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to change without notice.

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Welcome to

MIDTOWN WESTON

Massimo Policastro—General Manager

Dear Members.

Welcome to the fifth issue of *Sunshine* Magazine. As we celebrate our first year anniversary, I want to thank the entire Midtown team for the great effort they put into their daily tasks, which makes the Club so unique and special. From the first person who greets you at the door, to the tennis pro who shares his knowledge of the game, to the café staff and the trainers: they are the heart of Midtown.

In this issue we present some highlights from the USTA Pro Circuit tournament that we hosted here at Midtown Weston in January. Over two weeks, professional players challenged one another on our courts, and sixteen-year-old Denis Shapovalov emerged as the winner. Congratulations and best of luck for the future.

The excitment in the pro tennis world continued during the month of March. For the second year in a row, many of you had the chance to win tickets for the ATP Tournament Miami Open. In the next issue of *Sunshine*, we plan to share many pictures from Miami's tennis courts.



It's always with pleasure that I update you on the Club's ongoing renovations. The opening of the new driveway from Windmill Ranch to the Midtown parking lot is now official. The overall parking lot project has been a long, extensive process and we thank you for your patience. Other renovation work involved the Mind / Body studio, the Spa, and the locker rooms. First up was the Yoga room, where we have replaced the floor and improved the sound system. A new wall was built to reduce the sound from outside, and new speakers allow the music to flow in every corner of the room. The second phase of work was in the Spa, where an additional room was added, allowing us to enhance the services offered. Esthetic renovation was also made in the locker rooms. Next on the list: our tennis courts.

Thanks to our selected corporate partners, Midtown's members may take advantage of many exclusive offers, access to special events, and VIP services. We will continue to grow in adding exclusive benefits to your membership as our way of showing how much we appreciate your contributions.

Ciao,

Massimo



I would like to introduce you to our new Club Manager, Mariann Marinberg. Mariann has been with Midtown for nearly eight years. In her newly expanded role, she looks forward to helping take care of your needs here at the Club.

We look forward to your suggestions or comments! Please contact Jill Garzia, Engagement Manager: 954-400-6716 or Jill.Garzia@midtown.com.





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MEMBERSHIP

Patricia Garcia—Membership Director

The Benefits of Belonging to a Health Club

hen you think about belonging to any group or community, there are many positives that come to mind. People feel more secure when knowing they have others around them who share their goals and care about their progress. Belonging to a group and identifying with it seems to provide many benefits, including both one's mental and physical health.

A Sense of Belonging. As alone and individualistic as one can be, as human beings we need human interaction. We're social by nature. Some of us need more interaction than others, but we all need some. How wonderful it is to belong to a community that shares our interests and understands our passions.

Mutual Support. Whether it's building confidence, dealing with breakdowns or just needing support, having other people with common interests forms a bond that cuts across all differences.

- State of the Art Equipment: There is the opportunity to use the latest in fitness equipment. Being exposed to current fitness trends and programs provides greater variety and makes for a more fun and sustainable experience.
- A Place to Meet People: Health clubs are great places to meet, communicate and connect with like-minded spirits. We may feel encouraged to do workouts more regularly in the friendly ambiance of the club, especially if we join a friend.
- Monetary Commitment: Because we are paying for the services of the health club, we naturally tend to be committed to do exercise regularly and effectively.

Overall, a health club helps in enhancing the quality of our lives. Here at Midtown we have created an environment that promotes overall wellness, brings us closer to our loved ones and our community, and helps in achieving our fitness goals.



In today's busy world, people are becoming overly burdened with work and daily stress. To lead a productive and happy life, it is essential to maintain physical and mental health. Most people experience some or all of the following benefits when they belong to a health club:

• Intentional Exercise: There is an intentional need to do workouts regularly so the person becomes committed to visit the club every day or at least on a regular basis. The simple act of dressing specifically for working out at the club makes it more motivational than doing exercises in the living room, and this can lead to a more consistent routine.

We're a place to move, but we're not a gym. We're a place that nurtures a feeling of community, but we're not a country club. We're a place to get personal attention, but we're not a resort. Midtown is a unique athletic club that we like to say is more resort than club and more club than gym.

If you have yet to find out what the buzz is all about, I invite you to come for a unique and extraordinary experience at Midtown Athletic Club.

Visit us at www.midtown.com.

For more information about the benefits of becoming a member, please contact Patricia Garcia: 954-400-6711 or Patricia.Garcia@midtown.com.

ORANGE FRIDAYS AT MIDTOWN

SECOND FRIDAY OF EVERY MONTH 5:00am-9:00pm

Start your weekend off right. Invite a friend to join you at Midtown and we'll waive the guest fee. Get fit and have fun together experiencing all the club has to offer.

MAXIMUM 3 VISITS PER GUEST. FOR GUESTS 18 AND OLDER.

RSVP Required. Contact Patricia Garcia – Membership Director at patricia.garcia@midtown.com



EVENT

TENNIS

USTA Pro Circuit Event Returns to Midtown Weston for Sixth Straight Year!

The Midtown Athletic Club \$10,000 Futures tournament returned to Weston once again in 2016. This week's event is one of seven consecutive \$10,000 Futures held in Florida on clay courts to kick off the 2016 USTA Pro Circuit season. In conjunction with USTA Player Development, the USTA Pro Circuit continues to emphasize the importance of increased training on clay for younger players.

Many current USTA Pro Circuit and ATP standouts have found success in Weston:

www.midtown.com

2011 Weston singles finalist Jack Sock is ranked a careerhigh No. 22 and reached the final of the ATP event in Auckland, New Zealand, earlier this year. In 2014, Sock won his first career ATP singles title at the U.S. Men's Clay Court Championships in Houston, defeating American Sam Querrey in the final. He then reached the fourth round at the 2015 French Open and the semifinals of the Hall of Fame Tennis Championships in Newport, R.I., and then went on to win both of his singles matches in his Davis Cup debut in Uzbekistan. Jack has also thrived in doubles, winning the 2014 Wimbledon doubles title and the 2015 Indian Wells crown with Vasek Pospisil and peaking at a career-high No. 6 in the individual doubles rankings in May 2015; he also reached the doubles quarterfinals of the 2015 French Open. In 2011, Sock won the US Open mixed doubles title with fellow American Melanie Oudin.

2015 singles runner-up Frances Tiafoe has since climbed in the rankings; he made his debut in Australian Open qualifying earlier this month. Others include Brian Baker (Former ATP

Adult Tennis Director Ismael Rosales and tournament winner Denis Shapovalov

#52), Robby Ginepri (Former ATP#15), Bjorn Fratangelo (ATP#106). 2016 attracted perhaps the best crop of ranked players! The highest ranked player had peaked at No. 136 in the world last year while the last to enter was in the top 600! This is why Midtown Weston had such a treat this year

with Teenage Sensation (16 yrs. old) who had to come from the qualifying tournament to make the main draw and then win 5 matches to take home the prize money! Remember this name:
Denis Shapovalov from
Canada. He played 9 matches
in 7 days without losing a
set. Shapovalov also says:
"I will always remember
Midtown Weston as a great
experience and as my first
Pro Tournament win." In the
finals he beat Pedro Sakamoto
from Brazil 7-6 6-3 while
giving our over 150 members
a great exhibition of tennis.



The winner of the Midtown Athletic Club \$10,000 Futures, Denis Shapovalov

On Monday, January 25 we held a USTA Tennis Kids Day in conjunction with the Pro Circuit tournament.

Over 20 little ones from our programs came to play with Ace the Midtown mascot, Midtown coaches and some of the tournament players. Among them were Midtown High Performance Esteban Sierra, Luis Iriarte and Nelson Rengifo, who all played the wild card and qualifying tournaments, and member Andrew Heller, who played the qualifying event coming only one match short of making it into the main draw.

A big thank you goes to our tennis pro Rob Manchester who did a great job training and coordinating over 20 kids from our Programs to be the Ball Kids for the tournament.

Our next big Event will be the \$10,000 USTA Pro Circuit Women tournament starting on March 6.



Learn to play TENNIS in no time

6 LESSONS 3 WEEKS STARTS MAY 7
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There's a reason we use the word "LOVE" in tennis. It's because tennis is not so much a sport as it is a passion. And you can learn it in no time at Midtown Athletic Club.

Boasting the country's top programs and coaches, Midtown is a leader in tennis instruction for players of all ages and skill levels. We offer a variety of convenient lesson times, and we'll even lend you a racquet.

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PROGRAM

TENNIS

Ismael Rosales—Adult Corner

Turkey Bowl 2015

his year 8 families and 16 members came to the Club for a great "Turkey" workout. Coaches Michael, Carlos and Ismael played games and rotated courts for more than two hours.

Congratulations to member Isa Ochoa, who was the lucky winner of our annual raffle. Isa took home an organic turkey! The second raffle winner was member Rachael Manocchio, who took home a great big cake!

Following tennis, the group went to the lounge to enjoy great food and drinks, all provided by our M-Café.



Christmas Cup

n Saturday, December 19, we hosted our traditional Adult Christmas Cup (Men's and Women's doubles round robin). Over 30 players registered and played for more than 2 hours. We had great music and excellent food and drinks provided by our M-Café.

Congratulations to our winners:

Men's Doubles (3.5-4.0)

Winner: Rafael Oropeza Finalist: Samir Cury Finalist: Paula Burdash Third Place: Jesus Gonzalez Third Place: Holly Abisch

Mixed Doubles Rotating (2.5-3.0) Women:

Winner: Maggie Oriol Finalist: Sigal Sasson Third Place: Lisa Carbonell

Winner: Valeria Cisneros

Men: Winner: Yoav Magen

Finalist: Irfan Atesnak 3rd Place: Michael Moncrief

Divide & Conquer





For more information about Team Programs, contact Ismael Rosales, Adult Tennis Director: Ismael.Rosales@midtown.com.

FAMILY COMFORT FAMILIAR RHYTHM CONVENIENT ROUTINE









KEEP YOUR FAMILY COMFORTABLE.

Life sometimes gets complicated, so when you need to get away, you can always settle in at Residence Inn Weston. Our multi-room suites ensure families that travel together can stay together, too. And with amenities ranging from comfy bedding and fully-equipped kitchens to free hot breakfast, grocery shopping services and an on-site pools, there are plenty of options to help keep you relaxed and energized.



