



HEALTHY *Life*STYLE
CENTER

AT GLENEAGLES COUNTRY CLUB

The Journey Begins Here





A New Way of Country Club Living

The Healthy Lifestyle Center opened in spring 2018 as a modern, state of the art facility that is designed to enhance the health and well-being of our members. The Healthy Lifestyle Center is a 15,000 square foot wellness complex that encompasses two floors and a new pool complex. The Gleneagles Healthy Lifestyle Initiative is a cultural enhancement that will facilitate a continuum of personalized services, educational programs and unique environments enabling individuals to capture the optimism of enhanced health and fitness.



First Floor

SPA

- 3 Treatment Rooms for massage therapy and facials
- 2 Quiet Rooms

GROUP EXERCISE STUDIO

- Classes include: Cardio Sculpt, Strength, Barre, Pilates Mat, a variety of yoga modalities, Tai Chi, Qigong, Sit to be Fit, Zumba, Cycle, Row, MELT Method, Bootcamp, Core Power, Stretch and Foam Rolling, Exercise for Arthritis, Healthy Hips-Happy Back, and more.
- Small group training with TRX or Row, as well as strength, core and endurance.
- **Fitness on Demand** is available for anyone wishing to work out when the Group Exercise Studio is not in use.

MULTIPURPOSE ROOM

- Healthy Lifestyle Program workshops
- Stages Indoor Cycling classes
- Social and cultural events including bridge, movies, lectures, shows and book club
- **Fitness on Demand** is available for anyone wishing to work out when the Multipurpose Room is not in use.

POOL

- Large resort-style pool with dedicated lanes for lap swimming
- Aquacise Classes and Aquatic Personal Training available for low-impact workouts

SPA & FITNESS AMENITIES

- Men's and Ladies' restroom facilities with day lockers and showers



Second Floor

CARDIO ZONE

Floor-to-ceiling windows in the cardio zone provide a beautiful view of the newly designed pool and deck. A spacious floor design allows for 35 pieces of brand new, state-of-the-art equipment. Along with the traditional treadmills and ellipticals, there are new pieces of cardio equipment for added variety including a Zero-runner, Stepmill, Lateral ellipticals, and an Espresso bike.

STRENGTH ZONE

A full zone of strength equipment is available for a full body workout. Check out the Power Play, a more versatile cable crossover located in the Strength Equipment area. Traditional cable-based training is offered, along with a rope pull, dip/chin assist, low row, and lat pulldown. There is also a triceps and biceps machine.

FUNCTIONAL TRAINING

The approximately 800 ft functional training area allows for plenty of open space for kettlebell swings, battle ropes, and medicine ball throws. The Hoist Motion Cage provides a series of functional training stations that include a rebounder and boxing station.

STRETCH ZONE

Stretching is available in different locations, including a Precor stretch, TRUE Stretch cage, mat tables and Technogym posterior and anterior stretch equipment.

