

Boothbay Harbor Country Club

*Where Luxury
Meets Nature*



BOOTHBAY HARBOR
COUNTRY CLUB

50 Sugar Maple Lane,
P.O. Box 757
Boothbay, ME 04537

Phone: 207-633-3673

Pro Shop: Ext. 1

Dining Reservations: Ext. 2

Wellness Center: Ext. 3

Giselaine's Spa Ext. 4

boothbayharborcc.com



Giselaine's Spa Ribbon Cutting

We were thrilled to officially open the spa on June 12!
Spa is open daily 10-6 | Mondays are co-ed day

In this issue, you'll find information about the wonderful spa services that you can take advantage of including the spa menu of services.

You'll also find information on upcoming golf events, tennis and pickleball clinics, and special member events including a Reggae Party planned poolside at the spa!

Giselaine's Spa Ribbon Cutting

Congratulations, Giselaine!



Boothbay Register.

Luxurious new spa, Giselaïne's Spa, opens at award-winning Boothbay Harbor Country Club

Featuring a photography installation of striking silver gelatin works by renowned photographer, David McLain



A stunning new spa opens at the award-winning Boothbay Harbor Country Club. The luxurious spa will undoubtedly be unlike any spa in Maine or beyond. Giselaïne Coulombe worked in partnership with Knickerbocker Group, known for their exceptional craftsmanship, to bring her vision to life. The extraordinary space is rooted in rustic elegance mixing custom high-end details with more natural materials.

The spa will feature an installation of coastal Maine images resulting from a unique collaboration between Giselaïne Coulombe and renowned photographer, David McLain, yielding 32 striking black and white silver gelatin prints.

Giselaïne's Spa will offer a full array of services including massage therapy, hair services, pedicures and manicures, as well as skin care treatments. The spa services will be available to members of Boothbay Harbor Country Club as well as guests of Boothbay Harbor Summer Cottages and Golf Villas. For more information about staying in our Cottages or Golf Villas, please visit:

<https://boothbaysummercottages.com/>

The spa landscape architecture design elements include:

- Two private outdoor gardens for the treatment rooms which provide a space for relaxation in a private setting. Gardens are surrounded by a cedar pergola and fencing for privacy. A small stone fountain compliments the space for sound.

- The pool and jacuzzi are surrounded by a granite terrace with private lounge chairs and umbrellas. Waterfalls and fire bowls on the pool and jacuzzi complement the setting and provide ambient sound for relaxation.
- Outdoor spaces are surrounded by heavily landscaped gardens which provide seasonal color throughout the year.
- An outdoor dining terrace is located near the Cabana which is enhanced with annual flower gardens and water fountains. Food and beverages are provided at the Cabana.

“My vision for the spa was rustic elegance with a calm, relaxing atmosphere,” said Giselaine Coulombe. “It was a pleasure working with Elena Duralde and Pascale Pluss-Zehm, interior designers with Knickerbocker Group. I’m so pleased with the results - an inspired space that is both sophisticated and serene.

“Another special aspect of the spa is the photography installation of coastal Maine images which are also very calming. I was delighted to have the opportunity to collaborate with renowned photographer, David McLain, which resulted in a collection of stunning, large-format, black & white silver gelatin prints.”

Giselaine’s Spa officially opens on June 12. The spa will be open daily 10 a.m. to 6 p.m. Mondays will be co-ed day.

The Grand Opening Party will take place on June 22. Photographer David McLain will be on hand at the grand opening to meet and discuss his work.





Menu of Services

207-633-3673 Ext. 4
www.Giselaines-Spa.com



Massage Therapy



Our massages incorporate the Ritual Foot Cleansing and the Calming Ritual to induce deep relaxation. Each massage uses a technique we call touch with intent combining science, service and art, focused on the relationship between caring and healing. Each style of massage assures tension release, circulation enhancement, and overall wellness.

THERAPEUTIC STONE MASSAGE

A full body massage with light-to moderate pressure.

