

THE SEAGATE

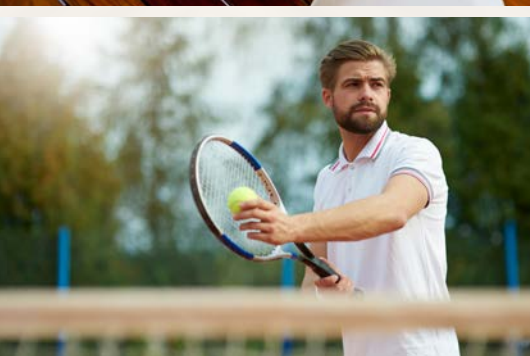




Welcome to [The Seagate Hotel & Spa](#), where your every need has been carefully considered long before you arrive in our lobby.



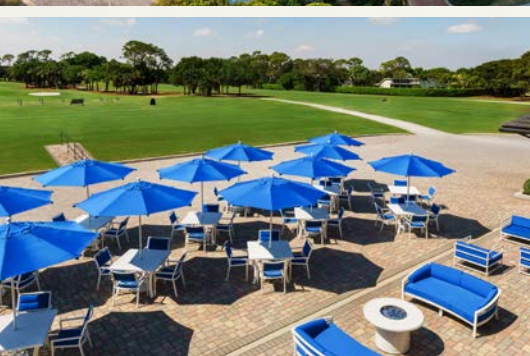
The health and safety of our guests and staff has always been vitally important to us, but never more so than now. With **Seagate Safe**, we're doing everything possible to make certain that all our properties are safe, sanitary, and germ-free. [Learn more.](#)



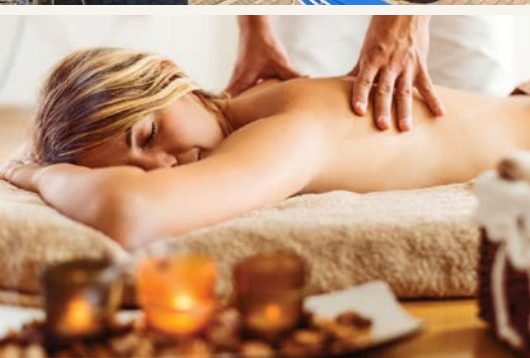
Visit the **Atlantic Grille**, our eclectic restaurant on the Avenue that perfectly captures the unique flavor of Delray Beach. Join us for our daily Happy Hour 4pm - 6pm, and enjoy live entertainment Tuesday through Sunday. [Learn more.](#)



Escape to the **Seagate Spa** where every detail has been carefully designed to create the ideal environment for your relaxation and renewal. Feel your cares melt away as you enjoy a complete range of massage, skincare, and body treatments. [Learn more.](#)



You won't have to go far to discover some of the most fashionable finds, unique gifts, and delectable delights anywhere in South Florida. **Aqua Resortwear** is the ideal place to find the latest fashions and resortwear for men and women. For gifts, gourmet specialties, and beach essentials, **etc. café & gifts** has everything you need. [Learn more.](#)



The **Seagate Country Club** is a world-class golf and country club featuring one of the finest championship golf courses in all of Palm Beach County. The club and its recently restored course are now open hotel guests of The Seagate Hotel & Spa and provide activities such as golf, tennis, pickleball and more. **The Seagate Wellness Center**, which provides classes and personal training in its Technogym facility is also available to hotel guests. [Learn more.](#)

The **Seagate Beach Club** offers guests the prestige of a sophisticated retreat with the allure of a refined ambiance with personalized service. Amenities include direct beach access, oceanview dining, a beachside swimming pool, poolside and beach beverage service and more. [Learn more.](#)

