luz 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



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 – 6:00 p.m.

Happy Hour: 4:00 – 6:00 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*

LIVE MUSIC

Music from Nicholas Garnett!

Every Thursday
6 - 9 pm

Cut-5

MAKE YOUR TABLE RESERVATIONS ONLINE!

A promotional graphic for live music at Cut-5. The background is dark blue with a white dotted pattern. On the left, the words "LIVE MUSIC" are written in a bold, white, sans-serif font. On the right, a circular inset shows a woman with dark hair and sunglasses, wearing a black jacket, playing an acoustic guitar and singing into a microphone. Below the inset, the text "Music from Nicholas Garnett!" is written in a white, cursive font. At the bottom right, there are two icons: a calendar icon with the text "Every Thursday 6 - 9 pm" and a location pin icon with the text "Cut-5". At the very bottom, a white rounded rectangle contains the text "MAKE YOUR TABLE RESERVATIONS ONLINE!" in a bold, black, sans-serif font.



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 • 12:00 – 4:00 p.m.
\$28++ per adult/\$16++ per child (ages 5-12)

Come and enjoy a BBQ buffet and enjoy the beautiful pool deck. Buffet includes all beef burgers, all beef hot dogs, Pacific barbeque chicken, braised pork wings, macaroni & cheese, vegetarian black beans, pasta salad, fruit salad, freshly baked cookies and brownies, iced tea, lemonade, and fruit infused iced water. Full bar available and please no outside beverages, cocktails or coolers.



Yom Kippur Break the Fast DINNER BOARDS

Wednesday, October 5th • 4:00 – 9:00 p.m.
**Pre-Order your dinner by Thursday,
September 29th • \$26++ per person**

We will be preparing Family-Style Break-the-Fast-Boards including Veggie Frittata, bagels, cream cheese, Albacore tuna salad, smoked salmon, lettuce, tomato, onion, dill capers, and couscous salad.



Rosh Hashanah SPECIAL DINNER MENU

Sunday, September 25th • 4:00 – 9:00 p.m.

In observation of Rosh Hashanah, we will be having a special menu featuring grilled salmon, roasted chicken, potato latkes, challah, apples, and honey.

Kids' Pizza Making Class with Francesco

Sunday, October 16th • 11:00 a.m.
\$22++ per child

Come and make your own pizza to bring home and bake with all our fun ingredients. While you create your masterpiece to take home, enjoy hot fresh pizza and beverages.



Francesco & Ben's Cooking Show

Come and enjoy an intimate dinner at Cut-5 while Francesco and Ben prepare the dish in front of you. Wines will be paired with the dishes throughout the dinner. Be sure to make your reservations for these cooking shows as seating is limited.

Francesco & Ben's Cooking Show from France

Tuesday, September 20th • 6:30 p.m.

Francesco & Ben's Cooking Show from Southeast Asia

Tuesday, October 11th • 6:30 p.m.



SAVE THE DATE

2ND ANNUAL
New Year's Eve Gala

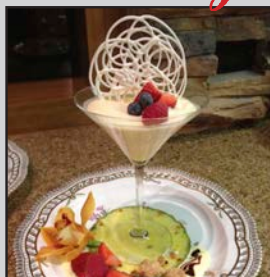
Saturday, December 31st

Save the date for this adult only event.
Our theme and details will be coming soon!

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

BOCABRIDGES

9500 Sauvignon Parkway
Boca Raton, FL 33496



HALLOWEEN AT BOCA BRIDGES



2ND ANNUAL ADULT COSTUME PARTY

Friday, October 21st • 7:00 – 11:00 p.m. • \$75 per adult

Come dressed to impress at our Second Annual Adult Costume Party! DJ Rick will be here spinning your favorite music. Cut-5 will be providing delicious food and provide a 4-hour premium open bar. Guests are welcome and prizes will be given to costume contest winners! Cost includes DJ, decorations, food, open bar, and prizes. This event is for ages 21 and older. Can't wait to see everyone's costumes! RSVP online by Tuesday, October 18th.

2ND ANNUAL KIDS' HALLOWEEN PARTY

Monday, October 31st • 4:30 – 6:30 p.m. • \$20 per person

Join us on the pool deck for our Second Annual Kids' Halloween Party before going trick-or-treating! We will have a DJ playing fun Halloween-themed music. Cut-5 will be serving delicious food and drinks. We will have costume contests for three different age groups. Each child will receive a goody bag upon check in. Please let me know if your child has any candy allergies via e-mail. Guests are welcome and cost includes DJ, decorations, food, candy, and prizes. We can't wait to see everyone's costumes! RSVP online by Wednesday, October 26th.