Experience deep, restorative rest through the precise placement of volcanic stones. This time-honored method gently glides smooth stones over the body, transporting penetrating warmth that soothes mind and muscles. Long relaxing strokes increase circulation, improve tone, and induce tranquility and serenity. A highly requested, uniquely comforting massage.

50 or 80 minutes..... \$150/\$185

DEEP TISSUE MASSAGE

A full body massage with moderate-to deep pressure

This therapeutic massage uses strategic strokes to increase circulation, release muscle tension, and remove lactic acid. Your therapist will address areas of concern using a combination of trigger point therapy, stretching, sports massage, or a variety of other modalities to relieve strain, stress, and inflammation.

50 or 80 minutes..... \$150/\$185

SWEDISH MASSAGE

A full body massage with light-to moderate pressure

This classic stress-relieving massage utilizes long, flowing strokes to reduce tension, increase circulation, and induce relaxation. Great to unwind or as an introductory massage.

50 or 80 minutes..... \$130/\$165

RELAXING BACK, NECK, & SHOULDER MASSAGE

An upper body massage with moderate-to deep pressure

Ease stress with this focused tension-releasing massage. Knead and release techniques are used to relax the muscles and increase circulation. Arise relaxed, yet invigorated.

50 minutes..... \$130

REFLEXOLOGY FOOT MASSAGE

Light-to moderate pressure

This remarkable ancient technique massages the reflex zones of the feet inducing deep relaxation to the entire body by releasing the flow of energy. Not only will your feet feel terrific, but you will also experience increased energy.

20 or 50 minutes..... \$80/\$130

PRENATAL MASSAGE

A full body massage with light-to moderate pressure

This nurturing massage for expectant mothers alleviates many of the physical and emotional pregnancy-induced challenges. Expectant mothers lie safely and comfortably as muscle aches, fatigue, and water retention are eased. Guest must be past the first trimester at time of service.

50 or 80 minutes..... \$130/\$165

AROMATHERAPY MASSAGE

A full body massage with light-to moderate pressure

A special blend of essential oils guide this highly restful, therapeutic massage that helps restore and balance your mind and body for those looking to escape from constant distractions.

50 or 80 minutes..... \$145/\$180

COUPLES MASSAGE

A full body massage for two

Your choice of either Swedish or Deep Tissue Massage.

50 or 80 minutes - Swedish..... \$260/\$330

50 or 80 minutes - Deep Tissue..... \$300/\$370

LYMPHATIC DRAINAGE MASSAGE

Manual lymphatic drainage is a type of massage that encourages the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart.

50 or 80 minutes \$150/\$185

MIGRAINE MIRACLE MASSAGE

Combined massage for the head using specific special cold stones, it's a holistic treatment relieving the symptoms of migraines and headaches, and finish with warm reflexology.

80 minutes \$185

MASSAGE ENHANCEMENTS

No time added and can be added to any massage service

Aromatherapy..... \$20.00

Therapeutic Hot Stones..... \$20.00

CBD Enhancement..... \$50.00

Scalp Massage..... \$15.00

Yoga Balm..... \$20.00



Skin Care



Our results-oriented approach to beauty and wellness taps into the best of nature by combining natural and certified organic ingredients with breakthrough intelligent skin care products. Allow our skin care experts to recommend the proper home care program to help you maintain your skin's health and youthful appearance. Each facial begins with the Ritual Foot Cleansing, one of our Signature Rituals, followed by the Calming Ritual that allows the guest to go into a deep state of relaxation. It is only in this state that rejuvenation, regeneration, and restoration can occur.

THE HYDRAFACIAL

The Hydrafacial will leave your skin glowing for weeks with the breakthrough resurfacing and fusion technology for face, neck, and décolletage. This non-invasive treatment infuses your skin with antioxidants, peptides, and hyaluronic acid. The results are immediate with no down time. Antiaging solution with LED Light Therapy and Lymphatic Drainage complete the service with real results.

80 minutes..... \$325

THE PURE HYDRAFACIAL

The Pure Hydrafacial provides glowing and flawless results! Immediately reduce the look of fine lines and wrinkles with this hydradermabrasion treatment that begins with a rejuvenating, deep cleansing and follows with an infusion of antioxidants and hydrating hyaluronic acid. Your skin will be red carpet ready!