And so you don't miss out on any of our activities, we offer complimentary transportation on our in-house car to and from the hotel and clubs on a first-come, first-served basis.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 26	SEPT 27	SEPT 28	SEPT 29	SEPT 30	OCT 1	OCT 2
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Water Aerobics	8:00am Aerobics	9:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Water Aerobics	6:00pm Seagate Sweat	6:00pm Pickleball Clinic	8:30am Water Aerobics	9:00am Water Aerobics	8:30am Water Aerobics
			7:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
				6:00pm Cardio Tennis Clinic		12:00pm Junior Advanced Golf Program
OCT 3	OCT 4	OCT 5	OCT 6	OCT 7	OCT 8	OCT 9
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Water Aerobics	8:00am Aerobics	9:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Water Aerobics	6:00pm Seagate Sweat	6:00pm Pickleball Clinic	8:30am Water Aerobics	9:00am Water Aerobics	8:30am Water Aerobics
			7:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
				6:00pm Cardio Tennis Clinic		12:00pm Junior Advanced Golf Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 10	OCT 11	OCT 12	OCT 13	OCT 14	OCT 15	OCT 16
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Water Aerobics	8:00am Aerobics	9:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Water Aerobics	6:00pm Seagate Sweat	6:00pm Pickleball Clinic	8:30am Water Aerobics	9:00am Water Aerobics	8:30am Water Aerobics
			7:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
				6:00pm Cardio Tennis Clinic		12:00pm Junior Advanced Golf Program

OCT 17	OCT 18	OCT 19	OCT 20	OCT 21	OCT 22	OCT 23
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Aquabilities	8:00am Aerobics	9:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Aquabilities	6:00pm Seagate Sweat	6:00pm Pickleball Clinic	8:30am Aquabilities	9:15am Aquabilities	8:30am Aquabilities
	9:00am Aquabilities		7:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
				6:00pm Cardio Tennis Clinic		12:00pm Junior Advanced Golf Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 24	OCT 25	OCT 26	OCT 27	OCT 28	OCT 29	OCT 30
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Aquabilities	8:00am Aerobics	9:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Aquabilities	6:00pm Seagate Sweat	6:00pm Pickleball Clinic	8:30am Aquabilities	9:15am Aquabilities	8:30am Aquabilities
	9:00am Aquabilities		7:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
				6:00pm Cardio Tennis Clinic		12:00pm Junior Advanced Golf Program

OCT 31	NOV 1	NOV 2	NOV 3	NOV 4	NOV 5	NOV 6
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
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REGISTRATION

SEAGATE COUNTRY CLUB AND BEACH CLUB WELLNESS

To register, please see the hotel concierge or email Madeline Sperber: msperber@seagatedelray.com

THE SEAGATE RACQUETS CENTER

Sign-up by texting or calling 561-475-0652.

ABSOLUTELY SEAGATE PILATES

Country Club Ballroom
Tuesdays | 9:30am - 10:30m

Hotel Pool Deck
Fridays | 8am - 9am

Hotel Guests \$25

This small, low-impact, group class is led by a certified instructor and is ideal for beginners to advanced students. It will incorporate all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement and flexibility.

10 Students Max | Skill Level: Beginner, Intermediate & Advanced

**Advance registration is required.*

AEROBICS

Seagate Country Club
Mondays, Thursdays | 8am - 9am
Hotel Guests \$15

A total body conditioning class utilizing a variety of resistance equipment designed to increase definition and strength. Pumping your heart rate up by performing cardiovascular movements with muscle conditioning exercises using, Stability balls, tubing and free weights.

Skill Level: Intermediate & Advanced

AQUABILITIES

Seagate Country Club Pool
Mondays, Thursdays, Saturdays
8:30am - 9:30am

Seagate Beach Club Pool
Mondays, Wednesdays | 9am - 10am
Fridays | 9:15am - 10:15am

Hotel Guests \$15

Moderate-impact, water-specific

exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

Skill Level: Beginner & Intermediate

CARDIO TENNIS CLINIC

Racquets Center (Country Club)
Fridays | 8am - 9am
Hotel Guests \$30

Come join us for a highly active clinic that focuses on drills and conditioning.

GENTLE STRETCH

Country Club Main Ballroom
Fridays | 10am - 11am
Hotel Guests \$15

Stretching is the key for a healthy body. Relaxation is the key for a healthy mind...The focus of this class is to help relieve the stresses of the day. All levels welcome.

Skill Level: Beginner, Intermediate & Advanced

JUNIOR ADVANCED GOLF PROGRAM

Seagate Country Club
Saturdays | 12pm - 1pm
Hotel Guests \$40 (Ages 6 - 12)

Topics covered are: Full Swing, Short Game, Putting, Bunker, and Course Management.

Children will receive instruction on the golf swing, proper alignment, different club use, how to read the greens and much more.

Reservations required.
48-hour cancellation policy in effect.

JUNIOR BEGINNERS GOLF PROGRAM

Seagate Country Club
Saturdays | 11am - 11:45am
Hotel Guests \$30 (Ages 5 - 12)

Topics covered are: Full Swing, Short Game, and Putting

Children will receive instruction on proper grip, stance and posture, basic chipping and pitching, putting techniques and how to read a green.

