



# Going for the Gold

*Addison Reserve's location, amenities, and service centric culture offers a winning lifestyle.*

DELRAY BEACH, FLORIDA: With the Olympic Winter games in the rearview mirror, one can't help but be impressed by the commitment to perform by the world's greatest athletes. Most follow a set routine including proper nutrition and hydration (with several protein rich meals each day), stretching, alternating workout regimes, sleeping 8 to 10 hours each night, and having a coach with a watchful eye to provide accountability.

"I have witnessed firsthand changing trends in exercise patterns at private golf clubs," said Grant Worthington, director of sports operations at Addison Reserve. "Machine based workouts are transitioning to high-intensity, function based movements. Clearly, exercise isn't 'one size fits all.' Proper balance is key."

Last December, Addison Reserve broke ground on its \$25 million, stand-alone Wellness Pavilion and Sports Complex. Once complete, members will have access to multiple movement studios (including three private Pilates rooms), an expansive fitness facility, a 6,000 square-foot spa (with five treatment rooms and a salon), four

pickleball courts, and a resort-style pool with beach entry.

"With thoughtful planning, we are going to incorporate several workout options uncommon among our peers," described Worthington. "One section of our gym will include kinesis-based cardio equipment wherein the elliptical is powered by you, not electricity. Other workout options include a TRX training studio and Nexersys pro boxing equipment that provides the perfect combination of aerobic and anaerobic exercise.

"The experience Addison Reserve offers is special, yet expected. We strive to provide the best of both worlds in terms of physical and mental stress relief," continued Worthington. "After a vigorous workout, I'm sure more than one member will treat themselves to a shiatzu treatment on our new \$9,000 massage table with LED mood lighting, luxurious foam padding, and cooling vents. When our facilities open, we will set the gold standard of fitness in South Florida." ■

*For more information, please visit [AddisonReserve.cc](http://AddisonReserve.cc).*

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**ADDISON RESERVE** IS A PRIVATE COMMUNITY CONSISTING OF 19 RESIDENTIAL VILLAGES AND 27 HOLES OF ARTHUR HILLS DESIGNED GOLF, A 70,000 SQUARE-FOOT GRAND CLUBHOUSE, AND 11 HAR-TRU TENNIS COURTS. AMONG THOUSANDS OF PRIVATE GOLF CLUBS, PLATINUM CLUBS OF AMERICA RANKED ADDISON RESERVE NO. 7 IN THE TOP 150 PLATINUM COUNTRY CLUBS IN AMERICA.