FIND A FAMILIAR RHYTHM.

The TownePlace Suites Weston is ideal for the savvy traveler who appreciates value and requires accommodations for longer stays. Offering spacious suites with fully equipped kitchens, TownePlace Suites hotels provide a thoughtful design of separate spaces that allow guests to comfortably work at their Home Office™ Suite and also relax when they are away from home. Key amenities include complimentary breakfast and Wi-Fi, as well as a TowneMap to help guests connect to the local neighborhood.

USTA Men's Team Wins State Championships

The USTA Men's 7.5 Combo team had a terrific season locally, winning the league without losing a match. They did not stop there, going on to States and, without losing one single match, took the 2016 State Championship title.



Congratulations to:

Front row: Gaston Belen, Luis Dilauro, Gustavo Risquez (captain), Melvin Villafane, Ron Coletto; Back row: Jose Bruna, Gary Lazarus Juan-Pablo Cofino, Bill Guasch, and Humberto Furtado

Cardio Tennis for Midtown GMs



n Thursday, January 21, in the early morning hours, Midtown Athletic Club's general managers from all over the US and Canada came to experience Midtown Weston's Cardio Tennis!

Coaches Kiki, Uriel and Ismael helped the group start the day on the right foot.

The group joined together for their annual operations meeting, bringing many new ideas for continuing to enhance the member experience.

Williams Island Country Club Visits Midtown

n Sunday, January 24, 40 members of both the Williams Island Country Club and Midtown Weston took the courts for a friendly team match.

The first round was center stage for men's and women's doubles. Team Williams Island narrowly won by a score of 43-37.

The second round saw the wind change sides, with Midtown taking the mixed doubles 47-33.

The third round allowed members of both teams to pair up for more friendly matches, while the coaches compiled the final team score: Midtown won 84-76!

Everyone had great fun getting to know new friends and sharing their great passion on and off court around another delightful lunch provided by the M-Café.

The real winners: All the participants!





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PROGRAM

TENNIS

Laurent Leclerc—Tennis Director

Velocity Junior Program

Saturday, January 16 was the fifth Play Day, organized this year by Midtown's team of certified coaches. The event is a chance for all youngsters to learn how to compete and play points. Players have the opportunity to play with different partners while the coaches instruct on strategies and tactics—reminding the players about their technique and how to keep score, as well as reviewing the essential rules of tennis on the red and orange ball courts.

Make sure to consult our brochure for the next upcoming Play Day or send your email address to Laurent.Leclerc@ midtown.com to receive all the program updates.

PROGRAM







idtown congratulates Andrew Heller, longtime member of Midtown Athletic Club, for his recent signing of a letter of commitment with Yale University. It was with great pride that family, staff and members cheered Andrew during the qualifications round of the \$10,000 USTA Pro Circuit event, where he came only one match short of qualifying for the main event. Andrew, it has been great to see you

blossom as a young man and player.

Good luck!

TENNIS

Luis Brest—Junior High Performance Corner





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TENNIS

Carlos Porfirio—High Performance Coach

U-COACH

A New Way to Enhance Your Performance

hat inspired me to create U-Coach? During my career as a tennis coach, I have recognized that many players don't follow a game plan or play with good concepts. As coaches working with high performance players, we know they need to work out a clear game plan and follow it if they are to win more matches and advance more quickly in their game. U-Coach is an app that can help players do just that.

How does it work?

U-Coach collects a database from all of our player's matches, including their opponents. Utilizing this data, we can better understand the level of not only our own players, but also of our rivals. We can create specific winning patterns for each of our players, and in turn be knowledgable about the vulnerablilties of our opponents.

Here is an illustration of U-Coach in action. As we know, tennis players win more points after first serves than second serves, but not everyone wins the point just with the serve. Some players win the point more often using three, four, or more shots after serving, while others just with the serve

or playing fewer than three shots. So, each player has to determine their own game plan based on their individual statistics. For example, let's imagine we have a player who averages 30 first serves per match and 16 second serves, and after the first serve wins 23 points playing more than three shots—one with an ace and one with a winner serve—but with the second serve won 8 points and lost 8 points. Utilizing U-Coach, we can discover that for this player, the game plan should be to serve thinking that they have to win the point after 3 shots, because if they try to win the point just with the serve, they will often play the second serve where statistically they win and lose equally.

One of the most important things that U-Coach offers is its "Remote Coaching" option. With the user name and the password of the player, the coaches can see what is happening with their players during a match in a real time, and provide better coaching options.

In this app, there are different buttons, each one for a different purpose:



Carlos Porfirio, High Performance Coach and creator of the U–Coach app

1W Ace	Point won, with an Ace Serve.
1W Winner	Point won, with a Winner Serve.
1W -3 Hits	Point won, playing less than 3 shots.
1W +3 Hits	Point won, playing more than 3 shots.
1 Lost	Point lost, after doing First Serve.
2W Ace	Point won, with an Ace Serve after the second serve.
2W Winner	Point won, with a Winner Serve after the second serve.
2W -3 Hits	Point won, playing less than 3 shots after the second serve.
2W +3 Hits	Point won, playing more than 3 shots after the second serve.
2L Double	Point lost, Double Fault.
2 Lost	Point lost, after the second serve.

To learn more about the U-Coach app, contact Coach "Charly".

FITNESS

Loryn Huff—Fitness Trainer

HPS

Loryn Huff: Secrets to a Flat Belly



/hen meeting with current and potential clients, one of the most valuable questions I ask is "What is your most important goal?" The most common responses I hear—from young athletes, to post-partum mothers, to middle aged business men—are "I'd like to burn fat in my midsection" or "I really want to see my abs!" Everybody seems to want that elusive, slender waist. I'd like to share with you some of the tips I have found to be the most effective for burning belly fat and keeping

a strong, athletic core throughout my last ten years of being a private coach, fitness competitor and mother of two.

#1: Incorporate some type of high intensity interval training (HIIT) into your weekly exercise routine. This is how athletes consistently train to keep a lean physique, and more importantly, a strong base to support their intense training schedules. If you want to start incorporating this type of training, look for programs/ exercises that require high bouts of intensity with shorter recovery times. For beginners, try short and fast sprinting intervals on the elliptical or treadmill, or jump into a cardio tennis class. For a more advanced HIIT experience try a Cycle



Excel class, Les Mills GRiT class, or talk to one of our private coaches to design your very own program.

#2: Crunches aren't king anymore!

Contrary to popular belief, you don't need to do 500 crunches every day to see your abs. Exercises like planks, side planks, leg raises with a stabilized spine, and plank skis are some of the best exercises to not only strengthen your core muscles but flatten out and shape your waist and "six pack" muscles.

Think of it as working on your own personal girdle.

Tighten the deepest muscles of your core and create a smaller waist simultaneously.



#3: Increase your daily fiber intake.

Abs are certainly "made in the kitchen", so when trying to burn body fat you have to analyze your dietary intake.

Start by writing a food journal for three days and look at what you are eating that may be contributing to extra pounds.

Are you eating enough fruits and vegetables? Is your diet too high in simple carbohydrates (sugars)? The Institute of Medicine recommends women eat 25 grams of fiber daily and men eat 38 grams of fiber daily. Replace simple carbohydrates in your diet with high fiber foods such as beans, peas, chickpeas, artichokes, berries, whole wheat flour, bran and dark leafy greens. Eating a diet rich in fiber helps maintain a healthy digestive tract and keeps you fuller longer, controlling cravings and unnecessary snacking.

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#4: Stay hydrated!

Drinking plenty of water every day prevents unwanted water retention that can make you look heavier than you actually are. Aim for half your bodyweight in ounces.

When you're hydrated your brain signals the kidneys to rid itself of any excess fluids. When you're dehydrated the opposite occurs; your brain signals the kidneys to hold onto fluids to maintain bodily functions, causing water retention and that "puffy" look.

#5: Improve your posture and always engage your core.

Sometimes changing your physique is as simple as changing your posture.

It's not only important to engage your core (pulling your belly button in towards your spine) during exercise, you should be continuously doing this throughout the day.

While you're taking a walk, doing housework or giving a presentation, stand tall with your shoulders back and your belly slightly drawn in.

This gives you the appearance of a smaller waist but also signals your core muscles that they are important and need to be "working" all day long.



Try a Les Mills GRiT class with me on Tuesdays at 12:00 noon or Saturdays at 9:45 a.m., or one of my Strength Fusion classes Thursdays at 9:15 a.m., Thursdays at 7:00 p.m. or Saturdays at 9:00 a.m. to strengthen your core and improve your physique. You can also contact me for private coaching or nutritional coaching via the front desk.

For more information on our Fitness Program, contact Jennifer Thomas: Jennifer.Thomas@midtown.com.