PHYSICAL THERAPY

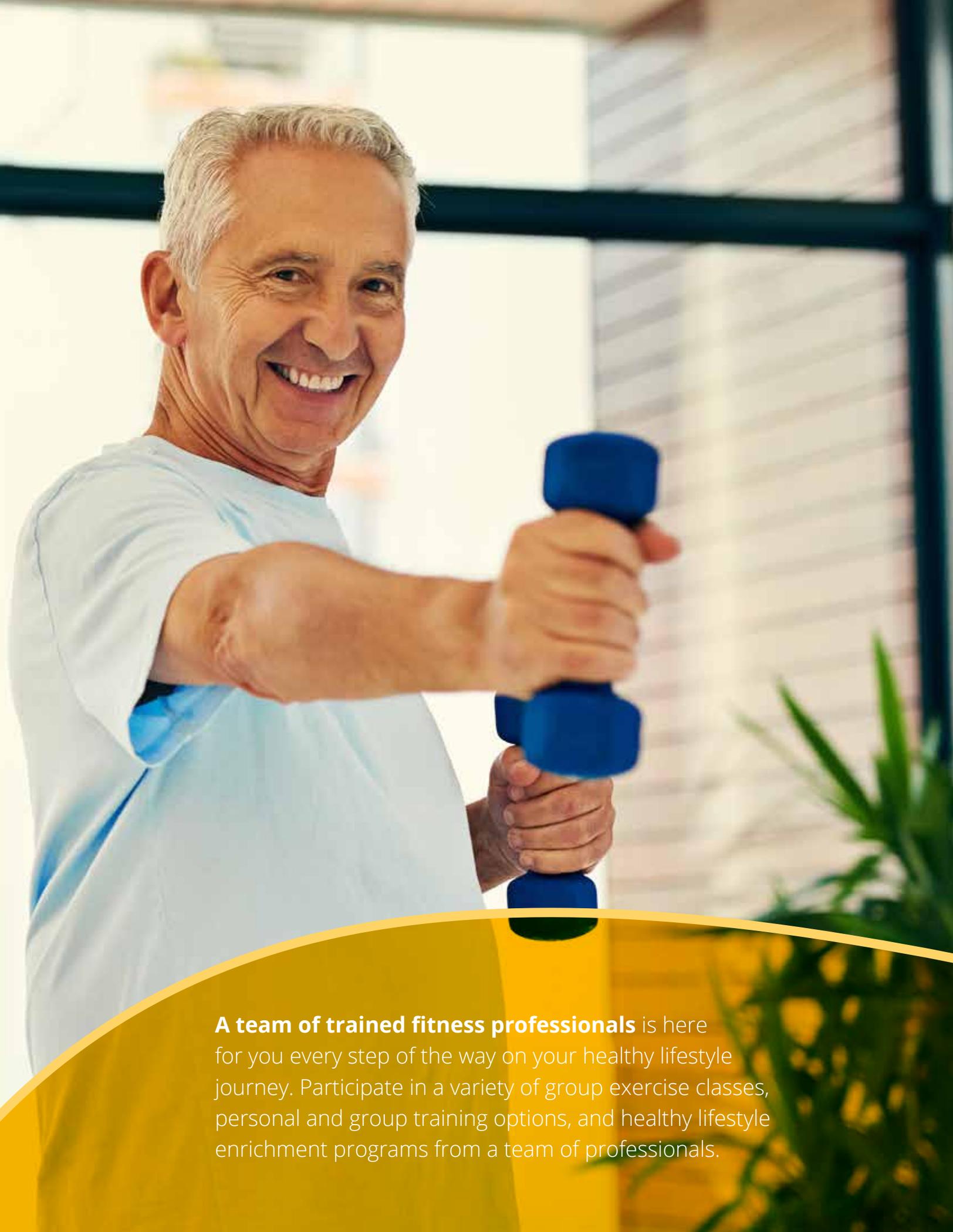
On-Site Physical Therapy has three treatment rooms and provides with a one-on-one concierge style Physical Therapy option. On-Site Physical Therapy can help in the recovery of minor aches and pains as well as the treatment of general orthopedic issues, pre/post surgical care and neurological care. On-Site Physical Therapy accepts many major insurance carriers.





