



## Maximize Your Health & Fitness Routine

with a special offer from the biostation™ and the Health Club

### \$199 package includes

(\$325 value)

- 45-minute nutrition consultation at the biostation
- Inbody assessment at the Health Club
- 30-minute personal training session at the Health Club
- One bLean injection at the biostation

Get started on the right path to quickly and effectively lose stubborn stored body fat, develop healthy eating choices, reduce your risk of disease, increase your energy levels, fuel your workouts, complement your supplement regimen, and ultimately, achieve your weight loss and health goals.

For further questions or to take advantage of  
this offer please dial 561.899.4696



BOCA RATON RESORT & CLUB  
A WALDORF ASTORIA RESORT



the biostation™  
replenish life. restore beauty. defy age.

*the biostation is located within the Resort at the West end of the Cloister Lobby.*



## GROUP EXERCISE SCHEDULE AUGUST 2019



HEALTH CLUB

## THIS MONTH AT THE HEALTH CLUB

### FIRST-TIME BUYERS SAVE 50% OFF ANY PERSONAL TRAINING PACKAGE

Valid August 1-31.

### 50% OFF

### INBODY ASSESSMENT

The future of health.

Body composition analysis shows you what your weight is really made up of: water, fat, and muscle. See how InBody can transform how you see weight today.

Valid August 1-31.

### KARMAVIBES CANDLELIGHT YOGA IN THE SPA GARDEN

AUGUST 15 | 7 PM | \$10

Book a personal training package or register for classes at [premierclub.bocaresort.com](http://premierclub.bocaresort.com) or call ext.3239

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			TAI CHI 6:30-7:20 AM Tom			
YOGA 8:30-9:30 AM Gerry	TABATA INTERVAL 7:30-8:30 AM Melanie	UPPER BODY BLAST 7:30-8:30 AM Robert	TOTAL BODY CONDITION 7:30-8:30 AM Robert	FULL BODY SCULPT 7:30-8:30 AM Regina	TABATA STYLE INTERVAL 7:30-8:30 AM Melanie	WARRIOR BOOT CAMP 8:00-9:00 AM Claudia
ZUMBA 10:00-11:00 AM Janina	SWEAT & ABS 8:45-9:45 AM Claudia	20/20/20 8:45-9:45 AM Ritzy	CARDIO BARRE FUSION 8:45-9:45 AM Ritzy	BARRE 8:45-9:45 AM Regina	CARDIO BARRE FUSION 8:45-9:45 AM Claudia	HIIT & ABS 9:15-10:15 AM Claudia
PILATES & WEIGHTS 11:15 AM-12:15 PM Lisa	BODY SCULPT 10:00-11:00 AM Claudia	POWER YOGA 10:00-11:00 AM Ritzy	YOGA FOR THE HEART 10:00-11:00 AM Ritzy	ZUMBA 10:00-11:00 AM Janina	PILATES PLUS 10:00-11:00 AM Claudia	RESTORATIVE YOGA 10:30-11:30 AM Pamela
	ZUMBA 11:15 AM-12:15 PM Kai	PILATES & WEIGHTS 11:15 AM-12:15 PM Lisa	ZUMBA 11:15 AM-12:15 PM Samira	VINYASA YOGA 11:15 AM-12:15 PM Pamela	ZUMBA PLUS 11:15 AM-12:15 PM Samira	ZUMBA 11:45 AM-12:45 PM Paige
	YOGA 4:15-5:15 PM Gerry	BOCA BALANCE 12:30-1:00 PM Melanie	YOGA 4:15-5:15 PM Gerry	BOCA BALANCE 12:30-1:00 PM Melanie	YIN YOGA 4:30-5:30 PM Ritzy	TAI CHI 1:00-2:00 PM Tom
	BARRE 5:30-6:30 PM Regina	CARDIO INTERVAL BLAST 5:30-6:30 PM Melanie	TOTAL BODY FITNESS 5:30-6:30 PM Claudia	POWER PUMP 5:30-6:00 PM Pamela		
				YOGA 6:00-7:00 PM Pamela		
	BEACH YOGA 8:00-9:00 AM Suzan		BEACH YOGA 8:00-9:00 AM Suzan		BEACH YOGA 8:00-9:00 AM Monica	
AQUA-CARDIO 10:30-11:30 AM Trisha/Jacqueline	HYDRO-INTERVALS 10:15-11:15 AM Melanie	AQUA-FIT 10:00-11:00 AM Babette	AQUA-INTERVALS 10:15-11:15 AM Melanie	HYDRO-FITNESS 10:00-11:00 AM Nancy	AQUA-FIT 10:00-11:00 AM Marie	HYDRO-FITNESS 10:30-11:30 AM Marie
	20/20/20 9:00-10:00 AM Robert	20/20/20 9:00-10:00 AM Alex	BOOT CAMP 9:00-10:00 AM Monika	20/20/20 9:00-10:00 AM Alex	20/20/20 9:00-10:00 AM Monika	ZUMBA 9:00-10:00 AM Monika
	AQUA-FIT 10:15-11:15 AM Mary Lou	AQUA-FIT 10:15-11:15 AM Marie	AQUA-FIT 10:15-11:15 AM Monika	AQUA-FIT 10:15-11:15 AM Mary Lou	AQUA-FIT 10:00-11:00 AM Monika	AQUA-FIT 10:00-11:00 AM Monika
	YOGA 11:00 AM-12:00 PM Ritzy		BALLROOM BEAT 10:15-11:15 AM Ellen		YOGA 11:00 AM-12:00 PM Ritzy	

## NEW: ORANGETHEORY FITNESS AT BOCA BEACH CLUB

DAILY  
8 AM, 9:30 AM & 11 AM

PRICE PER CLASS:  
\$30 for Guests  
\$20 for Members

Register online at [bocabeachclub.com/otf](http://bocabeachclub.com/otf) or call 561.408.0003.

Max 16 participants.

	CLOISTER
	BEACH CLUB
	COUNTRY CLUB

Class schedule is subject to change, for most up to date schedule, please check the website or visit the Health Club.