

The Club at Ibis, with over 1,800 homes scattered among 33 lushly landscaped neighborhoods, is the size of a small town. The private community's three Nicklaus family designed golf courses—The Legend, The Heritage, and The Tradition—were created by Jack Nicklaus Sr., Jack Nicklaus Jr., and Steve Nicklaus.



New Outrace Gym at Ibis.



Focusing on the **Mind, Body & Soul**

*“Best in Palm Beach” and “One of America’s Healthiest Clubs”
are two recent awards won by The Club at Ibis.*

WEST PALM BEACH, FLORIDA: According to *Harvard Health*, muscle loss is a natural part of aging. After 30, you begin to lose as much as 3 to 5 percent of muscle mass per decade. “I have noticed a big difference between how the sexes typically exercise,” explained Nadine Moody, director of fitness at The Club at Ibis and *The Palm Beach Post’s* “2021 Top Personal Trainer in Palm Beach County.”

“Men focus on the front of the body [biceps and chest], while women concentrate on legs,” continued Moody. “Unless you have a balanced fitness routine with a mix of push and pull exercises, you are weakening one part of the body to favor another. Men who don’t incorporate back and concentrate on abdominal exercises can become kyphotic, resulting in an abnormal rounding of the upper back. While women, who solely work their legs and perform tons of cardio don’t realize they aren’t efficiently burning maximum calories unless they have lean muscles in their upper body as well as lower body to increase resting metabolic rate.”

COMFORTABLE CULTURE

In the past six years, The Club at Ibis has invested more than \$57 million in member amenities, including a grand clubhouse, the Sports Village, and a renovated Jack Nicklaus Signature Course. New to its extensive fitness facilities is the installation of the Outrace Gym system

designed for golf specific training.

“Our facilities are world class but, just like in golf, without proper training and technique, you will not realize your maximum potential,” said Moody. “Thus, we created the Ibis Golf Performance Program that pairs you with a team of three TPI [Titleist Performance Institute] certified professionals to customize the best routine for your physical abilities. You start with our golf professional to analyze your swing, then you meet with a physical therapist to determine your maximum range of motion, and finally you sit down with one of our personal trainers to craft an exercise program that best fits your needs.

“Each of our nationally certified TPI trainers is specialized in their field of expertise. After all, you wouldn’t want a history teacher as your math instructor!” ■

“I think it’s kind of special that the three of us designed golf courses in the same community. Each stands on its own.”
— JACK NICKLAUS

For more information on membership opportunities, please visit ClubAtIbis.com.