Reservations required.
48-hour cancellation policy in effect.

PICKLEBALL CLINIC

Racquets Center (Country Club)
Wednesdays | 5pm - 6pm
Hotel Guests \$25

Players receive instruction while participating in a variety of drills and games that improve players' performance.

PICKLEBALL DROP-IN

Racquets Center (Country Club)
Sundays | 8:30am - 10:30am
Hotel Guests Complimentary

Participants play a series of pickleball games in teams. Space is limited.

**24 Hours advance registration is required by calling or texting 561.475.0652.*

PICKLEBALL MIXER

Racquets Center (Country Club)
Wednesdays | 6pm - 7pm
Hotel Guests \$20

Players warm-up with the pro followed by several rounds of match-play. Beverage service included.

SEAGATE SUP YOGA

Seagate Hotel Pool
Mondays, Thursdays
7:30am - 8:30am
Hotel Guests \$25

Benefits include improved balance, strengthened muscles, refined technique, and the opportunity to relax outdoors on the water. Bring stretchy, water-resistant workout attire, bathing suits, rash guards, yoga clothing, boardshorts. Limited availability

*Must register for class with front desk.
 48-hour cancellation notice is required.*

SEAGATE SWEAT

Seagate Country Club
Fitness Center
Tuesdays, Thursdays | 6pm
Hotel Guests \$15

Train your body in the way it was intended to work, as a complete unit. This class will incorporate strength, endurance, coordination, and balance using various tools such as weights, bands, balls and body weight for optimal conditioning.

Skill level: Intermediate & Advanced

SKILLS TENNIS CLINIC

Racquets Center (Country Club)
Wednesdays | 8am - 9am
Hotel Guests \$25

Players focus on learning technique and shot selection at a steady pace.

SUNRISE BEACH YOGA

Seagate Beach Club Beach
Saturdays | 8am - 9am
Hotel Guests \$15

A creative blend of yoga postures, uniting clear intelligent alignment, energetic movement, meditation, and pranayama (breathing techniques). Bring a large towel or blanket as mats can get sandy.

Skill Levels: Beginner, Intermediate & Advanced.

SURF'S UP SUNDAYS

Seagate Beach Club - Oceanside
Sundays | 1pm
Hotel Guests \$35

*Payment accepted only through
 Hotel Guest account.*

Drop in to catch a swell with The Waves Surf Academy Team. Lifeguard Certified Instructors will guide you to the perfect wave.

VINYASA YOGA

Country Club Ballroom
Tuesdays | 7:30am - 8:30am
Hotel Guests \$15

A blend of yoga postures, uniting clear intelligent alignment, energetic movement, meditation, and pranayama (breathing techniques).

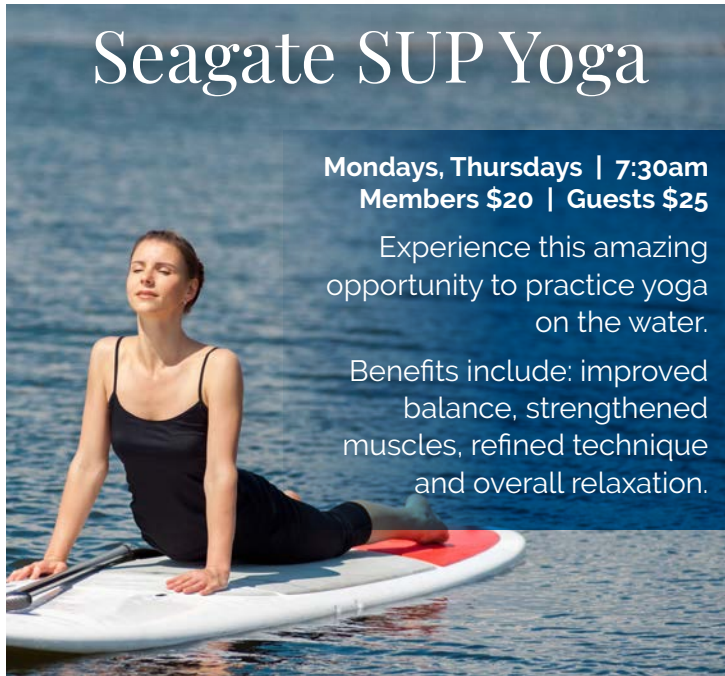
Skill Level: Beginner, Intermediate & Advanced

SEAGATE ZUMBA

Seagate Country Club
Saturdays | 8am - 9am
Hotel Guests \$15

The combination of dance and fitness moves done to a background of exhilarating rhythms. This class features merengue, salsa, cha-cha, reggaeton, bachata, samba, and hip-hop.