MIDTOWN SPOTLIGHT

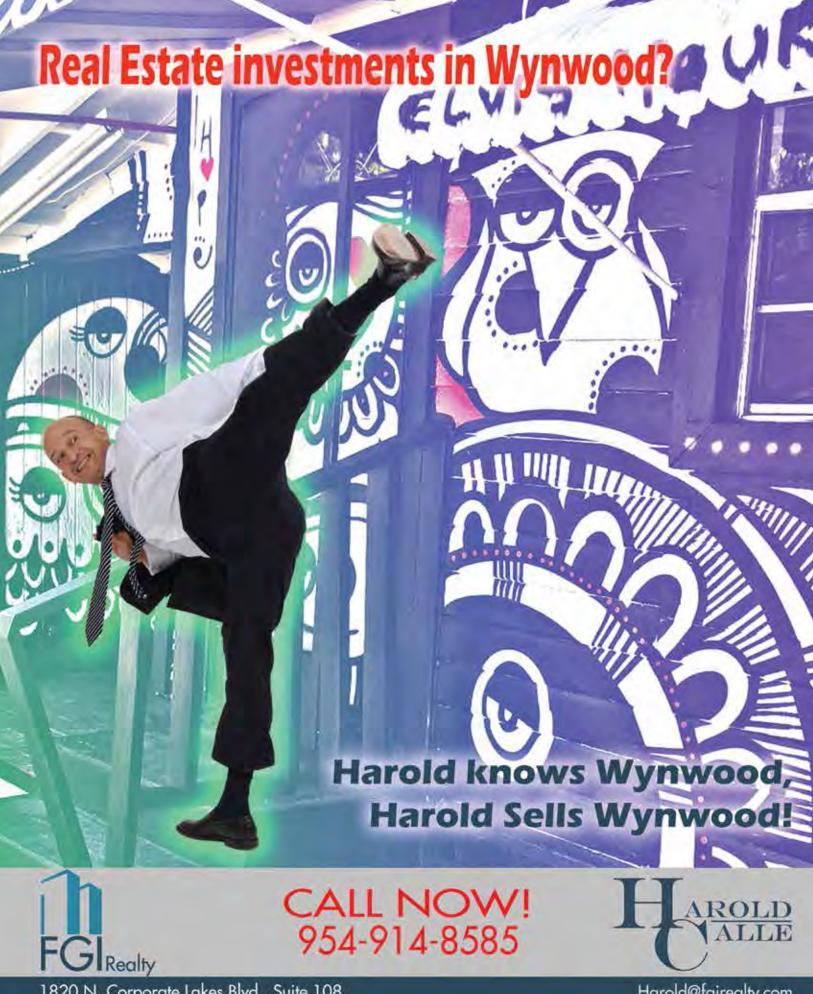
Meet Mister World Peru



Alan Massa came to work out in our amazing facilities during his visit to Florida. Alan is not only a professional model and the image for Vercchelli-Peru, his title as *Mister Peru* was earned last December 2015 in "Casa Prado" de Miraflores-Peru, and he will participate in Mister World in London this year. Alan has always been a sports fanatic. He plays soccer and basketball, and loves to work out daily. He is also passionate about singing and is an animal lover.

Alan considers himself a very positive and enthusiastic person, and lives his life to the fullest. It was a pleasure to meet you, Alan—and we are glad you enjoyed your time here at Midtown.





1820 N. Corporate Lakes Blvd., Suite 108 Weston, FL 33025

Harold@fgirealty.com www.fgirealty.com www.midtown.com MIDTOWNSUNSHINE





FITNESS

Martha Theran—Fitness Trainer

7 Fat Burning Tips to Drop Pounds and Keep Them Off All Year!

Losing body weight is easy, but losing it from body fat and keeping it off is not. Are you ready to look good, feel great, and perform better this year?

Here are 7 great tips to incorporate into your new year's plan to help you burn fat and keep it off.

#1: Water...

- is important for proper functioning of the cells.
- is food for the brain.
- transports nutrients to the cells.
- helps boost metabolism.
- removes toxins and waste.
- maintains muscle tone.
- burns fat.
- aids in digestion.
- cushions and lubricates organs, bones, and joints.

Drink a minimum of 2 liters of water per day!

#2: Protein

Next to water, protein is one of the most important nutrients for vitality. Proteins build muscle, enzymes, and some hormones. For these reasons, using protein for energy is not recommended. Fish, chicken, lean meat, and legumes are some options. Protein should contribute to 20-30~% of your daily energy intake.

#3: Carbohydrates as body fuel!

Carbohydrates are the best source of energy for all the body functions. They assist in the digestion and assimilation of food. Their high fiber content makes them a great tool for fat burning. Aim to consume 40–50% of your calories from complex carbohydrates such as whole grains, fruits, legumes, and vegetables. Go easy on processed carbohydrates such as artificial sugars, cereals, cakes, sodas, and alcohol.

#4: Fats...make room to burn fat...

Fat is a nutrient that is as essential as proteins and carbohydrates. Fats perform vital functions in the body such as the production of male and female hormones. It is needed for the regulation, transport, and absorption of fat-soluble vitamins. Add unsaturated fats such as nuts, seeds, avocados, and liquid oils to your nutrition plan. A rule of thumb is to consume 15–20% of your daily calorie intake in unsaturated fats.

#5: MUSCIE is your fat burning machine!

Add weight training to your daily routine. Muscle burns 20% more calories than fat. In addition, exercise helps in detoxing and cleansing your system while helping you melt fat from your body. People who exercise regularly and eat well tend to get leaner faster. Try to engage in some type of weight bearing exercise for a minimum of 30 minutes a day.

#6: Cardiovascular...essential for fat burning! Weight loss is just one of the many benefits of cardiovascular exercise. It improves heart health, increases metabolism, and reduces risk of diseases and stress. Aim for 20–45 minutes a day.

#7: Rest! Get some sleep.

If you want to shrink your fat cells, preserve your muscle, and wake up less hungry and more energized, sleep more... 6–8 hours a night.

So, now that you know the 7 fat burning tips, go put this knowledge to practice and become a fat burning machine this year!



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MIDTOWN
ATHLETIC CLUB®



NEWS

FITNESS

Pilates—Teri Lewis

PILATES MOTR®

Cardio, Balance, Core and More!

This unique approach to fitness and wellness can dramatically transform the way your body looks, feels and performs. Pilates builds strength without excess bulk creating a sleek, toned body with slender thighs and a flattened abdomen. Pilates teaches body awareness, supportive posture and easy, graceful movement. It also improves flexibility, agility and economy of motion. It can even help alleviate neck and back pain.

We welcome our new piece of Pilates equipment: MOTR®.

Using a retractable pulley system, MOTR (Movement On The Roller) is a portable apparatus that allows you to train anywhere while focusing on key principles of alignment, balance, core control and functional movement patterns. We use a variety of exercises with multiple variations to provide appropriate fitness challenges for clients at any level, from senior citizens to professional athletes.

Using the Principles of Pilates, combined with the power of aerobic conditioning and the balance and release exercises of a foam roller, you can take your workouts to the next level. Be inspired by the MOTR®!

We look forward to seeing you at our trial classes coming this spring.













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FITNESS

Yoga—Leslie Morris



Yoga: A Healthy Back is a Back in Balance

hether you wake up with a tight lower back, your desk job has you aching, or you overdid it at the gym, yoga can help. Yoga asanas or postures help increase flexibility, strength and stamina by moving the spine in all six of its natural directions, creating synergy and balance.

In yoga it is said, "You are as young as your spine is supple." Unfortunately, when an estimated 85% of people in the US will likely experience a serious episode of low back pain at some point in their lives, we clearly have a nation of physically old backs regardless of our biological ages.

Lack of flexibility carries an increased risk of injury during training for strength and endurance. That is why being in good shape does not guarantee a pain-free back. Our backs buckle under a puzzling array of stresses and strains, both major and minor. We can hurt ourselves as easily bending down to tie ours shoes, sneezing, or taking out the trash as we can lifting a heavy object or falling. If you are an athlete, avid sports enthusiast or fitness fanatic who runs, jumps or does rapid dynamic movements, you produce tension on the lower back. Repeating this over and over without properly stretching and releasing tight muscles can cause overuse injuries.

Low back pain is as much a mind-body problem as it is a physical one because stress and emotions contribute to the cause and continuation of low back pain. Mental stress not only increases the holding of tension in our body, it distracts us from being mindful and puts us more at risk of overdoing. We are often too distracted and wound up by daily obligations to pay attention and listen to the subtle messages our bodies send, creating more tension.

If you are experiencing new or increasing pain, seek medical advice before attempting a new fitness regimen, including yoga. Once you get the OK, here is an easy sequence of three soothing poses you can try.

#1: Cat-Cow (Marjariasana)

Why it works: This is a great warmup because it brings flexibility to your spine by stretching it both ways (flexion and extension). It mobilizes the hips and abdomen to relieve low back pain and sciatica.

How to do it: In table top position with shoulders over wrists and hips over knees, inhale into "cow" by lifting head and tailbone while letting belly drop. Exhale into "cat" by pulling abdomen up rounding spine toward the ceiling and tucking chin in toward the chest. Extend the breath longer in "cow" to deepen the opening in the lower back. Synchronize the breath with movement for five rounds.







2-Supported Spinal Twist (Supta Matsyendrasana)

Why it works: It stretches the erector spinae and gluteal muscles, massages the back and hips, and hydrates the spinal disks while lengthening, relaxing, and realigning the spine.

How to do it: Lie on the back with knees bent and arms out shoulder height in a T position. Exhale, lowering knees to one side keeping both shoulders pressed firmly down. Hold for 1–2 minutes. To release the IT band and sciatic nerve, the top leg may be extended open as straight to the side as possible. To release the hip flexor and quadricep, the bottom leg may be extended completely. If legs are opened, bend both before rolling to the other side and repeating the sequence.

3-Legs Up The Well (Viparita Karani)

Why it works: It eases anxiety and stress, drains stagnant fluid from extremities, relieves lower back pain, calms the mind, gently stretches the hamstrings, legs and lower back.

How to do it: Scoot buttocks all the way into the wall and place a folded towel under lower back. Extend the legs up the wall, allowing the soles of the feet to face the ceiling and the sacrum to drop towards the floor. Hold 3-5 minutes.



Leslie Morris

Education:

Bachelor of Science Adapted Physical Education; Master of Science Exercise Physiology.

Certifications:

ACSM Clinical Exercise Physiologist; Certified Tobacco Treatment Specialist; 200 hour Yoga Certification; Currently pursuing 800 hour International Yoga Therapy Certification

Practical Experience:

Former University of Miami Hurricanette; Dancer with University of Florida, University of Miami, Raz Ma Jazz Broadway Musical Review touring company; Started teaching aerobics in college for work study becoming the first group of instructors to be certified by AFAA; Working in Cardiopulmonary Rehab and coaching/training high risk clientele with various physiological, neurological and psychological health issues for 25 years.

For more information on yoga private, group classes and workshops, please contact Jennifer Thomas: Jennifer.Thomas@Midtown.com. www.midtown.com MIDTOWNSUNSHINE

FITNESS

From the Land Down Under: Midtown Presents ZUU Fitness

Nathan Helberg—Australian ZUU Creator—brings his world acclaimed training to Midtown Athletic club in March 2016!

Used by Elite Sporting teams, Athletes, Military, Virgin Active Health Clubs across the UK, Australia, Asia & Europe, this primal animal movement training delivers all it claims in short, fast-paced sessions.

ZUU has massive benefits for those looking for low impact, HIIT training that will burn body fat long after the session. It also increases mobility, body composition and cardiovascular strength. **ZUU** is underpinned by an inclusive culture of respect that brings people together.

Bringing studio classes, small group PT and one-on-one sessions to Midtown Athletic Club, **ZUU** teaches movement, precedes equipment and focuses on empowering the user for life.