FEEL · MOVE · PLAY

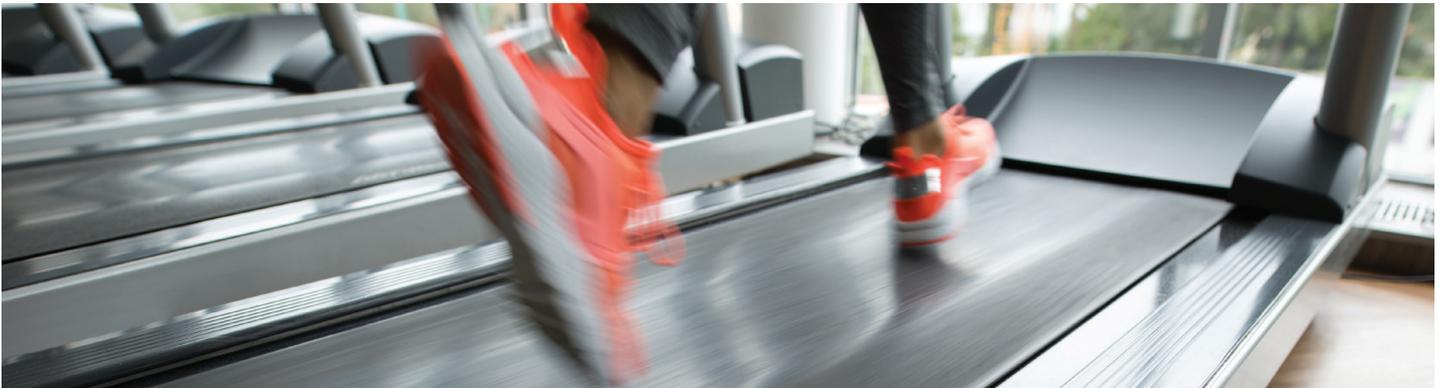
Better



A team of trained fitness professionals is here for you every step of the way on your healthy lifestyle journey. Participate in a variety of group exercise classes, personal and group training options, and healthy lifestyle enrichment programs from a team of professionals.



PERSONAL TRAINING



Introducing Fit 4 Health

Do you prefer to work out independently or in a group?

If you like working out on your own, with option one we can help you design a program just right for you.

If you need more direction and feedback on your progress, personal training will give you what you need.

A third choice is to bring some friends along for small group training, or a more social opportunity would be to participate in one or more of our excellent classes.

Or mix them up for greater variety in your workouts.

1 DO-IT-YOURSELF

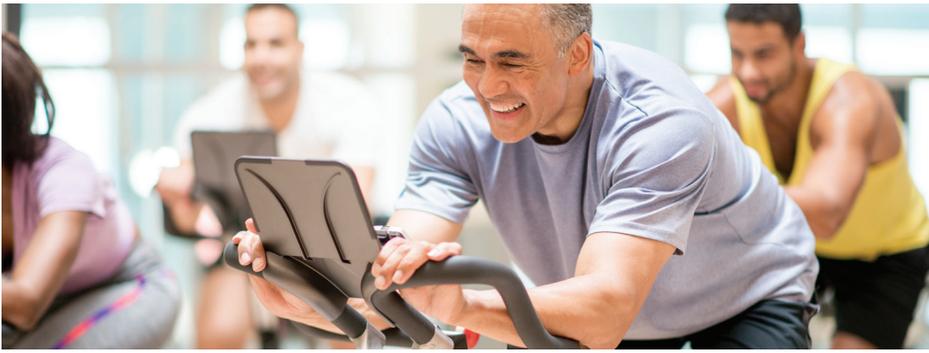
A great workout begins with a plan. If you prefer to work out on your own, just one session with a personal trainer is all you need to get started. Circuit training with resistance-training machines will help get you started. It's time efficient and easy to follow. And machine based circuits are ideal for anyone who wants to exercise on their own.

We will show you how to adjust the machine for a proper fit that is just right for you. We will assign a specific number of repetitions for each exercise and the proper weight you should start with. You will then receive an exercise log that provides all of this information to take with you and to use for all future workouts.

1 hr personal training \$67.50

Cancellation Policy:

As a courtesy to other members and staff, please notify us of any cancellations or change of appointments within 12 hours of the full service fee will be applied.



2 PERSONAL TRAINING

Personal Training is truly an investment in one's own health and well-being. Your trainer will:

- Provide professional assistance to improve cardiovascular health, strength, flexibility, endurance, posture, balance and coordination.
- Help you set realistic goals, hold you accountable for your workouts and help you stay motivated to exercise.
- Provide safe and effective exercises using the latest techniques to help you reach your fitness goals.

Personal Training Rates

	30 min	45 min	1 hour
1 session	\$40	\$53.50	\$67.50
4 sessions	\$144	\$193	\$243
8 sessions	\$272	\$364	\$459

3 SMALL GROUP HIGH INTENSITY INTERVAL TRAINING

Share the benefit, experience and expense as a group of 2 to 6 participants. Small group training adds variety to your exercise program and keeps your mind and body challenged. You will also experience the energy and motivation of working in a small group with a common focus and goal.