Skill Level: Beginner, Intermediate & Advanced



Seagate SUP Yoga

Mondays, Thursdays | 7:30am
Members \$20 | Guests \$25

Experience this amazing opportunity to practice yoga on the water.

Benefits include: improved balance, strengthened muscles, refined technique and overall relaxation.



Beach Tennis

Monday - Sunday | 9:30am - 5pm
2 Paddles for 2 Hours: \$20
4 Paddles for 2 Hours: \$30
 (Balls included in rate)

For more information, please call 561.272.7873. Equipment will be available for pickup at the Delray Beach Water Sports Hut. This activity is weather permitting and on a first come basis.



WEDNESDAY

Oct.
6

Why Cook? Wednesdays

A Toast to German Fare

Wednesday, October 6 | 5pm - 9pm

Adults \$29.95* | Kids 6 – 12 \$12* | Kids 5 & Under Complimentary

The Country Club - Center Dining Room

STARTER

(Choose one)

Beer Cheese

Bacon, scallions, cheddar cheese

Bavarian Salad

Mixed greens, watercress, sliced red onion, radishes, lemon vinaigrette

Cucumber Salad

Sliced English cucumbers, purple onions, sour cream vinaigrette

ENTRÉE

(Choose one)

Hunter's Pork Chop

Mushroom gravy, pan-fried potatoes

Sautéed Bratwurst

German potato salad, bacon apple sauerkraut, pretzel bun, mustard sauce

Chicken Schnitzel

Spaetzle, lemon butter, lingonberry sauce

Goulash

Sirloin tips, onions, peppers, beef gravy, egg noodles

DESSERT

(Choose one)

Black Forest Cake

Apple Strudel

with Vanilla Ice Cream

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular dinner menu will not be offered during event. 48-hour cancellation policy in effect.*



Potions Class

Thursday, October 7 | 5pm - 7pm
Adults 21+ \$60* | The Country Club - Main Ballroom

Bring out your inner witch!

Mix up some potions that will have everyone under a spell. Participants will be coached by a professional mixologist to create three different Vodka-based spooky craft cocktails or "Potions."

Zombietini

Black Widow's Kiss

Witches Brew

Complimentary small bites will be offered or take advantage of the Grill Bar's Lounge until 7pm.

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. 48-hour cancellation policy in effect.*



Why Cook? Wednesdays

Autumn Favorites

Wednesday, October 13 | 5pm - 9pm

Adults \$29.95* | Kids 6 – 12 \$12* | Kids 5 & Under Complimentary

The Country Club - Center Dining Room

STARTER

(Choose one)

Chicken & Wild Rice Soup

Wild rice, celery, onion, carrot, cream

Cranberry Quinoa Salad

Fresh mint, cucumbers, Bibb lettuce, champagne vinaigrette

Roasted Pumpkin Salad

Roasted pumpkin seeds, endive, frisée, candied pecans, honey shallot vinaigrette

ENTRÉE

(Choose one)

Turkey Pot Pie

Seasonal vegetables, turkey breast, turkey volute, puff pastry

Veal & Wild Mushroom Ragout

Sirloin tips, mushrooms, white wine, cream

Stuffed Butternut Squash

Ground beef, rice, peppers, onions, Pomodoro sauce

Swordfish Piccata

Seasonal roasted root vegetables

DESSERT

(Choose one)

Pecan Pie

Pear Tart

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular dinner menu will not be offered during event. 48-hour cancellation policy in effect.*



WEDNESDAY

Oct.
20

Why Cook? Wednesdays
Fall Harvest

Wednesday, October 20 | 5pm - 9pm

Adults \$29.95* | Kids 6 – 12 \$12* | Kids 5 & Under Complimentary

The Country Club - Center Dining Room

STARTER

(Choose one)

Potato Leek Soup

Yukon potatoes, leeks,
Vermont cheddar

Harvest Salad

Apple, celery rib, fennel, fresh basil,
Manchego cheese, lemon vinaigrette

Pear Salad

Frisée, pecans, bacon dijon vinaigrette

ENTRÉE

(Choose one)