50 minutes..... \$250

HYDRAFACIAL BOOSTERS

Boosters can be added to any hydrafacial with no extra time needed.

ZO Brightalive: Brightens and evens skin tone, reduces the appearance of brown spots, restores hydration, and prevents new pigmentation formation

Hydrafacial Britenol: Brightens and balances skin tone while minimizing the appearance of dark spots and sun spots

Sente'Dermal Repair: Reduces redness, diminishes the appearance of wrinkles, improves skin tone, texture, and firmness, and enhances hydration

Hydrafacial Dermabuilder: Enhances skin elasticity and helps smooth the appearance of fine line and wrinkles

Hydropeptide Power Serum: Reduces the appearance of fine lines and wrinkles, improves skin firmness and volume, and treats aging concerns from frown lines, smiles lines, and forehead lines

Hydrafacial Regen Gf (growth factor): Boosts collagen and elastin production, diminishes the appearance of fine lines, and captures and removes toxins and irritants

Hydrafacial Boosters..... \$50/each



Skin Care Continued

SOOTHE, STRENGTHEN + HYDRATE FACIAL

Soothe redness and calm irritation with comforting and hydrating Heirloom Rose, Reishi Mushroom, Pomegranate Seed, and Marshmallow Root. This facial is ideal for rosacea or other fragile skin conditions, with a primary focus on gentle nutrient delivery to reduce inflammation, restore barrier function, and clear puffiness and stagnation.

50 minutes..... \$170

ANTIOXIDANT VIBRANCY REVIVAL FACIAL

Experience the potency and power of phytonutrients in their organic, whole plant form. Transform dull, tired, dehydrated skin into vibrant, healthy skin with the help of herbal superfoods like Nettle Leaf, Cranberry Seed, and Calendula Flowers to support optimal skin wellness. This facial is ideal for most skin types with a primary focus on reducing stagnation, restoring life, and aging vibrantly.

50 minutes..... \$170

PLANT-ASSISTED DETOX FACIAL

Clear and decongest skin by reducing inflammation, diversifying the microbiome, and enhancing lymphatic flow. Organic Chamomile, Passionflower, Turmeric, and Lavender support healthy skin functioning without stripping, drying, or wiping out helpful flora colonies. This calming and clarifying facial is ideal for congested and acneic skin types with a primary focus on restoring equilibrium and detoxing on multiple levels.

50 minutes..... \$150

SUN GODDESS CALENDULA CAROTENOID REPAIR

Whether healing a sunburn or brightening years of sun damage, this facial is for sun-lovers of all kinds. Whole plant phytonutrients work synergistically to nourish, repair, and prevent further oxidative damage. Camu Camu, Rosehip, Sea Buckthorn, and Calendula deliver visible results that can be seen after just one treatment. This facial is ideal for hyperpigmentation, scarring, and sun damage, with a primary focus on brightening and evening skin tone, reducing inflammation, and strengthening connective tissue.

80 minutes..... \$205

RESTORATIVE HEIRLOOM ROSE RITUAL

Roses contain all the major nutritional players needed to deeply restore skin health, repair barrier function, and strengthen connective tissue. These delicate petals firm and tighten the skin, in addition to serving up optimal hydration and protection. Begin with a hydrating cleanse featuring a rare White Rose oil, followed by an exfoliating and nourishing treatment with California-grown Heirloom Rose petals, and finish with a hydration and moisture boost from our triple in-house rose infusions, to obtain every phytonutrient this potent flower has to offer. This facial is a luxurious treatment for rose lovers looking to age vibrantly.

80 minutes..... \$205

RESTORE AND FIRM MICRODERM

This unique treatment encompasses the refining benefits of microdermabrasion with all the goodness of our facial experience. Enjoy instant results while fine lines and wrinkles are swept away, along with hyperpigmentation, and minor acne scarring. All with no down time!

50 or 80 minutes..... \$170/\$205

DERMAPLANING FACIAL

Remove dull, dead skin cells and vellus hair while acquiring smooth, beautiful, glowing skin.