6 People per class \$15 per person

4 GROUP CLASSES

Get the 'group effect' a scientifically proven way to help you maintain your motivation while you enjoy a social and fun setting with a safe and effective workout designed by a certified instructor. Classes are complimentary, pick up a class schedule to see the current month's offerings.

Specialty Programs

Aquatic Personal Training

Use the principles of buoyancy, hydrostatic pressure and viscosity to improve strength and range of motion. Aquatic Personal Training can also help with: cardiovascular fitness, gait, balance and proprioceptive training, back and core conditioning, pre and post joint replacement muscle strengthening and stretching.

60 minute	\$60
Package of 4	\$224
Package of 8	\$416

Assisted Isolated Training (AIS)

AIS is a gentle method of stretching specific (isolated) muscles while requiring the active participation of the person being stretched. Each stretch begins by defining the current range of motion (stretch point). The target muscle is then stretched beyond that range with a gentle assist for only two seconds.

30 min / \$45 | 55 min / \$75
Four 30 min sessions \$162

In-Body Body Composition analysis

In Body measures your body composition and displays it on an organized, easy-to-understand results sheet that breaks down your body into four components: fat, lean body mass, minerals and water. \$20

A physical therapist with glasses and a grey polo shirt is examining a patient's knee. The patient is lying on a table, and the therapist is leaning over them, holding their knee with both hands. The background shows a large window with a view of a city. The text "Hands-On professional care" is overlaid on the right side of the image.

Hands-On

professional care

A team of licensed physical therapists takes a hands-on approach to your personal injury recovery and prevention, working together with our Healthy Lifestyle team to unlock your full athletic potential. A complete menu of physical therapy options are available from providers with years of expertise.



PHYSICAL THERAPY

The Healthy Lifestyle Center is pleased to partner with On-Site Physical Therapy, a one-on-one concierge style Physical Therapy practice.

On-Site Physical Therapy provides quality Physical Therapy services with an integrated approach to rehabilitation by utilizing the Healthy Lifestyle Center, personal trainers and massage therapists to ensure you get back to feeling your best!

The Healthy Lifestyle Center has three private treatment rooms for physical therapy. Sessions are available by appointment only.

**Call 561-860-8710
to make an appointment.**

On-Site Physical Therapy helps in the recovery of minor aches and pains as well as the treatment of:

GENERAL ORTHOPEDIC ISSUES

- Hip Pain
- Back Pain & Sciatica
- Sacroiliac Joint Dysfunction
- Neck Pain
- Plantar Fasciitis
- Sports Related & Sports Specific Injuries
- Golf & Tennis Injuries
- Osteoporosis
-