Courses for **ZUU** level 1 certification will also be held at Midtown Athletic Club throughout the year.



"We look forward to bringing our unique training to Midtown's wonderful members and working closely with all of the coaches."







Check for master classes and workshops! wwww.thezuu.com.au



- Primal Movement
- Strength
- Mobility
- HIIT Training
- Low Impact
- Fat Burning
- Sports Conditioning

www.midtown.com MIDTOWNSUNSHINE



NEWS

CHILDREN'S PROGRAM

Milena Reichenbach-Kidtown Manager

Family Appreciation Month

pril will be the month dedicated to active family time at the Club. Each week of the month, there will be an opportunity to join the Midtown team in movement based classes. The schedule includes activities for all children under 12 years old: tennis, yoga, dance, swimming and much more that will combine physical exercise with fun family time. Here is what we are going to be working on:

YOGA. Reconnect with your body while enjoying time with your child/children. You may find that your anxiety is reduced, you're more centered, and you will experience the true harmony of it all.

Dance. Challenge yourself in different ballet moves. Working on balance, coordination, and rhythm will be more fun when practicing with your child.

Tennis. Get close to the game of tennis with the help of our coaches, and learn how we practice tennis for all different age groups.

Swimming. Enjoy a stress-free, educational swim with your children and discover how water can make you and your child bond.

Art & Music. Explore art, creativity and playtime with each other. Our aim will be to inspire imagination in both kids and parents alike!



For more information regarding dance, movement program, and Kidtown events, please contact Milena Reichenbach: 954-400-6811 or Milena.Reichenbach@midtown.com.





Amazing Race

elebrate our Family Appreciation Month by participating in the Amazing Race, a family event where members and guests team up for a day of adventure at Midtown!





Sometimes in your *life* you have to think *outside of the box*, Life is not all about dieting and Diet is not eating less. Having a *Healthy Lifestyle* is about learning how to make the changes to keep a weight that your body is comfortable with. Your health doesn't deserve a quick fix. At *Weston Medical Health and Wellness* we look at the cause of your excess fat or whatever your goal is, and we work with you to *create the solution*.

"It's not about Vanity. It's about your Health"



We offer genetic analysis to guide your diet and exercise and achieve your goals for good. No more guessing.

Also available:

- * BIO-IDENTICAL HORMONAL REPLACEMENT.
- * MEDICAL-GRADE SUPPLEMENTS AND MEAL REPLACEMENTS.
- * VERJU LASER SYSTEM

MD's Diplomates of the American Board of Obesity Medicine.

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FOR MORE INFORMATION GO TO: WWW.WESTONMEDICALWEIGHTLOSS.COM
WESTON MEDICAL HEALTH & WELLNESS INC.
1605 Town CENTER BLVD, SUITE D
WESTON FL 33326
PHONE 954-389-1800

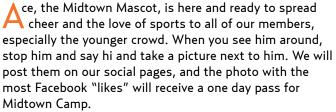
Summer Camp 2016

Spring is inevitably followed by the summer months when kids are out of school—and with that comes 10 weeks of summer camp at Midtown! Our camp is a sports-based weekly program that will keep your children active and focused. Tennis, swimming, boot camp, yoga, arts and much more make this an active—and fun—experience.



Welcome ACE!

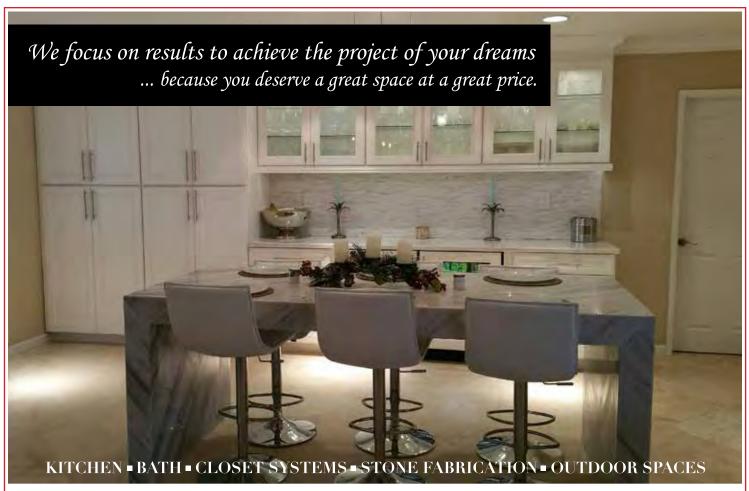


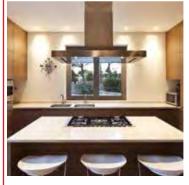




















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AQUATICS

Raphael Lima—Aquatics Director

The Importance of Swimming Skills for Safety, Health and Enjoyment

If you are like me and learned how to swim as a child, the importance of swimming skills may not be obvious since you probably take them for granted. The systematic instruction that today's children receive is a great improvement over how we were taught fifty years ago. However, not being able to swim in today's society can be mildly annoying at best and life threatening at worst. Let's review why.

Swimming and Water Safety

The importance of swimming lessons for water safety can't be overstated. Everyone—especially children—should know how to swim. Sadly, this is not the case; every day in the US, nine people die from drowning. That's also why you should never let a child play unsupervised in the proximity of a pool or a pond.



Stop by our front desk today and find out how you can sign up for one of the best exercise programs you can give to your loved ones—and why not to yourself? We

offer a variety of swimming/ training classes for all ages and levels. It is NEVER too late to learn something new!

The Benefits of Swimming

On a lighter side, the health benefits of swimming are numerous. Regular swimming trains the cardiovascular system, is a low-impact exercise, and a great total body workout. There are also psychological benefits to swimming.



A swim session at the pool relaxes the mind and lifts the spirit.

Swimming is also an occasion for social connection—a recreational activity to simply enjoy the company of friends and to cool off when it's hot outside.

Additionally, the ability to swim opens up many recreational possibilities that wouldn't be safe to engage in otherwise such as surfing, kayaking, sailing, and boat fishing.

For more information, please contact coach Raphael Lima: 954-400-6862 or Raphael.Lima@midtown.com.



MIDTOWN WESTON

Front Desk Team

CLUB

Kevin Munoz

Position: Front Desk Supervisor

Birthday: August 20

Favorite workout: Circuit training.

Classes a member might find you in: Cardio kick, strength

fusion, dance.

How long have you worked with Midtown: 1 month Fun and random: 1 am an independent film maker and a

major movie buff!

Camilo Angel

Position: Front Desk Associate

Birthday: June 10

Favorite workout: Push and pull split routine.

Classes a member might find you in: Masters swim and

vinyasa yoga.

How long have you worked with Midtown: 3 years

Michael Angulo

Position: Front Desk Associate

Birthday: October 31

Favorite workout: Running and all types of yoga

Classes a member might find you in: small group training,

GRiT, any yoga class.

How long have you worked with Midtown: 4 years 11 months

Fun and random: I love animals but I also love to travel and be outdoors. You can find me kayaking or hiking on the weekends and in between that I am practicing wilderness tactical and survival skills. I am known to sleep in trees ...in my hammock of course! Oh yeah one more thing—I am also an ordained minister able to practice in any state.

Daniela Estrada

Position: Front Desk Associate

Birthday: May 17

Favorite workout: Yoga.

Classes a member might find you in: Sound healing and

yoga on Wednesdays.

How long have you worked with Midtown: 6 months Fun and random: I like working at Midtown because of all the positive people around me. I love being outdoors, whether it's the park, the beach, camping, hiking, or skiing...

I LOVE IT ALL!

Michele Hancock

Position: Front Desk Associate

Birthday: September 2

Favorite workout: Running, swimming, weights and bike.

Classes a member might find you in: GRiT.

How long have you worked with Midtown: 2 and a half years.

Fun and random: Every Saturday and Sunday I ride my bike or walk to Midtown with my best friend for the baked oatmeal.

It is too good to miss.





Maria Ciara Fecha

Position: Front Desk Associate

Birthday: April 19

Favorite workout: Spinning class.

Classes a member may find you in: I love to play tennis and

attend Pilates classes.

How long have you been with Midtown: 2 years

Fiorella Santoro

Position: Front Desk Associate

Birthday: February 10 Favorite workout: Cardio.

Classes a member might find you in: Vinyasa yoga and Dance.

How long have you worked with Midtown: Recently rehired

however I worked 2 years in the café.

Fun and random: I love to watch movies and be in the ocean. I've lived on the other side of the world and have traveling as

a passion. I am also a foodie!



Permanent Lockers

How many times does it happen that you arrive at the gym and realize you forgot your sneakers, your tennis racquet or your exercise gloves?

For your convenience, Midtown offers a permanent locker service so that you can safely store your belongings. With one less thing to lug back and forth, it could potentially make your workout routine easier.

For more information on permanent lockers, please contact Kevin Munoz: 954-400-6688 or Kevin.Munoz @midtown.com.



www.midtown.com MIDTOWN SUNSHINE

MEET OUR MEMBERS

Jill Garzia-Engagement Director



Beverly England: 20 Years at Midtown

We often work out next to someone who has overcome many challenges in their life as well as made significant progress on their personal wellbeing. Here is a heartwarming story of one of our members who we've had the pleasure of servicing for over 20 years. I am so happy to know that Midtown has been such a support to Beverly!



Peverly England, age 88, is one of the original members to join Weston Athletic Club when its doors first opened. The Club became her zone/place/special space...

Widowed with three girls to raise, she worked nights as a nurse anesthetist, administering epidurals to countless moms in labor. Days were spent organizing, schlepping and trying to catch some sleep while the girls were at school. Needless to say, all of those years devoted to bringing up her family

wreaked havoc on her health, so when she joined Midtown, it was her time. Time to lose the weight that so stubbornly hung on. Time to repair, time to be in a healthier place...

Beverly began working out for the first time in her life by attending daily classes in either yoga, water aerobics or Pilates group exercise. She cut bread from her diet, lost 40 pounds and became an ardent Scrabble player. Poolside became her social space, hanging out weekdays with a group of friends playing Scrabble outside and socializing. Midtown offered a comfortable daily routine and whenever family was in town, it became the place to bring them for workouts,

spa indulgences, lunches and lounging poolside. The Club has provided a wonderful memory zone as well—she celebrated her 70th birthday/retirement party with family and friends poolside.