50 minutes..... \$150

PURIFYING BACK TREATMENT

Invigorating deep clean with steam, exfoliation, and extractions, if needed.

50 minutes..... \$130

FACIAL ENHANCEMENTS:

No time added and can be added to most facials.

Scalp Massage..... \$15.00

Eyebrow Wax..... \$25.00

Lip Wax..... \$20.00

Chin Wax..... \$20.00

Nose Wax..... \$20.00

AHA Chemical Peel..... \$25.00

Soothing Eye Treatment..... \$20.00

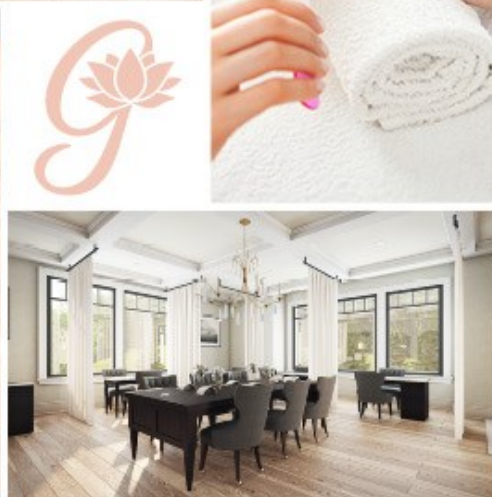
The following facial enhancement adds 30 minutes of time to a 50 minute facial. No extra time is added to an 80 minute facial. Not recommended as an enhancement for a Hydrafacial or a Restore and Firm Microderm Facial.

Dermaplane..... \$50.00

Celluma LED Light Treatment..... \$50.00

light therapy improves cellular health to reduce signs of aging, relieve pain, and eliminate acne.





Waxing

Our waxing technique is highly praised by our guests. We believe in a quick, painless as possible waxing experience. Be sure to avoid sun exposure and any heat treatments for at least two hours before waxing and twelve hours after waxing. We regret that we cannot wax if you use Retin-A or Accutane.

Time to be determined based on skill of esthetician

Eye brow Wax	\$25
Lip Wax	\$20
Chin Wax	\$20
Nose Wax	\$20
Full Face Wax	\$50
Lower Arm Wax	\$45
Full Arm Wax	\$55
Underarm Wax	\$25
Lower Leg Wax	\$45
Upper Leg Wax	\$50
Inner Thigh Wax	\$25
Full Leg Wax	\$80
Bikini Wax	\$45
Extended Bikini Wax	\$60
Brazilian Wax	\$80

Nail Services

Basic Manicure	\$50
Dip Manicure	\$70
Gel Manicure	\$60
Acrylic Full Set	\$90
Acrylic Fill	\$40
Gel Set	\$95
Gel Fill	\$50
Polish Change Hands/Toes	\$20
French Polish	\$10
Gel Removal	\$15
Dazzle Dry Polish	\$10
Eco-Fin Paraffin Hydrating Treatment	\$10
Pedicure: (50 min)	\$65
Pedicure: (80 min)	\$90
Gel Pedicure (50 min)	\$85
Express Manicure/Pedicure (80 min)	\$90
Callus Treatment	\$10

Hair Services

Hair Cut & Style	\$75+
Base Color - New growth touch-up	\$85+
Single Process All Over Color	\$110+
Full Foil - Whole head	\$175 - \$300+
Partial Foil - Top and sides	\$145+
Balayage	\$250+
Shampoo and Blowout	\$50+
Smoothing Treatment	\$250+
Iron Work	\$15
Formal Up Do - On clean, dry hair	\$135 - \$165+
Deep Conditioning Treatment	\$85
Color Gloss or Toner	\$55
Get Pure Clarifying Treatment	\$50
Goldwell Shot	\$20

All prices are a starting point and subject to stylist availability.

Medical Skin Treatments



BBL FACE

This award-winning broadband light treatment improves the appearance of aging skin and reduces rosacea, acne, melasma, and sun spots comfortably and with little to no downtime. Working on most skin types, this treatment is fast, comfortable, gentle, and improvements can be seen in as little as one treatment.