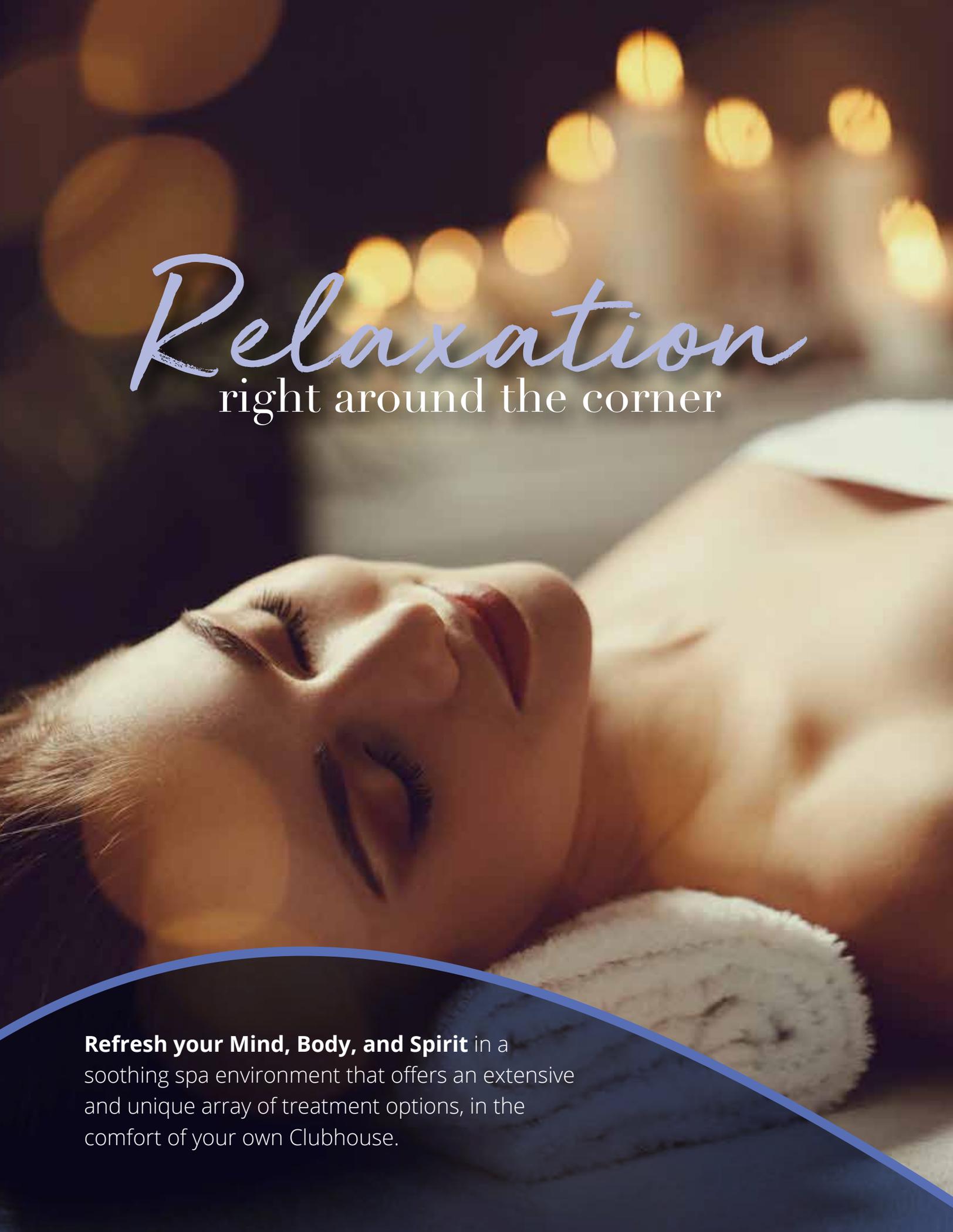
PRE/POST SURGICAL CARE

- Total Joint Replacements
- Arthroscopic Surgeries
- Spinal Surgeries
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NEUROLOGICAL

- Gait/Balance Disorders
- Parkinson's disease
- CVA/stroke
- Nerve injuries
- Vertigo



A woman is lying down, her eyes closed, in a relaxed state. She is positioned in the lower half of the frame, with her head resting on a white towel. The background is dark with numerous warm, out-of-focus lights, creating a bokeh effect. The overall atmosphere is calm and soothing.

Relaxation

right around the corner

Refresh your Mind, Body, and Spirit in a soothing spa environment that offers an extensive and unique array of treatment options, in the comfort of your own Clubhouse.



MASSAGE SERVICES



The Healthy Lifestyle Spa

The ideal environment for your relaxation and renewal. We are focused on your health and well-being with our massage menu of services.

Nurture your spirit and renew your senses as you breathe in the freshness of an **Aromatherapy** massage. Embrace the soft, long flowing movement of a **Swedish** massage for deep relaxation while easing tired muscles or enjoy a **Signature Massage** for a more personalized treatment.

Our **Reflexology and Foot Scrub** takes you on a journey toward relaxation, starting with a hot towel wrap and foot scrub followed by the stimulation of pressure points on the feet. Or a **chair massage** might be just right for warming up and expanding connective tissue pre/post your golf and tennis games.

To enhance your spa experience and to maximize your treatment time, we ask that you change into a robe and relax in the quiet room 15 minutes prior to your service.

**Call 561-860-8711
to make an appointment.**

*Gratuity is incorporated into the price of all treatments. **Cancellation Policy:** All spa services are reserved especially for you, so please notify us 12 hours in advance if you need to cancel or reschedule your appointment to avoid a charge equal to the full service fee.*



Indulge
without leaving home

Immerse yourself in a unique and luxurious spa experience right here at Gleneagles.



