

10 THE COUNTRY CLUB AT MIRASOL

PALM BEACH GARDENS, FLA.

THE COUNTRY CLUB AT MIRASOL opened its new Esplanade Spa and Fitness Center, Tennis Center, and Aquatics Complex in 2016 as the final phase of a \$40 million facility enhancement project.

The Esplanade is a state-of-the-art, two-story fitness center with dedicated Pilates, Spin, and group instruction studios, a tranquil and luxurious spa, and a health-conscious café, Revive, which features fresh-pressed juices, smoothies, salads, and more.

The welcoming entrance of The Esplanade's two-story lobby features a grand staircase that leads to the fitness floor, where members can take one of dozens of group classes, have a personalized one-on-one session with one of Mirasol's trainers, or have a solo workout on high-end cardio machines.

The facilities enhancement increased fitness studio space by 85% over Mirasol's prior facility and added a dedicated Spin room, a group Pilates room, two private Pilates studios, and two group exercise rooms for a 111% increase in group space, and a physical therapy office staffed by medical professionals who offer convenient therapy options for members right on property.

Cutting-edge training equipment at the Fitness Center includes treadmills, climbers, rowers, functional trainers, ellipticals, Cybex selectorized machines, Peloton bicycles, and plate-loaded and free weight equipment. Kids as young as 10 can register for training and certification sessions designed to educate them about the safe and effective use of the fitness facilities, opening up the amenities to a new generation.

In addition to teaching dozens of weekly group fitness classes, several Mirasol team members are also certified Titleist Performance Institute professionals who help members increase their performance on the club's championship golf courses and tennis courts.

On the ground floor of The Esplanade, hair and nail services are offered in a bright and friendly salon and double doors lead to a serene spa, offering tranquil space that includes peaceful treatment rooms and separate wet and dry lounges for men and women.

The spa offers a variety of services using pure, organic products designed to nourish and invigorate the body and spirit. Honey harvested from the 20 beehives on the Mirasol property is also used to produce a nourishing lip balm and more than a dozen other different products featured in the club's spa services.

In The Salon, hair care for members of all ages is offered in addition to manicures and pedicures, makeup application, lash extensions and tinting, and waxing services.

Also on the main floor is Mirasol's health-conscious café, Revive. The poolside restaurant features fresh-pressed juices, smoothies, salads, and bowls during the day, and transforms into a member-favorite dinner destination in the evenings, featuring fresh seafood, sushi, and much more for those looking for lighter choices. The patio at Revive is a popular spot on weekends for adults to enjoy specialty cocktails and kids who crave treats from the deluxe frozen yogurt bar.

Outdoors at The Esplanade, members enjoy the tropical South Florida lifestyle at Mirasol's Aquatics Complex. Lush landscaping surrounds the resort-style patio, where cabanas and lounge chairs abound.



In addition to the serenity of the main pool, the Aquatics Complex features a versatile activity pool fit for water sports and lap swimmers, and a beach-entry pool that suits young families. Mirasol's active slate of aquatics classes are booming, with members enjoying AquaStrong, water yoga, hydro conditioning, deep-water classes and much more all year long.

When Mirasol had to close indoor operations because of the pandemic, the club's fitness team sprung into action to offer safely distanced outdoor training as well as a video series, #Keep-MovingMirasol, that helped to keep homebound members active. The pre-recorded series featured topics including core strength, flexibility and mobility, tennis drills and golf tips, and more. With members at home still craving live classes as well, the Mirasol team streamed Facebook Live sessions several times a week for classes including Yoga, Zumba, Water Aerobics, Core Strength, and more. A video of one popular Zumba class got over 2,000 views.