60 minutes\$500

BBL FACE/NECK/DÉCOLLETÉ

Broadband light treatment of pigment, sun damage, age spots, and more on face, neck, and décolleté

60 minutes\$700

MOXI FACE

Through its use of a gentle, non-ablative, fractionated wavelength, Moxi laser corrects pigmentation issues and delivers dramatic tonal and textural improvements to your skin. In a quick 12–15-minute treatment with minimal downtime or discomfort, initial signs of sun damage and aging are corrected and is a powerful solution for younger-looking skin.

60 minutes\$600

MOXI FACE/NECK/DÉCOLLETÉ

Non-ablative, fractionated laser treatment of pigmentation issues with dramatic tonal and textural improvements on face, neck, and décolleté

60 minutes\$900

FOREVER BARE BBL LASER HAIR REMOVAL

Short and comfortable, a Forever Bare BBL treatment permanently reduces hair with fewer missed areas compared with traditional hair removal devices. Light technology is used to destroy hair follicles at the source so they no longer grow. Within 5–6 treatments, 80% to 90% of hair in the treated area – depending on factors like hair texture, the treatment area, and skin tone.

60 minutesprice determined at consultation



SPA PACKAGES

Three or more services – 10% off

Soothe, Strengthen + Hydrate Facial,
Basic Manicure, and Signature 50 min Pedicure\$234

Swedish 50 min Massage, Soothe, Strengthen + Hydrate
Facial, Basic Manicure, and Signature 50 min Pedicure\$351

Prenatal 50 min Massage, Soothe, Strengthen
+ Hydrate Facial, and Signature 50 min Pedicure\$310

Buy 4 services, get 1 free service



MEN'S SERVICES



Men's Hair Cut with Shampoo.....\$40

Massages: 50 min/80 min.....\$150+

Men's Manicure with Buffed Nails, 30 min.....\$40

Includes softening the skin on the hands, filing down the nails, shaping the cuticles and buffing the nails.

Men's Pedicure, 50 min.....\$55

A foot soak, exfoliation, nail clipping, and buffing along with foot and leg massage for relaxation.

Men's Hot Towel Facial, 50 min.....\$150

Relaxing hot towels are applied throughout the facial service to help open the pores and relax. The facial will provide cleanse, exfoliation, and hydration in combination with the hot towels.

THE PURE HYDRAFACIAL

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50 minutes.....\$250

THE HYDRAFACIAL

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80 minutes.....\$325

BBL FACE

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\$500

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\$600

Men's services are available on Mondays

Play ball! New Little League field ready for baseball

Coulombe cuts ribbon officially opening new diamond

By BILL PEARSON Tue, 05/30/2023 - 2:30pm



Local philanthropist Paul Coulombe cuts the ribbon May 26 during the ceremony for the new Little League baseball field's opening. Michelle Amero photo

Little League baseball is back in full swing in Boothbay as a new diamond is now ready. On May 26, local philanthropist Paul Coulombe cut the ribbon which officially opened the new Little League field and athletic complex. In 2020, Coulombe was instrumental in turning a \$250,000 federal grant into a \$1.18 million playground and athletic complex.

Three years ago, Boothbay received a \$250,000 federal grant which required a matching \$250,000 to upgrade Clifford Park's playground and athletic fields. Coulombe offered to provide the town's \$250,000 match in creating a refurbished playground, Little League baseball diamond, bleachers, a multi-use field (large enough for two lacrosse fields or one soccer pitch), pavilion and playground. Coulombe eventually donated a total of \$1.55 million to the project.

The Coulombe Family Park and Athletic Field is at Clifford Park in Boothbay. Last September, the new playground opened. This spring, the new Little League baseball and multi-use fields were completed. The new diamond includes an electronic scoreboard, dugouts, fence and concession stand.