SKIN CARE



ÉMINENCE ORGANIC SKIN CARE uses sustainable farming and green practices to create a natural and effective professional skin care line. Eminence organic ingredients are cold pressed and blended together at room temperature to keep the high nutritional content and potency of the natural ingredients intact. Eminence facials can greatly assist in firming, calming, and hydrating skin.



IMAGE SKINCARE is an evidence-based clinical skincare company, providing professional skincare products and effective skincare solutions. The most innovative brand in the industry, Image Skincare consistently produces the latest anti-aging, balancing, hydrating and illuminating technologies to further its mission of helping the world to Age Later.



Specialized, results-oriented **BIO-THERAPEUTIC** skincare treatments can greatly assist and address our main concerns: fine lines, sun damage, acne, scarring, hyperpigmentation, dryness, dehydration and overall appearance

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My Journey Begins



FITNESS CENTER RULES AND REGULATIONS

HOURS OF OPERATION

Operating hours are posted in the Fitness Center.

USE OF THE FITNESS FACILITIES

1. Fitness facilities are for the use of Gleneagles members and their guests. A valid membership or guest card is required to be presented upon arrival.
2. The Fitness Center recommends that all members and guests obtain physician's approval before beginning any new exercise program.
3. No person under age 16 is permitted in the Fitness Center.
4. Gleneagles shall not be held responsible for any injury suffered in the use of the Fitness Center.
5. No person shall engage in any activity whatsoever in the Healthy Lifestyle Center which shall interfere with another person's enjoyment thereon. Further, no obnoxious, unpleasant, unsightly or offensive activity shall be carried on, which shall interfere with the use of the Healthy Lifestyle Center. Any question with regard to the interpretation of this shall be decided by the Board, whose decision shall be final.

GUEST POLICIES

1. Immediate Family Guests and House Guests with valid guest cards must scan

their Gleneagles card each time they enter the Fitness Center and may use the Fitness Center unaccompanied.

2. All guests without a valid guest card may use the Fitness Center only when accompanied by a Member, and may not use the Fitness Center more than one time in any calendar month regardless of host. In addition, guests without valid guest cards may not participate in the Fitness Center Classes.
3. In Season: Guests may use the fitness facilities after 10:00am Monday through Friday and any time during facility hours on the weekend. Space permitting, guests may attend exercise classes after 10:00am.
4. Off-season time restrictions for Guests are waived for both the fitness facility and group exercise classes.

EQUIPMENT POLICIES

1. Members are asked to be considerate of other members who may be waiting to use equipment. The maximum time on any aerobic equipment is thirty minutes if someone is waiting.
2. Equipment should be wiped-down after use using the sanitary wipes provided by the club for that purpose.
3. Members and guests must restore all equipment (e.g. free weights, Smith-Machine plates, exercise rubber-bands, stability balls, etc) to their proper storage locations when their exercise routine is complete.

ATTIRE

Members and their guests must be properly attired. Cut-offs, jeans, and swim wear are not permitted. In addition, for reasons of safety: shoes without non-skid soles, open-toed shoes, and shoes without a heel-cup are also not permitted in the Fitness Center.

FITNESS CENTER ETIQUETTE

1. Strong colognes or perfumes should not be used.
2. Towels are provided for everyone exercising in the Fitness Center. To absorb perspiration, towels must be placed on equipment while in use, and towels must be deposited in the used-towel bin upon leaving the Fitness Center.
3. Food and beverage consumption in the Healthy Lifestyle Center is limited to the items that are available for purchase in the Fitness Center.
4. Changes (channels, volume, and tape programs) to TV's and other audio-visual equipment may be made only by Fitness Center Staff.
5. If you have questions about the safe or correct use of any equipment, consult the Fitness Staff.
6. Members may not bring in their own Personal Trainers or Physical Therapists. In a situation when a member is disabled, as determined by the Americans with Disabilities Act (ADA), and his/her needs cannot be met by the trained staff in the