Her deteriorating knees became an obstacle in attending group classes, so these days, Beverly and her daughter



Beverly with Pilates trainer Gwen

Ann take Pilates Reformer classes three days a week with instructor, Gwendayln Janigan. Her reward at the end of

every workout is a visit to the spa whirlpool. She often comments on how blessed and spoiled she feels by having this club right in her neighborhood and loves the fact that she can share it with family and friends.

Midtown has been a healthy, social, memorable constant in Bev's life. She plans to stick with her healthy workout schedule as long as her health allows.



Three generations in the Pilates Reformer Studio

www.midtown.com MIDTOWN SUNSHINE



The Midtown Community

Open The Wall

idtown members Karen Shapiro and Alejandro Mendoza have joined forces to create Open the Wall. Open the Wall's mission is to raise \$20,000 in association with the April 18th, 2016 Boston Marathon to support Paul Newman's Hole in the Wall Gang Camp. The Hole in the Wall



Gang Camp was founded in 1988 by Paul Newman with one simple premise in mind: that every child, no matter their illness, could experience the transformational spirit and friendships that go hand-in-hand with camp. Together, hand in hand, Karen and Alejandro will run across the finish line, helping to ensure that seriously ill children can have a fun-filled experience defined by compassion, laughter and acceptance.

To make your tax-deductible donation, please visit OpenTheWall.org.

Helping Adults with Autism to Perform and Excel

liseo Sanchez was concerned about his son, 19 year old Fabio-Andre. Fabio-Andre is a really nice person, goes to Cypress Bay High School and has a part time job at the local Doubletree Hotel. He also happens to be afflicted with autism. Eliseo was determined that when Fabio leaves high

school at age 22, he would be on a path that would allow him to live an independent life and be able to take care of himself, unlike most young adults with autism.

Eliseo is a man with boundless energy, a clear visionary with a winning personality. He decided that he would start an organization, "Helping Adults with Autism to Perform and Excel", —HAAPE, pronounced "HAPPY". He enlisted

several Midtown members/friends to join him to bring his vision to reality. Eddie Santiago joined as a board member and HAAPE Secretary/Treasurer. Debbie Santiago, who works with the autistic community, came aboard with her role as a board member of Salud Centro. Harvey Gaffen joins as a board member who brings an exemplary history of forming and raising over \$60 million on behalf of The Les Turner ALS Foundation (LTALSF). Bonny Gaffen, who was the fundraising leader for LTALSF, joined the Advisory Board. Larry Rothman joined as Chairman of the Advisory Committee which encompasses medical, legal, strategic and fundraising subcommittees. HAAPE is in an embryonic stage and is registered as a non profit, IRS Section 501c3 organization, which means donations are tax deductible. HAAPE's vision is

for young adults with autism to live independently. HAAPE's goal is to become the focal point for combining the needs of these people with the available services they require in order to live their lives to their fullest. HAAPE will assist members to make the transition from home to independent housing,

from school to a career, from a life of dependency to an independent life.

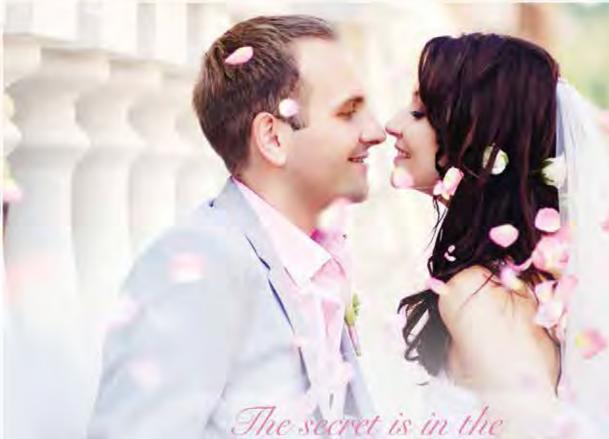
HAAPE's immediate mission is to become a community that provides fundamental resources to young adults 18-30 afflicted with autism, so they may receive the individual assistance that enables them to perform the daily tasks and routines of living. The HAAPE community would consist of young adults with autism, their families, sponsors,

supporters, volunteers, providers and educators.

There is an incredible need for HAAPE. Current statistics indicate that over one-third (37%) of young adults with autism become disconnected during their early 20s, meaning they never hold a job or continue education after high school. Only 19%—fewer than one in five young adults on the autism spectrum—ever live independently. HAAPE hopes to bring new happiness to these young people and their families.

HAAPE is reaching out to our fellow Midtown members to become members and/or volunteers. Please contact Eliseo Sanchez: 787-462-8700 or eliseosachez777@qmail.com.





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SPA

Nasilis Guzman—Spa Coordinator

Healthy Hair

Your hair says a lot about you and is an extension of your identity. The color, cut and length come to show the world a piece of who you are. Here are a few beauty tips for shiny, strong and healthy hair.

- Shower with warm water.
 Hot water can dry and/or irritate the scalp.
- Massage your scalp.
 Every time you wash your hair, massage your scalp for at least one minute to stimulate hair growth.
- Use a wide-tooth comb.
 To prevent damage, only brush and detangle your

hair with a wide-tooth comb. Consider leaving a comb in your shower and use it while you still have conditioner in your hair to remove tangles.

- Use a leave-in conditioner. It will hydrate and protect your hair. A leave-in conditioner on your hair is the equivalent of moisturizer on your face. Concentrate on the ends, using just a small amount and avoiding the roots.
- Pre- and post-swim rinse. Taking a quick cold shower before entering the swimming pool will minimize absorption of chlorine, and also rinse immediately after swimming.
- Buy shampoos and conditioners that match your hair type.
 Stop by Midtown Spa and ask to our hair stylists what specific hair product is best for your hair.

Get Rid of the Dryness

Spring is here, so now is a good time to fight the dryness that winter causes, and exfoliate your skin to prepare it for summer. Ask your aesthetician which is the best exfoliation for your skin. It can be a microdermabrasion, peel or a good exfoliator. Get yourself—and your skin—ready for summer!

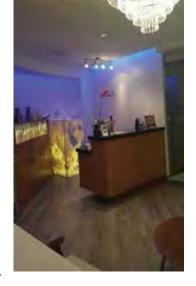
For more information, please contact Nasilis Guzman: 954-400-6802 or Nasilis.Guzman@midtown.com.



Massage Time

Should I or shouldn't I?
You don't need a reason to have a massage. Massage therapy is good for you on so many levels. It's good for you physically, mentally and emotionally and it is wonderful for your soul.

So, when should I get a massage? When you are feeling fatigued, mentally stressed, sluggish, lethargic, achy or even injured; these are all indicators that massage may be beneficial for



you. If you get a massage when you are stressed out, it won't necessarily solve your issue, but it will help you deal with your stress in a more constructive way. If you are injured, it will help bring circulation to the affected area and assist your



body to heal itself and also provide some pain relief. If you are simply feeling sluggish, massage will help get rid of the fatigue and will give you renewed energy.

These are just a few things to keep in mind. Come to Midtown Spa and enjoy all of our different services. Our experienced staff are more than happy to assist you. Join the group of many satisfied customers at Midtown Spa.





S/VIII

FOOD & BEVERAGE

Check Out Our New Menu with Delicious Creations from Midtown's Chef





QUICK BITES

BAKED BRIE BOARD French Baby Brie & Red Raspberry-Fig Compote	\$10	CHEESE TEQUENOS (5)	\$6
JAPANESE POTSTICKERS-GYOZA (5)	\$6	ORGANIC CHICKEN TENDERS (5)	\$7
Served with homemade Dipping Sauce		SIGNATURE SWEET POTATO WEDGES with Cinnamon-Chipotle Seasoning	\$6
CHICKEN & CHEESE QUESADILLAS Served with Salsa and Avocado Crème	\$6	, ,	4.
		BASKET FRENCH FRIES	\$4

SALADS / SOUP

ROASTED GARLIC TOMATO SOUP DAILY HAND CRAFTED SOUP	\$5 \$5
CUSTOM SALAD CREATIONS Design your own salad with organic & fresh ingredients	
GREEK SALAD Mixed Greens, Cucumber, Greek Olives, Artichoke, Tomato, Roasted Peppers, Red Onion, Feta Cheese, Wheat Pita Bread	\$1:
SALMON SALAD Grilled Wild Salmon, Mixed Greens, Spinach, Green Apple & Sundried Cranberries	\$14
SKINNY SCOOPS SALAD Albacore Tuna-Yogurt Scoop & Organic Egg Whites Scoop with Fresh Greens, Carrot, Tomato & Cucumber	\$1:
HARVEST SALAD Danish Gorgonzola Cheese, Sunflower Seeds, Carrots, Garbanzo Beans, Sundried Cranberries, Green Apple & Spanish Cucumber	\$1:
CAESAR SALAD Crisp Romaine, Parmesan Cheese & Herb Croutons	\$10

DRESSING CHOICES

Honey Balsamic Caesar Greek Vinaigrette Ranch Sesame Ginger

PROTEIN EXTRAS	
Organic Chicken Breast	\$3
Roasted Turkey Breast	\$3
Wild Salmon	\$6
Albacore Tuna Salad	\$3
Egg White Salad	\$3
Grilled Steak	\$7
Grilled Bay Shrimp	\$7
Red Quinoa Burger	\$4

SANDWICHES & WRAPS

Served with choice of Side Salad, French Fries, Fresh Fruit or Chips Sweet Potato Fries • Side Caesar Salad • Bowl of Soup —add 2

