

The Winning Mindset of **BALLENISLES**

Site of the original PGA TOUR Qualifying School and inaugural PGA Merchandise Show, the private club has been a bedrock of Florida golf since the Beatles had their first No. 1 hit.

PALM BEACH GARDENS, FLORIDA: Over \$55 million in capital upgrades has been completed in the past decade at BallenIsles, with another \$35 million in enhancements in the pipeline.

A standout amenity at BallenIsles is its 62,000 square-foot sports complex with a Cosmo and Company spa, three restaurants, and a refreshing resort style pool. “We had to expand after only two years,” boasted Michelle Doherty, director of sports fitness. “Our fitness programming includes 45 group classes per week ranging from yoga to body blast.

“It’s important to supplement your daily routine with exercise,” explained Doherty. “An average male [weighing 190 pounds] will burn between 1,900-2,400 calories while playing 18 holes and carrying their clubs. Riding in a cart reduces the calorie burn to about 800. Add another 80 calories expended during your 20-minute warm-up on the practice range. To put that into perspective, you must burn about 3,500 calories to lose a pound!

“I spent a decade overseeing fitness programming at Ritz-Carlton before devoting the past decade to BallenIsles,” continued Doherty. “More than ever, I believe in prevention and clean eating. Functional everyday movement is more

important than completing a half-marathon and remember, it wasn’t that long ago that most meals were prepared from scratch without preservatives.”

EVERYTHING BUT A GROCERY STORE

BallenIsles is a member-owned private community with 1,575 homes. In addition to its fitness center, members have access to three golf courses, a 72,000 square-foot clubhouse, and 21 tennis courts.

“Our courses are known for their mature landscaping and tournament caliber conditioning,” detailed Jeff Fitzherbert, director of golf. “The East Course is our marquis design. It is by far our toughest test with deep bunkers. It has hosted many U.S. Open qualifiers and is famous for several great moments, including Jack Nicklaus’s win of the 1971 PGA Championship.” ■

BallenIsles is 15 minutes north of the Palm Beach Airport (PBI) and near all of the Palm Beach cultural activities.

For more information, please visit ballenisles.org, or you may call (561) 775-4763.



The East Course

MEMBER INTEREST IN TENNIS is a close second to golf. BallenIsles’ 350 active tennis players enjoy one of the largest facilities on the East Coast. With a 500-seat stadium court, 19 Har-Tru clay courts, and two hard surface courts, it is understandable why Olympic Gold Medalists Venus and Serena Williams train at the club.