Pumpkin Ravioli

Brown butter, pecans

Balsamic Fig Chicken

Chicken breast, figs, balsamic, dijon mustard,
Brussels sprouts, rice pilaf

Butternut Squash Risotto

Arborio rice, butternut squash,
asparagus, spinach

Farmhouse Beef Stew

Sirloin tips, carrots, onions,
English peas, dumplings

DESSERT

(Choose one)

Apple Cider Donuts

Pumpkin Cheesecake

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular dinner menu will not be offered during event. 48-hour cancellation policy in effect.*



SATURDAY

Oct.
23

Buns & Guns

Saturday, October 23 | 9am - 10am

Hotel Guests \$15

The Country Club - Wellness Center

This workout is designed to target the most sought-after areas: the arms and buns.

Join us for an intense workout led by Madeline Sperber that will alternately target each area, avoiding over-fatiguing one region so you will be able to get an efficient and effective workout in one!

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

48-hour cancellation policy in effect.



WEDNESDAY

Oct.
27

Palm Reading Happy Hour

Wednesday, October 27 | 4pm - 7pm
The Country Club - Grill Bar

Get your palm reading done by a local Delray Beach psychic while enjoying the Happy Hour and Lounge Menu in the Grill Bar, or join us for Why Cook? Wednesday in the Center Dining Room.

Palm reading is complimentary and on a first come, first-serve basis.

WEDNESDAY

Oct.
27



Why Cook? Wednesdays

Evening in the Orchard

Wednesday, October 27 | 5pm - 9pm

Adults \$29.95* | Kids 6 – 12 \$12* | Kids 5 & Under Complimentary

The Country Club - Center Dining Room

STARTER

(Choose one)

Butternut Squash Soup

Garlic, ginger, thyme, coconut milk,
toasted pumpkin seeds

Apple Cranberry Salad

Frisée, endive, blue cheese, candied pecans,
champagne vinaigrette

Fall Kale Salad

Sweet potato, raisins, pumpkin seeds,
brussels sprouts, goat cheese,
apple cider vinaigrette

ENTRÉE

(Choose one)

Apple Glazed Stuffed Pork Chop

Haricot vert, sweet potato purée

Beef & Wild Mushroom Stroganoff

Sirloin tips, wild mushrooms, cream,
egg noodles

Brown Sugar Bourbon Salmon

Seasonal vegetables, wild rice pilaf

Honey Mustard Chicken Breast

Crispy brussels, Yukon mashed potatoes

DESSERT

(Choose one)

Apple Butter Cake

Cherry Pie

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular dinner menu will not be offered during event. 48-hour cancellation policy in effect.*



Spooky Screen *on the Green*

Friday, October 29 | 6:30pm - 9:30pm

Adults \$30* | Kids 6 – 12 \$15* | Kids 5 & Under Complimentary

The Country Club - Courtyard

Join us for a Spooky Screen on the Green with your favorite Sanderson's sisters to view the Halloween classic, *Hocus Pocus*. Enjoy spooky cinema favorites, witchy games, and a costume contest!

Charge bar will be available, and the movie will start at 7pm.

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

**Plus tax and gratuity. Regular dinner menu will not be offered during event. 48-hour cancellation policy in effect.*

SATURDAY

Oct.
30



Seagate Halloween Workout

Saturday, October 30 | 9am - 10am

Hotel Guests \$15

The Country Club - Wellness Center

Kick-off your Halloween weekend and come in your best costume. Join us for *witchin'* good moves and give your muscles a real treat. We will be pulling out a few surprises from our bag of tricks! This workout will be 45 minutes in duration and will target arms, core, back, glutes, and much more.

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

48-hour cancellation policy in effect.