Once Boothbay was ready to begin the renovations, the \$500,000 project costs increased to over \$1 million. Farley, Inc. of Rockport was the project's lone bidder at \$1.18 million. Town Manager Dan Bryer reported the increase was due to mandated federal Americans with Disabilities Act (ADA)-compliant equipment and tactile boards. Coulombe contributed \$930,000 to the project and joined a community effort to bring the new complex to life. Bryer listed Boothbay Baptist Church, Boothbay Region Lions Club, Pat Farrin & Sons, Boothbay Civic Association, and Boothbay Region Water District as park contributors.

The scoreboard was donated by the Lions Club and members served hot dogs during the ceremony. Y-Arts entertained the crowd with song and dance numbers and sang the national anthem. Boothbay Baptist Pastor Greg Carter led a prayer to bless the field. Local Cal Ripken League baseball players were dressed in uniform to celebrate the new field.

Coulombe spoke about the upgraded facility. "It's so wonderful seeing so many children enjoying the playground and the new baseball field. I love seeing all the smiles. It's truly heartwarming," he said. "With the new fields, playground, and year-round pavilion the possibilities for families to enjoy the park are endless. My wife and I were more than happy to be involved in a project that will enrich the lives of children and families in our community for generations to come."

2023 BHCC Major Golf Events

Major season is quickly approaching!! The buoys are here and the are looking for a home. Sign-up for any of these fun events
(except Cuckolds Cup) on Foretees today!!

Ladies' Events

Member/Member—July 18 & 19

The Hydrangea (Ladies' Member-Guest) - August 15 & 16

Men's Events

Member/Member—July 8 & 9

Senior Club Championship—August 12 & 13

Cuckolds Cup (Men's Member-Guest) - August 24-26

Mixed Events

Flag Tournament—July 4

Club Championships—July 28-30

One Happy Harbor Scramble—September 4

Mr. & Mrs. Championship—September 9

Lobster Trap Member-Guest (Legacy Members) - September 16 & 17

The Hydrangea

Ladies' Member/Guest

August 15-16

NEW FORMAT FOR 2023!!!

9 & 18-Hole Events!!!

DATE: TUESDAY, AUGUST 15 & WEDNESDAY, AUGUST 16

TIME: 10:30AM — TEE TIMES TUES / 8:30AM — SHOTGUN WED

ENTRY FEE:

Member & 1 Guest—18-Hole Division	\$650 per team
Member & 3 Guests—18-Hole Division	\$1,200 per team
Member & 1 Guest—9-Hole Division	\$550 per team
Member & 3 Guests—9-Hole Division	\$1,000 per team

FORMAT:

OPTIONAL PRACTICE ROUND ON YOUR OWN MON

18-HOLE DIVISION—ROUNDS 1 & 2—2-BEST BALL NET

9-HOLE DIVISION—ROUND 1—SCRAMBLE /

ROUND 2—2-BEST BALL

INCLUDES: EVENT FAVOR, ALL-INCLUSIVE FOOD & NON-

ALCOHOLIC DRINKS FOR SCHEDULED EVENTS. CARTS, GUEST
FEES, TROPHIES & GOLF SHOP CREDIT

www.boothbayharborcc.com/the-hydrangea-ladies-memberguest-registration



Welcome New Members!

New Sports Members

Dennis Austin & Danielle Bazinet—Attleboro, MA

Bobby & Laila Bowden—Pacific Palisades, CA

Michael & Kathleen Bulger—Atlanta, GA

John & Mandy Hutchins—Gorham, ME

Steven & Kimberly Logan—Chappaqua, NY

Donald & Danette McDowell—Vero Beach, FL

Jim & Chris Newton—Cape Elizabeth, ME

Belinda Nields—Key Largo, FL

Brian & Kristin Notestine—Cape Elizabeth, ME

Course Care

Just a reminder on taking care of our home course. Rob and his team do a great job with preparing the course for us to enjoy on a daily basis let's make sure we do our part and clean up our blemishes so Boothbay Harbor Country Club remains the #1 golf course in Maine.

How To Repair a Ball Mark

A few extra seconds is all it takes to keep the putting greens looking and playing their best.



CHOOSE WISELY

A ball mark repair tool is recommended, but other pointed devices can be used.



PUSH DON'T PRY

Starting from the back and sides, gently push & stretch the turf to the center of the mark.