Here



HEALTHY LIFESTYLE CENTER

PHONE NUMBERS

HLC Reception Desk
2nd Floor Fitness
561-495-2806

Group Exercise
561-495-2806

Spa
561-860-8711

On-Site Physical Therapy
561-860-8710

HOURS OF OPERATION *through April 30, 2020*

Monday & Wednesday . 6:30 am to 8:00 pm
Tuesday & Thursday . . . 6:30 am to 9:00 pm
Friday & Saturday. 6:30 am to 6:00 pm
Sunday 7:00 am to 5:00 pm

Open for classes at 7:00 am
Some classes and Fitness on Demand require registration, please see Class Schedule for details and call in advance to register.

Monday - Saturday. . . . 9:00 am to 6:00 pm
Closed Sunday

By appointment only.

Fitness Center, he/she may apply to the Board of Governors for an exception to this policy.

- Members should consider scheduling "personal training sessions" during relatively low-attendance hours (12-noon to 5-p.m.). All members and guests should exercise good judgment and reasonable care when using the Fitness Center.
- Only Aquacise participants may use the pool during Aquacise classes.

exclusively member charge.

- Persons with heart conditions, high blood pressure, heat sensitivity or those who are pregnant may not be allowed to receive select spa treatments. Pregnancy: If you're in your first trimester, we are unable to offer massage treatments, reflexology or any type of foot massage. If you're in your second or third trimester, you are able to receive any of our spa treatment.

GUEST POLICIES

Immediate Family Guests and House Guests with valid guest cards are permitted to book spa treatments at any time with no restrictions. Guests, other than Immediate Family Guests or House Guests with valid guest cards, may use the Spa no more than one time in any calendar month regardless of host, unless the guest will be accompanied by the member at the time of service. Guests may pay for spa services by guest credit card or member charge using their guest card.

CHILDREN

Children and teenagers under age 16 may not use the spa facilities at any time. Spa guests 16-17 years of age are permitted in the spa only when receiving spa treatments. Spa guests 16-17 years of age must have permission from their parent or guardian and a consent form submitted.

SPA RESERVATIONS

All spa treatments must be booked through the Spa.

GRATUITY

Gratuity is incorporated into the price all spa treatments. Offers of cash or any type of gratuity

to any employee or contractor of the Club for services rendered are prohibited. Any employee accepting a tip or gratuity will be subject to disciplinary action.

RELEASE OF LIABILITY FOR SPA TREATMENTS

All Massage Therapists and Estheticians are licensed by the State of Florida. Prior to the receipt of any spa treatment, a member and his or her guests will be required to sign a release of liability form agreeing to hold the Club and its governors, employees, representatives and agents harmless from any and all injuries sustained from use of the Spa.

ARRIVING FOR YOUR TREATMENT

Please arrive 15 minutes before your scheduled time. This will allow you to get checked in with ample time to enjoy the quiet rooms before your treatment.

CANCELLATION POLICY

As a courtesy to other members and staff, please notify us of any cancellations or change of appointments within 12 hours or the full service fee will be applied.

DAY LOCKERS

Members are permitted to store personal items in the day lockers as part of their treatment. Day lockers must be emptied out every night. The Club is not responsible for items left in lockers.

ENFORCEMENT

Management and Staff are obligated to enforce the Spa Rules and Regulations. Violations of these Spa Center Rules and Regulations should be reported to the Director of Healthy Lifestyle.

SPA RULES AND REGULATIONS

HOURS OF OPERATION

Operating hours are posted in the Spa.

SPA ETIQUETTE

For the enjoyment of spa guests, voice levels must be kept low. Cell phones and cameras are not allowed in the spa.

ATTIRE

Spa robes and facial wraps are provided for spa services. When unsure of proper clothing expectations for a treatment, please inquire with a Spa receptionist.

USE OF THE SPA FACILITIES

- Spa facilities are for the use of Gleneagles members and their guests. A valid membership or guest card is required to be presented upon arrival.
- Member payment for spa services will be



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AT GLENEAGLES COUNTRY CLUB

www.gleneagles.cc | 7667 Victory Lane, Delray Beach FL 33446 | 561-498-3606