



The Lifestyle Complex



# FLEXING ITS MUSCLE

ADDISON RESERVE consists of 19 residential villages and 27 holes of Arthur Hills designed golf. Other amenities include a 70,000 square-foot grand clubhouse and 11 Har-Tru tennis courts.

*The new Lifestyle Complex at Addison Reserve embraces harmony, serenity, and strength.*

DELRAY BEACH, FLORIDA: While America might not be considered “the home of golf,” it is certainly home to the *most* golf by a long shot. In fact, Florida has double the number of courses than Scotland. The ultra-competitive South Florida golf community market has continued its evolution of offering residents wide-ranging amenities that extend far beyond a signature golf course.

Addison Reserve, minutes from the heart of downtown Delray Beach (nicknamed America’s Most Fun Small Town), has long been considered one of The Sunshine State’s most exclusive addresses.

“We have been recognized as No. 7 out of the top 150 country clubs in the country, and as No. 34 in the world, by Platinum Clubs of the World,” lauded Michael McCarthy, GM/CEO. “The addition of our brand new \$25 million, 35,000 square-foot, stand-alone Lifestyle Complex will only distance ourselves that much more from the competition.”

## ACCOUNTABILITY DURING YOUR WORKOUT

“Our area is also home to some of the finest resorts and day spas in the country,” expressed Grant Worthington, director of sports operations. “With the opening of our new spacious facilities, our membership can experience the finest of wellness programming from right within the community. We have doubled floor space and quadrupled services offered.

“It’s still hard for me to believe our original treatment room in the golf clubhouse was almost an afterthought,” continued Worthington. “Today, we offer modern training equipment, including a Hot Yoga studio, eight Peloton bikes, and a TRX training room. Our staffing provides a balance of pampering and conditioning with an on-site nutritionist, TPI certified trainers, and licensed physical therapists.” ■

“DON’T OVERLOOK your warm-up and cool-down routine during golf. Swinging a couple of clubs before heading to the first tee is a bad habit that leads to injuries down the road. A proper stretching regime can be as important as the workout itself.”  
- GRANT WORTHINGTON, DIRECTOR OF SPORTS OPERATIONS

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