WORK AROUND

Work around the ball mark until it's filled in. Avoid lifting & twisting the turf harshly.



FINAL TOUCH

Use your putter to lightly tap down the mark. Fix other marks in addition to yours.

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Most of our unfixed ballmarks are a result of players hitting the green and running through into the rough. Please remember that even if the ball is not on the green, you may have still make a mark.



Course Care



Divots are part of the game, but we can mitigate their impact on future play by doing our part in repairing them during our rounds. Here are two examples, one relatively shallow divot on the left and one deep divot on the right. If you find a divot has a fair amount of soil still attached to the bottom, go ahead and replace it. Hopefully it will reattach itself and quickly heal. The shallow divot on the left doesn't have much soil or roots attached. That divot should be filled with the divot mix found in the golf cart containers or provided bottles for members who are walking. Feel free to ask the outside staff for additional mix if you feel like you use a lot during a round and of course, please help out when you happen to see one unrepaired.



Several rakes are located outside of each bunker. Please enter and exit in the flat part of the bunker and try to return it to the condition that you found it for the players behind you.



Wellness Center Class/Clinic Schedule

June 26-August 12, 2023

**All fitness classes, tennis and
pickleball clinics are complimentary
with your membership.**



Wellness Center Schedule for June 26-August 12

GROUP FITNESS CLASSES

Weekly Schedule

MONDAY

7:00 – Power Yoga w/ Steph
8:00 – Aqua Aerobics w/ Mary
8:00 – Gentle Yoga w/ Steph
9:00 – Essentrics w/ Elissa

TUESDAY

7:00 – TRX w/ Deanna
8:00 – TRX w/ Deanna
9:00 – Sculpt & Trim w/ Lindsay
10:30 – Yoga for All w/ Lindsay
11:30 – Qigong w/ Judy

WEDNESDAY

7:30 – Power Hour w/ Lindsay
8:00 – Aqua Aerobics w/ Mary
9:00 – Essentrics w/ Elissa
10:30 – Yoga for All w/ Lindsay

THURSDAY

7:00 – TRX w/ Deanna
8:00 – TRX w/ Deanna
9:00 – Stretch w/ Brady
10:00 – Beginner Essentrics w/ Elissa

FRIDAY

7:30 – Power Hour w/ Lindsay
8:00 – Aqua Aerobics w/ Mary
9:00 – Essentrics w/ Elissa
10:30 – Yoga for All w/ Lindsay

SATURDAY

7:30 – Power Yoga w/ Steph
9:00 – Sculpt & Trim w/ Lindsay
10:30 – Yoga for All w/ Lindsay

SUNDAY

7:30 – Power Hour w/ Lindsay
9:00 – Yoga for All w/ Lindsay

TENNIS & PICKLEBALL

Weekly Clinic & Event Schedule

MONDAY

8:00 -Cardio Tennis
3:00 –Intermediate Pickleball Round Robin

TUESDAY

9:00 -Open Tennis Clinic
11:00 – Pickleball Fresh Start

WEDNESDAY

8:00 -Cardio Tennis
3:00 – Pickleball Dink & Smash

THURSDAY

9:00 – Open Tennis Clinic
3:00- Advanced Pickleball Round Robin

FRIDAY

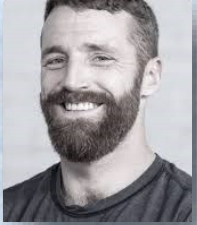
8:00 – Cardio Tennis
10:00 –Ladies’ Tennis Clinic
2:00 – Pickleball Drill

SATURDAY

9:00 – Open Tennis Drill
10:00 – Tennis Round Robin
1:00 – Open Pickleball Clinic
2:00 – Pickleball Round Robin

Please sign-up for these classes/clinics on Foretees or call the Wellness Center (207-633-3673 ext 3.) Please stay up-to-date with schedule changes as we adjust to the needs of the membership. Foretees will allow you to have 10 classes scheduled at any one time.