SABLETE WINI MURITORIS AND CONTROL STATE OF THE REST PERSON LIBERT PERSON SITURIES OF THE REST PERSON SITURIES OF	Red Onion, Greek Vogurt & Feta Cheese SOUTHWEST CHICKEN WRAP Grilled Organic Chicken Breast, Black Beans, Red Onion, Roasted Peppers, Romaine, Cheddar-Jack Cheese & Ancho-Chipotle BBQ Sauce CALIFORNIA CLUB All Natural Turkey Breast with Apple Wood Bacon, Mozzarella Cheese, Greens, Tomato, Avocado Crême & A trisan Sourdough Clabatra SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Seame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Ripe Tomato, Lour-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artisan Sourdough Ciabatra CCHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Briche Bun CHICKEN CARSAR SALAD WRAP Grilled Organic Chicken Breast, Kips Romaine,	\$111 \$111 \$12 \$11
Southewest Chicken Breast, Romaine, Tomato, Red Onion, Greek Yogurt & Feta Cheese SOUTHWEST CHICKEN WRAP Grilled Organic Chicken Breast, Black Beans, Red Onion, Roasted Peppers, Romaine, Cheddar-Jack Cheese & Ancho-Chipotle BBQ Sauce CALIFORNIA CLUB All Natural Turkey Breast with Apple Wood Bacon, Mozzarella Cheese, Greens, Tomato, Avocado Crème & Arrians Sourdough Clabatta SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Seame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Papela, Salman, S	Grilled Organic Chicken Breast, Romaine, Tomato, Reed Onion, Groek Yogurt & Feta Cheese SOUTHWEST CHICKEN WRAP Grilled Organic Chicken Breast, Black Beans, Red Onion, Robasted Repore, Romaine, Cheddar-Jack Cheese & Ancho-Chipotle BBQ, Sauce CALIFORNIA CLUB All Ristantia Turbey genats with Apple Wood Bacon, Mozzarella Chiese, Greens, Tomato, Avocado Crème & Artisan Sourdough Clabatta SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Carabornic & Light Sesame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turbey Breast, Light Mozzarella Cheese, Cappendo, Sundried Tomato Spread & Whole Grain Bread Cappens, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Rips Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artensa Sourdough Cabatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CASSAR SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine,	\$11 \$11 \$12
Red Onion, Greek Vogurt & Feta Cheese SOUTHWEST CHICKEN WRAP Ginled Organic Chicken Breast, Black Beans, Red Onion, Boasted Peppers, Romaine, Cheddar-Jack Cheese & Ancho-Chipothe BBQ, Sauce CALIFORNIA CLUB All Natural Turkey Breast with Apple Wood Bacon, Mozzarella Cheese, Greens, Formato, Avocado Crème & Artisan Gourdough Clabatta SALMON WRAP STIPLE CHICKEN SALD PRININ All Natural Turkey Breast upith Mozzarella Cheese, Spandar, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Ripe Tomato, Love-fat Buffalo Mozzarella, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Ripe Tomato, Love-fat Buffalo Mozzarella, Spinach, Sundried Se Artisan Sourdough Clabatta CHICKEN SANDWICH Girlied Organic Cheken Breast, Mozzarella Cheese Freish Greens, Tomato & Britiche Bun CHICKEN CAESAR SALAD WRAP STIPLE ORGANINI STIPL	Mozzarella Chesea, Greens, Tomato, Avocado Crème & Artians Souriough Ciabatta SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Sesame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Diprach, Sundried Tomato Spead & Whole Grain Bread CAPRESE PANINI Organic Vine Rips Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artisan Sourdough Cabatta CHICKEN SANDWICH Grilled Organic Cheken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESARS SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine,	\$11
SOUTHWEST CHICKEN WRAP Grilled Organic Chicken Breast, Black Bears, Red Onion, Gostaet Peppers, Bromaine, Cheddar-Jack Cheese 8. Ancho-Chipotle BBQ Sauce CALIFORNIA CLUB 8. All Returnal Turkey Breast with Apple Wood Bacon, Mozzarella Cheese, Greens, Tomato, Avocado Crème 8. Archan Sourdough Clabatta SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Crariberrie & Light Sesame Ginger Dressing TURKEY DEL SOL PANINI Mi Natural Turkey Breast, Light Mozzarella Cheese, Poppards, Sundried Tomato Specad & Whole Grain Bread CAPIESE PANINI 10 Toganic Vine Rips Tomato, Low-Fat Buffalo Mozzarella, Poppards, Sundried Tomato Specad & Whole Grain Bread CAPIESE PANINI 10 Toganic Vine Rips Tomato, Low-Fat Buffalo Mozzarella, Poppards, Said Pesto & Artesan Sourdough Cabatta CHICKEN SANDWICH 10 Grilled Organic Chicken Breast, Mozzarella Cheese 11 Fresh Greens, Tomato & Biothe Bun 12 CHICKEN CAESARS SALAD WRAP 13 Grilled Organic Chicken Breast, Crips Romaine, 14 Paramesan Cheese, Tomato & Light Caesar Dressing 15 Vergolic WRAP 16 Granic Hummus, Crips Romaine, Tomato, Loucumber & Roasted Peppers 17 Turkey - BLT "Albacore Tuna Salad - Egg Whithes Salad	SOUTHWEST CHICKEN WRAP Grilled Organic Chicken Breast, Black Bears, Red Onion, Boasted Repens, Bromaine, Cheddar-Jack Cheese & Ancho-Chipotle BBQ Sauce CALIFORNIA CLUB All Natural Turkey Breast with Apple Wood Bacon, Brownell Cause, Greens, Tomato, Avocado Crème & Artisan Sourdough Cabatta SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Cramberrie & Light Sesame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Speraed & Whole Grain Bread CAPRESE PANINI Organic Vine Rige Tomato, Low-Fat Buffalo Mozzarella, Spinach, Saul Pesto & Artisan Sourdough Cabatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Briche Bun CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Briche Bun CHICKEN CASSAR SALAD WRAP Grilled Organic Chicken Breast, Mozpanie,	\$11
Salled Organic Cheken Breast, Black Beans, Red Onion, Boasted Pepeers, Romaine, Cheddar-Jack Cheese & Ancho-Chipotle BBQ Sauce CALIFORNIA CLUB 311 314 Natural Turkey Breast with Apple Wood Bacon, Mozzarella Cheese, Greens, Tomato, Avocado Crème & Artians Sourdough Ciabatta SALMON WRAP Siriled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Sesame Ginger Dressing TURKEY DEL SOL PANINI 31 Natural Turkey Breast, Light Mozzarella Cheese, Piprach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Rips Tomato, Low-Fat Buffalo Mozzarella, Piprach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Rips Tomato, Low-Fat Buffalo Mozzarella, Piprach, Said Pesto & Artesan Sourdough Calabatra CHICKEN SANDWICH STILL CHICKEN SANDWICH STILL CHICKEN CAESAR SALAD WRAP Sirilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Biophe Bunne, Parmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP 310 All Organic Hummus, Crisp Romaine, Parmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP 311 312 313 314 315 315 316 317 317 318 319 319 310 311 310 311 311 311	Grilled Organic Chicken Breast, Black Beans, Red Onion, Rosated Pepeers, Romaine, Cheddar-Jack Cheese & Ancho-Chipotle BBQ Sauce & Ancho-Chipotle Chipotle & Montal Chipotle & Montal Chipotle & Anchor &	\$11
Roasted Peppers, Romaine, Cheddar-Jack Cheese & Ancho-Chipotle BRQ Sauce CALIFORNIA CLUB All Natural Turkey Breast with Apple Wood Bacon, Morzarella Cheese, Greens, Tomato, Avocado Crème Artisan Gourdough Claibatta SALMON WRAP SIZIPITI SUMMAN CONTROLOGIA CONTROLOGIA Formation Automotive Characteristic Characteristic Automotive Characteristic C	Roasted Peppers, Romaine, Cheddar-Jack Cheese & Ancho-Chipotle BRQ Sauce CALIFORNIA CLUB All Natural Turkey Breast with Apple Wood Bacon, Mozzarella Cheese, Greens, Tomato, Avocado Crême & Artisan Gourdough Clabatta SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Cranaberries & Light Sesame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vitine Riper Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artisan Sourdough Clabatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Britoche Bun CHICKEN CASSAN SALAD WRAP Grilled Organic Chicken Breast, Forsp Romaine,	\$12
2. Ancho-Chipothe BRI Sauce CALIFORNIA CLUB 3. Il Maruari Turkey Breast with Apple Wood Bacon, Mozzarella Cheese, Greens, Tomato, Avocado Crème & Artisan Sourdough Ciabatta SALMON WRAP Sirilled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Seame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Diganic Vine Riga Tomato, Low-Fat Buffalo Mozzarella, pippach, Siad Pesto & Artisan Sourdough Calabatta CHICKEN SANDWICH STILL CHICKEN SANDWICH STILL CHICKEN CAESAR SALAD WRAP Sirilled Organic Chicken Breast, Cring Romaine, Paramesan Cheese, Tomato & Light Caesar Dressing VerGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers Turkey - BLT "Albacore Tuna Salad - Egg Wilhtes Salad	A Ancho-Chipothe BRI Sauce CALIFORNIA CLUB All Natural Turkey Breast with Apple Wood Bacon, Mozzarella Cheese, Greens, Tomato, Avocado Crème A Artians Sourdough Clabatta SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Seame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turbey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Specad & Whole Grain Bread CAPRESE PANINI Organic Vine Rips Comato, Low-Fat Buffalo Mozzarella, Spinach, Said Pesto & Artisan Sourdough Cabatta CHICKEN SANDWICH Grilled Organic Cheken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESARS SALAD WRAP Grilled Organic Cheken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESARS SALAD WRAP Grilled Organic Cheken Breast, Crips Romaine,	\$12
CALIFORNIA CLUB All Natural Turkey Breast with Apple Wood Bacon, Mozzarella Cheese, Greens, Formato, Avocado Créme A trisan Sourdough Clabatta SALMON WRAP STIRIES Wild Salmon, Organic Spinach, Green Apple, Transberries & Light Sesame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI STIP CAPPER PANINI STIP CAPPER SALAD WHOLE Grain Bread CAPRESE PANINI STIP CAPPER SALAD WORD CLIBATE CHICKEN CAPPER SALAD WORD CLIBATE CHICKEN CAPPER SALAD WRAP STIP CHI	CALIFORNIA CLUB All Natural Turkey Breast with Apple Wood Bacon, Mozzarella Cheese, Greens, Tomato, Avocado Créme & Artisan Gourdough Clabatra SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Sesame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vitie Riper Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artisan Sourdough Clabatra CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Britoche Bun CHICKEN CAESARS SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine,	\$12
All Natural Turkey Breast with Apple Wood Bacon, Mozzarella Chees, Greens, Tomato, Avocado Crème & Artisan Sourdough Ciabatta SALIMON WRAP \$12 SALIMON WRAP \$12 STILLE VIEW SALIMON WRAP \$12 STURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Sphand, Sundined Tomato Spread & Whole Grain Bread CAPRESE PANINI Drganic Vine Rijee Tomato, Low-Fat Buffalo Mozzarella, Spinach, Sauflerd See Artisan Sourdough Clabatta CHICKEN CARDONICH \$11 CHICKEN CARSAN SALAD WRAP Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crisp Romaine, Parmesan Cheese, Tomato & Light Cleasar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Spilled Organic Responsible Spilled Cheese Fresh Greens, Tomato & Light Cleasar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Rosated Pepers Spilled SANDWICHES Turkey - BLT "Albacore Tuna Salad - Egg Whites Salad	All Natural Turkey Breast with Apple Wood Bacon, Mozzarella Chees, Greens, Tomato, Avocado Crème 8. Artisan Sourdough Ciabatta 8. Artisan Sourdough Ciabatta 9. Artisan Sourdough Ciabatta 9. Caraberine 8. Leight Seame Ginger Oressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread 8. Whole Grain Bread CAPRESE PANINI Organic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, Spinach, Bandried Mozzarella, Spinach, Bandried Mozzarella, Spinach, Bandried Mozzarella, Spinach, Bandried Portanto, Chicken Breast, Mozzarella Cheese Friesh Greens, Tomato 8. Britoche Bun CHICKEN CAESAR SALAD WRAP Gilled Organic Chicken Breast, Krips Romaine, Chicken Breast, Crips Romaine, Chicken Breast, Crips Romaine, Chicken Breast, Crips Romaine,	\$12
Mozzarella Chesea, Greens, Tomato, Avocado Crème & Artians Ourdoujc diabatta SALMON WRAP Salided Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Seame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Spinach, Sundried Tomato, Low-Fat Buffalo Mozzarella, pippach, Basil Pesto & Artisan Sourdough Calabatta CAPRESE PANINI STORIC Vine Rips Tomato, Low-Fat Buffalo Mozzarella, pippach, Basil Pesto & Artisan Sourdough Calabatta CHICKEN SANDWICH STIP CHICKEN CARSAN SALAD WRAP Sirilled Organic Chicken Breast, Crips Romaine, Parmesan Cheese, Tomato & Biother Bund Chicken Breast, Crips Romaine, Parmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers MI Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers SP Rufkey - BLT "Albacore Tuna Salad - Egg Whites Salad	Grilled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Seame Ginger Dressing TURKEY DEL SOL PANINI. All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Specad & Whole Grain Bread CAPRESE PANINI Organic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artsan Sourdough Cubatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine,	