The Seagate Hotel & Spa

AQUA RESORTWEAR

Hours
Mon. - Sun.: 10am – 7pm

Phone
561-665-4940

ATLANTIC GRILLE + BAR

Breakfast
Mon. – Fri.: 7am – 11am
Sat. & Sun.: 7am – 9am

Brunch
Sat. & Sun.: 9am – 2:30pm

Lunch
Mon. - Fri.: 11am – 2:30pm

Dinner
Sun., Tue. – Thu.: 5:30pm – 10pm
Fri. & Sat.: 5:30pm – 11pm

Happy Hour
4pm - 6pm daily

Reservations
Call 561-665-4900 or [Book Online.](#)

ETC. CAFÉ & GIFTS

Hours
Café: Mon. – Sun.: 7am – 6pm
Gifts: Mon. – Sun.: 7am – 8pm

Phone
Café: 561-665-4921
Gifts: 561-665-4922

FITNESS CENTER

Hours
24 Hours

HOTEL POOL

Hours
Sunrise - Sundown

IN-ROOM DINING

Breakfast Menu
7am – 11am

Evening Menu
5:30pm – 10pm

All Day Dining
11am - 10pm

SEAGATE SPA

Hours
Mon. – Sun.: 10am – 6pm

Reservatons
561-665-4950 or [Book Online.](#)

The Seagate Beach Club

POOL & BEACH SERVICE

Hours
Daily: 9am – 5pm

DINING

Lunch
Daily: 11:30am – 3pm

Lite Fare
Daily: 3pm – 9pm

Dinner
Daily: 5pm – 9pm

Happy Hour
Daily: 4pm – 6pm

Reservations
Call 561-330-3775

Delray Beach Water Sports Rentals

399 S. Ocean Blvd., Delray Beach
561-279-0008
delraybeachwatersports.com

ONSITE EQUIPMENT RENTAL

	1 HR	2 HR
1 Man Kayak	\$30	\$45
2 Man Kayak	\$40	\$60
Windsurf Gear	\$75	\$150
Surf Soft	\$15	\$23
Surf Epoxy	\$20	\$30
Supaddle Board Epoxy	\$35	\$50
Boogie Board	\$10	\$15
Skim Board	\$20	\$30
Mask, Snorkel & Fins	\$20	\$30

SAILBOATS

	1 HR	2 HR
Hobie Wave 14'	\$90	\$135
Hobie Getaway 16'	\$140	\$210
Hobie High Performance 16'	\$200	\$300
Boat Captain (1 to 4 persons + rental)	\$60	\$90

LESSONS

	1 HR	2 HR
One Person	\$70	\$105
Kite Surfing Intro	\$50 and Up	
Group rates available. Call for additional packages.		

The Seagate Country Club

RAQUETS PRO SHOP

Hours

Mon. - Fri.: 8am - 4pm

Sat. - Sun.: 8am - 1pm

GOLF PRO SHOP⁷

Hours

Mon.: 12pm - 5:30pm

Tue. - Sun.: 7am - 5:30pm

WELLNESS CENTER

Hours

Mon. - Sun.: 5am - 11pm

DINING

CAFÉ

Continental Breakfast

7am - 10:30am | Daily

Café Menu with Grab & Go Option

7am - 3pm | Daily

Beverage Cart

9am - 4pm | Tuesday - Sunday

UPSTAIRS DINING

Lunch Service

Center Dining Room

11:30am - 3pm | Tuesday - Saturday

Lounge Menu

Grill Bar

4pm - 7pm | Tuesday - Saturday

Dinner Service

Center Dining Room

5pm - 9pm | Wednesday - Friday

Reservations

Call 561-498-8070



WELLNESS CENTER

When members and Seagate Hotel guests walk into The Seagate Technogym facility, they will be welcomed into a space that boasts high energy while focusing on total mind/body wellness. Our state-of-the-art facility houses more than 35 pieces of wall-to-wall Technogym equipment with an Omnia Room and Pure Strength side dedicating separate areas for cardio, Kinesis stations, warm-up/cool down, and free weights.

Open Monday - Sunday 5:00 am - 11:00 pm. Limited classes, personal training and complimentary virtual classes are available.

Schedule an appointment

msperber@seagatedelray.com





Fall Into Bliss Spa Package

\$386*
(\$482 Value)

- 60-minute Aromatherapy Massage
- 50-minute Pink Mud Sublime Scalp Massage
- 60-minute Vitamin Sea Radiance Facial

Enjoy a full pampering experience designed to make your autumn relaxed and recharged. Turn off the world for 2.5 hours of pure serenity and calm. Plus, sip on a complimentary glass of rosé while you unwind.

To book your appointment, call 561-665-4950.



Row House AT THE SEAGATE

This season, visit our shop to find a hand-selected collection of home decor pieces by local interior designer, Paige Padon.

The assortment will rotate regularly, and will be limited in quantity, so check in often to be sure you don't miss out!



Now serving Counter Culture Coffee



GIFTS • COFFEE • TREATS