BHCC Personal Training



Sam Berry

Sam is our resident personal trainer and performance coach. Beside training here at BHCC, Sam is the Health Fitness Coordinator for Bath Fire Department, does online exercise intervention research for pediatric cardiology patients at Lucile Packard Children's Hospital at Stanford University and works remotely with clients across the country. He obtained his Master's degree in exercise science nearly 20 years ago from Florida International University. Sam also has multiple certifications to help his clients move well so that they can move often and without pain or discomfort.. Sam utilizes Functional Movement Systems to observe and prescribe the most efficient exercise programs his clients needs and desired goals. Sam works with clients at the Wellness Center on Tuesday, Thursday and Friday. If you are interested in short term or long term training this season, you can email him directly at samberryfitness@gmail.com

Michele is a NCSF Certified Personal Trainer and Group Fitness Instructor with over 10 years experience. She holds specialty certificates for TRX, Zumba, Zumba Toning, PIYO, Kettlebell, and Beyond Barre.

She's an energetic trainer with passion to foster health and wellness by creating and designing exercise programs based on clients' needs, goals and abilities. Her areas of expertise are functional movement, strength, balance and core with a twist of fun. She's developed life long relationships with her clients and loves being a part of their health and fitness journey.

When she's not working, she spends time working out, playing golf and enjoying outdoor activities.



Michele Tagliareni



Karla Nason

Fitness enthusiast Karla Nason is a personal fitness trainer and licensed GYROTONIC® instructor with over 25 years of experience in both Canada and the United States. She completed her Bachelor of Science Degree from the University of South Florida. Her strong desire for fitness training lead her to her greatest success, "Fitness Infusion", a private studio exclusively offering the Gyrotonic® Exercise Method. Karla's dedication, passion, motivation, and charismatic approach to helping others succeed on their path to a healthier lifestyle, keeps them coming back for more! Karla currently resides in Naples, FL with her daughter, Hayden.

Training sessions may be booked now through the Foretees App or by calling the Wellness Center.

Tennis & Pickleball News



Mark Meirloi

Mark Meirloi is our new Head Racquets Professional @ BHCC. Mark was ranked top 200 in the nation, as well as top 10 in the state of Florida. He was a collegiate tennis player at University of West Florida, which was ranked #1 for Division 2 Men's Tennis and achieved a career high ranking of #1621 on the ATP World Tour. He managed his own tennis academy business for 4 years after playing and now is starting his journey in the country club world.

He will begin teaching on Friday, May 26th. Please welcome Mark to the BHCC family and sign-up on Foretees for a clinic or a lesson.



Hercilio Cabieses

Hercilio, a pickleball professional based in Naples, FL, is coming back again this summer! He will be here July 14-16 for a special weekend clinic. The schedule and formats are still being worked out and will be sent to the members as soon as they are finalized. If you want to improve your pickleball technique or strategy, please put these dates on your calendar.

Reggae Party

Friday, July 14 at 6pm

Giselaine's Spa

LIVE MUSIC

REGGAE BAND

Royal Hammer!

**Enjoy delicious food
from around the world in a
beautiful, poolside setting.**

Don't miss out—register today!



To register for this fun event:

Call 207-633-3673 x2 or

Email: dining@boothbayharborcc.com

\$75 per person++

(price includes all food, live music & 1 drink ticket)

Special Member Events



BV Wine Dinner

Monday, July 10th at 6:00pm

Join us in Paul's Steak House for an evening of decadent dining and perfect pairings.



Bouillabaisse Cooking Class *Chef George Schimert*

Wednesday, July 12th at 1:00pm

Learn to make this classical French soup from Marseilles with New England seafood.



Reggae Party *at Giselaine's Spa*

Friday, July 14th at 6pm

Enjoy delicious food from around the world and live reggae music in a beautiful poolside setting!



Garden Tour

Thursday, July 20th at 10am

Enjoy a guided walking tour of our beautiful gardens with Master Gardener, Karen Neill



Paul & Giselaine's *Anniversary Bash*

Saturday, July 22nd

Dinner, Dancing, and Fireworks!

(Further details on all member events will be provided in member emails and in ForeTees)



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Reservations: 800-762-8433
BoothbayHarborOceansideResort.com



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