\$Artisan Sourdough Clabatta \$ALMON WRAP \$12 SALMON WRAP \$12 STIELE VIEW SALMON, Green Apple, Cramberries & Light Sesame Ginger Dressing **TURKEY DEL SOL PANINI** \$11 All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundred Tomato Spread & Whole Grain Bread **CAPRESE PANINI** \$10 Drganic Vine Rijee Tomato, Low-Fat Buffalo Mozzarella, Spinach, Saul Peres & Artisan Sourdough Clabatta **CHICKEN SANDWICH** \$11 CHICKEN CAESAR SALAD WRAP \$12 Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun **CHICKEN CAESAR SALAD WRAP \$12 Grilled Organic Chicken Breast, Crisp Romaine, **Parmesan Cheese, Tomato & Light Cleesar Dressing **VEGGIE WRAP \$12 All Organic Hummus, Crisp Romaine, Tomato, **Cucumber & Rosated Pepers **Parmesan Cheese, Tomato & Light Cleesar Dressing **Spilot Caesar Cheese Cheese Cheese Cheese Cheese **Parmesan Cheese, Tomato & Light Cleesar Dressing **Spilot Organic Hummus, Crisp Romaine, Tomato, **Cucumber & Rosated Pepers **Spilot LisanDWICHES **Turkey - Bit **-Albacore Tuna Salad - Egg Whites Salad **Spilot Cheese Chee	& Artisan Sourdough Ciabatta SALMON WRAP Grieled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Sesame Ginger Oressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basiff Pesto & Artisan Sourdough Clabatta CHICKEN SANDWICH Grieled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Bitoche Bun CHICKEN CAESAR SALAD WRAP Gilled Organic Chicken Breast, Crips Romaine,	
SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Granberries & Light Seame Ginger Dressin TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Specad & Whole Grain Bread CAPRESE PANINI S10 Organic Vine Rips Tomato, Low-Fat Buffalo Mozzarella, Spinach, Bisal Pesto & Artesian Sourdough Calabatra CHICKEN SANDWICH S11 Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Biothe Bun CHICKEN CAESAR SALAD WRAP S72 S78 S78 S79 S79 S79 S79 S79 S79	SALMON WRAP Grilled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Seame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turbey streats, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Rips Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artisan Sourdough Cabatta CHICKEN SANDWICH Grilled Organic Cheken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESARS SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine,	
Grilled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Seame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundfred Tomato Spread & Whole Gerain Bread CAPRESE PANINI Organic Vine Rign Tomato, Low-Fat Buffalo Mozzarella, pspinach, Said Pesto & Artenan Sourdough Calabatra CCHICKEN SANDWICH Similed Organic Chicken Breast, Mozzarella Cheese resh Greens, Tomato & Biothe Bun CHICKEN CAESAR SALAD WRAP Sirilled Organic Chicken Breast, Cring Romaine, Parmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers Urgenie Chicken Breast, Crisp Romaine, Sp All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers Turkey - BLT "Albacore Tuna Salad - Egg Whites Salad	Grilled Wild Salmon, Organic Spinach, Green Apple, Cranberries & Light Seame Ginger Dressing TURKEY DEL SOL PANINI. All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Specad & Whole Grain Bread CAPRESE PANINI Organic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artsan Sourdough Cubatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine,	
Trunker Del. Sol. PANINI All Natural Turkey Breast, Light Mozarella Cheese, Dipinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI \$10 Torganic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, Spinach, Sasi Pesca & Artians Sourdough Cabatta CHICKEN SANDWICH \$11 CHICKEN SANDWICH \$12 CHICKEN CAESAR SALAD WRAP Solided Organic Chicken Breast, Mozzarella Cheese Fresh Green, Tomato & Brüche Bur CHICKEN CAESAR SALAD WRAP Solided Organic Chicken Breast, Crisp Romaine, Parmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP \$12 All Organic Hummus, Crisp Romaine, Pometo, Tomato, Lucumber & Rosated Pepers \$19 Ruf Organic Hummus, Crisp Romaine, Tomato, Lucumber & Rosated Pepers \$19 Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad	Cranberries & Light Sesame Ginger Dressing TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundred Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artisan Sourdough Glabatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Britone Bun CHICKEN CAESAR SALAD WRAP Gilled Organic Chicken Breast, Crips Romaine,	\$11
TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundired Tomato Spread & Whole Grain Bread CAPRESE PANINI Drganic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, pspinach, Basil Pesto & Artisan Sourdough Cubatta CHICKEN SANDWICH Sittled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Biotoche Bun CHICKEN CAESAR SALAD WRAP Sittled Organic Chicken Breast, Cring Romaine, Paramean Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Lucumber & Roasted Peppers WegGie WRAP Spilot Sandowich Salad - Egg Whitee Salad	TURKEY DEL SOL PANINI All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organie Vine Rips Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artesan Sourdough Cabatta CHICKEN SANDWICH Grilled Organic Cheken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine,	\$11
All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Omato Spread & Whole Grain Bread CAPRESE PANINI Organic View Ripe Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artisan Sourdough Clabatta CHICKEN SANDWICH Strilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Birothe Bun CHICKEN CAESAR SALAD WRAP Strilled Organic Chicken Breast, Tong Romaine, Farmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Lucumber & Roasted Peppers Turkey - BLT "Albacore Tuna Salad - Egg Whites Salad	All Natural Turkey Breast, Light Mozzarella Cheese, Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, Opinach, Sail Peeto & Artesia Sourdough Cabatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Green, Tomato & Britone Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine,	\$11
\$\$\text{spinach}, \text{ sundried Tomato Spread & Whole Grain Bread}\$\$ \$\$\text{CAPRESE PANINI}\$\$ \$\$\text{Spinach}, \text{ sain Perto & Aritsan Sourdough Ciabatta}\$\$ \$\$\text{CHICKEN SANDWICH}\$\$ \$\$\text{Silled Organic Chicken Breast, Mozzarella Cheese}\$\$ \$\$\text{Fresh Greens, Tomato & Britche Burn \$\$\text{CHICKEN CAESAR SALAD WRAP}\$\$ \$\$\text{Gilled Organic Chicken Breast, Mozzarella Cheese}\$\$ \$\$\text{CHICKEN CAESAR SALAD WRAP}\$\$ \$\$\text{Gilled Organic Chicken Breast, Crisp Romaine, Parmesan Cheese, Tomato & Light Caesar Dressing}\$\$ \$\$\text{VEGGIE WRAP}\$\$ \$\$\text{All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers \$\$\text{UCLUMEN A}\$\$ \$\$\text{ULSANDWICHES}\$\$ \$\$\text{Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad}\$\$\$\$\$\$\$\$	Spinach, Sundried Tomato Spread & Whole Grain Bread CAPRESE PANINI Organic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Petto & Artisan Sourdough Ciabatta CHICKEN SANDWICH Grilled Organic Chicken Breat, Mozzarella Cheese Freshierens, Tomato & Breat, Mozzarella Cheese Freshierens, Tomato & Breat, Mozzarella Cheese Freshierens, Tomato & Breat, Mozzarella Grilled Organic Chicken Breast, Crips Romaine,	
CAPRESE PANINI Crapne View Ripe Tromato, Low-Fat Buffalo Mozzarella, pipade, Basil Pesto & Artisan Sourdough Clabatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Briothe Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Cring Romaine, Farmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Lucumber & Roasted Peppers Lucumber & Roasted Peppers Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad	CAPRESE PANINI Organic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, Ospinach, Basil Pesto & Artisan Sourdough Cubatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Green, Tomato & Britone Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine,	
Organic Wine Ripe Tomato, Low-fat Buffalo Mozarrella, Spinnach, Basil Piesto & Artisan Sourdough Clabatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESAR SALAD WRAP Sirilied Organic Chicken Breast, Crisp Romaine, Farmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Lucumber & Roasted Peppers SP BULS ANDWICHES Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad	Organic Wine Ripe Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto & Artisan Sourdough Cabatta CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Green, Tomato & Bitoche Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine,	
\$\$\text{spinach}\$, Basil Pesto & Artisan Sourdough Ciabatta}\$\$ CHICKEN SANDWICH \$\$11\$ Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Bitoche Bun CHICKEN CAESAR SALAD WRAP \$\$12\$ Grilled Organic Chicken Breast, Crisp Romaine, Parmeans Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP \$\$41\$ All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers Cucumber & Roasted Peppers Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad	Spinach, Basil Pesto & Artisan Sourdough Clabatta CHICKEN SANDWICH Gilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESAR SALAD WRAP Gilled Organic Chicken Breast, Crips Romaine,	\$10
CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tornato & Brioche Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crisp Romaine, Farmesan Cheese, Tornato & Light Caesar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Lucumber & Roasted Peppers Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad	CHICKEN SANDWICH Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Britiche Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crisp Romaine,	
Grilled Organic Cheken Breast, Mozzarella Cheese Freisch Greens, Tomato & Brioche Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crips Romaine, Parmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers Lucumber & Roasted Peppers Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad	Grilled Organic Chicken Breast, Mozzarella Cheese Fresh Greens, Tomato & Brioche Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crisp Romaine,	
CHICKEN CAESAR SALAD WRAP \$12 Grilled Organic Chicken Breat, Crisp Romaine, Parmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP \$9 All Organic Hummus, Crisp Romaine, Tomato, Coucumber & Roasted Peppers Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad	Fresh Greens, Tomato & Brioche Bun CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crisp Romaine,	\$11
CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crisp Romaine, Farmean Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad	CHICKEN CAESAR SALAD WRAP Grilled Organic Chicken Breast, Crisp Romaine,	
Grilled Organic Chicken Breast, Crisp Romaine, Parmessan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Prepers ULCHARD Chicken & Roasted Prepers Sprurkey - BLT - Albacore Tuna Salad - Egg Whites Salad	Grilled Organic Chicken Breast, Crisp Romaine,	
Parmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP \$9 All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers DELI SANDWICHES \$9 Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad		\$12
Parmesan Cheese, Tomato & Light Caesar Dressing VEGGIE WRAP \$9 All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers DELI SANDWICHES \$9 Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad		
All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers DELI SANDWICHES \$9 Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad	Parmesan Cheese, Tomato & Light Caesar Dressing	
All Organic Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Peppers DELI SANDWICHES \$9 Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad	VEGGIE WRAP	\$9
Cucumber & Roasted Peppers DELI SANDWICHES \$9 Turkey - BLT - Albacore Tuna Salad - Egg Whites Salad		+0
Turkey • BLT • Albacore Tuna Salad • Egg Whites Salad	Cucumber & Roasted Peppers	
Turkey • BLT • Albacore Tuna Salad • Egg Whites Salad	DELI SANDWICHES	
		\$9
	Served with Tomato, Fresh Greens & Cheese	\$9

CHEF'S CREATIONS

PASTA Conchigile (shell) Pasta with Organic Spinach, Sundried Tomatoes & Parmesan Pecorino Romano Organic Chilchen Breast Shrimp	\$12 \$15
SESAME GINGER SALMON Wild Sushi Grade Salmon, Brown Rice & Grilled Pineapple	\$14
STEAK "1855" Signature Certified Black Angus Steak. Served with Brown Rice sautéed with Black Beans, Onion & Roasted Peppers	\$15
QUINOA PROTEIN PLATE Organic Astree & Norty Quinon from Peru, Organic Sessonal Vegetables & Homemade Ponzu Vegetafran Organic Chicken Breast Shrimp Grilled Steak Wild Salmon	\$10 \$12 \$15 \$15 \$15

Organic Chicken Breast \$3 Wild Salmon \$5 SOUTHWEST CHICKEN PLATE \$3

Vegetarian	\$10
Organic Tomato, Spinach & Light Mozzarella Cheese	
GARDEN QUESADILLAS	
Cheddar Cheese & Crispy Tortilla Chips	

BAJA QUESADILLAS	
Black Beans, Roasted Peppers, Onion, Cheddar Cheese	
& Ancho-Chipotle BBQ Sauce	
Vegetarian	\$10
Organic Chicken Breast	\$12
Grilled Steak	\$15

BURGER BAR

RED QUINOA BURGER

Made with our ¼ lb. Black Angus-Brisket Burger
Served with choice of Side Salad, French Fries, Fresh Fruit or Chips
Sweet Potato Fries * Side Caesar Salad * Bowl of Soup — add 2

M-CAFÉ SIGNATURE BURGER
\$11
Lettuce, Tomato, Onlon, Pickle, Cheese of Choice

CHOP HOUSE BURGER
Truffle Oil Intrinsed Wild Mushrooms, Swiss

THE FRENCH BURGER
Bally French Brie, Wildberry-Bacon Jam, Petitis Greens
RISE & SHINE BURGER
Friefel Egg, American Cheese, Apple Wood Bacon

CALIFORNIA BURGER
Avocado Crême, Lettuce, Tomato, Bacon, Swiss

BACON CHEESEBURGER
\$13

KIDS MENU \$6.5

MAIN ITEMS (choose one)
Organic Chicken Tenders (3)
All Beel Hamburge
All Beet Cheeseburger
Gilled Chicken Breast Sandwich
Turkey and Cheese Sandwich
Mac-n-Cheese
Cheese Tempons (3)
Gilled Chicken Breast Sandwich
Mac-n-Cheese
Cheese Tempons (3)
Gilled Chicken Breast Sandwich
Mac-n-Cheese

Macn-Chesse
Chesse Tequenos (3)
Grilled Chesse Sandwich
Caesar Salad with Organic Grilled Chicken Breast
Pasta with Marinaria Sauce & Organic Grilled Chicken Breast

Fresh Fruit Organic Vanilla Yogurt Carrots & Celery French Fries Baked Kettle Chips Pretzels Chocolate Chip Cookle

SIDES (choose one)

DRINKS (choose one)
Apple Juice
Lemonade
Chocolate Milk
Midtown Water Bottle

\$9

\$6

\$9

\$9

\$9

\$9

\$10

BREAKFAST

Served until 11:30am Daily

CUSTOM OMELET CREATIONS

MIDTOWN ATHLETIC CLUB Royal Palm Blvd • Weston • 954.384 M-Café Direct Line 954.400.6820

Design your own omelet with a variety of organic ingredients

GLUTEN FREE - POWER PANCAKES
Made with Greek Yogurt, Low Carb-Vanilla Whey Protein, Steel Cut Oats,
Almond Milk & Egg Whites. Served with Fresh Fruit or Tomato & Cucumber

WILDBERRY BAKED OATMEAL
Made with Steel Cut Oats, Florida Citrus & Tahitian Vanilla
Served with Organic Vanilla Yogurt

MULTIGRAIN BELGIAN WAFFLES \$8

ACAI BOWL
Quinoa Granola, Organic Vanilla Yogurt, Fresh Fruit and an Acai Shooter

\$9

BREAKFAST EXPRESS
Three Scrambled Eggs, Home Fries, Whole Wheat Toast choice of Turkey Sausage or Apple Wood Bacon.
Served with Fresh Fruit or Tomato & Cucumber

BREAKFAST WRAP #1
Organic Egg Whites, Spinach, Roasted Peppers, Light Feta Cheese &
Sundried Tomato Pesto. Served with Fresh Fruit or Tomato & Cucumber

BREAKFAST WRAP #2
Organic Whole Eggs, Cheddar Jack Cheese made with
choice of Turkey Sausage, Bacon or Roasted Turkey Breast.
Served with Fresh Fruit or Tomato & Cucumber

CROISSANT SANDWICH
Organic Scrambled Eggs, Aged Cheddar & Apple Wood Smoked Bacon.
Served with Fresh Fruit or Tomato & Cucumber

SIDES

Bagel • Toast • Croissant • Turkey Sausage • Applewood Bacon • Home Fries

SMOOTHIES & ORGANIC JUICES

Try one of our delicious smoothies or freshly squeezed organic juices for breakfast...quick & nutritious!

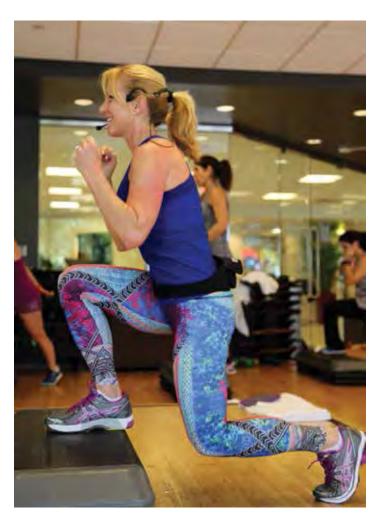
MIDTOWN WESTON

Pro Shop-Valerie Torres

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The Pro Shop at Midtown is your one stop shop for all your workout and everyday needs. We are the place to come if you're looking to have the hottest outfit on the tennis court, fitness floor or for a night out on the town. With great workout brands like Onzie, Xplode and Bluefish, you cannot go wrong. Stop in now and use code WESTON20 for a discount on select merchandise.



Stringing at Midtown

et's gain some understanding on string tension, which is an often overlooked aspect of the tennis racquet. Knowing the tension the best suits your style of play will impact your performance and enhance your game.

Strings wear down from play, lose their elasticity and tension, and if left too long can ultimately have a negative impact on your play. Below are a few important reasons to have your racquet re-strung every 8-10 weeks:

- Worn-down strings can decrease your effectiveness on the court
- · Bad strings can cause injury to your elbow or your shoulder
- String tension can decrease by 6% weekly

How to know when it is time to change your strings:

- Loss in control
- Difficulty generating spin on the ball
- Loss of racquet tension
- Lack of resilience



Please stop by the Pro Shop for a consultation with our stringing technicians, Michael Mills or Carlos Zapata.



Make the perfect scene of your

CELEBRATION.









HOLIDAY DECORATIONS - WEDDINGS - BRIT MILAH - BRIT BAT BAT/BAR MITZVAH - CORPORATE EVENTS

10% DISCCOUNT FOR MIDTOWN MEMBERS

BLY DINDING WWW.REOUTEDWERS LIDA



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