

Spanish Wells Golf & Country Club



March Newsletter



SPANISH WELLS GOLF & COUNTRY CLUB

March 2025 From the General Manager

There is some exciting news for the March Newsletter regarding our F&B Department. Some of you may know that we now have Open Table for you to easily book your reservation for any of our dining events. If you need to adjust your party's size, we ask that you reach out to Liz or Debbie to make those adjustments, however, you can cancel your reservation in the app as well. We have a new staff member, Executive Sous Chef Rushaune Thompson. He was added to the team a few weeks ago. Rushaune comes to us in high regard from his past employers and our team is currently working on having a different dining menu for nights that we don't have a special creative event. To reiterate our dress code for banquets, member dining, and the Crow's Nest: Hats may not be worn inside, no jeans, and no flip flops. For the Crow's Nest patio, we do allow headwear, but no jeans or flip flops are allowed. If we happen to have a special night like Halloween said rules would get adjusted. I am going to retire my Bingo vocals for a month and because of popular demand will have Music Bingo back March 6th. I know you will miss me, but I hope you dance the night away!

A few notes from our Superintendent Rich Osgood: Focus on the 6th hole being roped off to try and get some turf to come back in season. We would really appreciate it if everyone would abide by the restrictions and ropes. Rich is doing an application to help control some of the weeds on the course and is continuing to keep the paths and bunker edges more dialed in than the past. Our water edges that have rocks and will have pine straw that is about 12-16 inches wide, and our non-rocked areas, will be mowed down to a lower height. With our newish fleet of maintenance mowers, we now can begin play at 7:45a and are hoping that in summer we can go to 7:30a to keep everyone out of the summer heat. Rich and his team are most excited about our new mechanic, Mark Cummings. He is getting us reorganized and more efficient in our morning set up. We ask that everyone use the enter and exit green signage for fairway entry along with all handicapped players please park by the white with blue capped stakes near each putting green.

On the Golf operations side, Mark Antle is hard at work to implement policies and procedures to get us more efficient. We continue to ask all of you to check in, adjust your groups 48 hours in advance, and lastly, make sure we know any group adjustments. The revenue lost from a 12-player group that doesn't show up is at a minimum \$2000. Please help us maximize our inventory so that we can reinvest into the Club. We had a tremendous Member Guest with team Ed Doyle outlasting 8 other teams in the 5-hole shootout. We appreciate all our 32 teams that played and know that next year we expect to get to our goal of 56 or 60 teams.

We are currently working on a plan to make some changes to the pool that I know everyone will love. The already approved FOB system for fitness and pool entry will get rolled out in the next 3 weeks. Once we get that scheduled, we will send out the plan as to how you get your fobs for your membership. Reminder that Social will have access to the pool and Sports will have access to the pool and fitness center. I hope you enjoy the facelift that has happened near the putting green making it safer for carts to zoom in and out from the street to the path areas. I have had some previous requests for lighting at that area with the slope being dangerous at night and the light now solves that problem. I am sure our Board will also approve some curbing to better protect those areas from cart traffic. We continue to make impacts in rejuvenating areas and making Spanish Wells the best version of itself. I hope you're enjoying the season and hope to see you at the club!

Thank you,

Siegfried J. J. Wroebel | General Manager, PGA
9801 Treasure Cay Lane Bonita Springs, FL 34135
o. 239-992-5100 Ext. 205 | f. 239-992-9623

March 2025

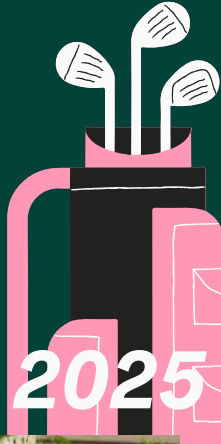
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Cabana opens at 8am daily</u> <u>Pub opens at 11a daily</u> Friday—Saturday All Day Menu 11a-8p. Happy Hour 2p-6p. Pub at 9p Sunday—Thursday All Day Menu 11a-7p. Happy Hour 2p-6p. Pub at 8p</p>						1
2	3 Member Monday Food 5-7pm HH 2-6pm	4 Fat Tuesday 5p-8p	5	6 Burgers & Music Bingo Dining at 5p Bingo at 6:30p	7 Dink & Drink 3p-5p	8 Bootcamp Bingo 9:30a
9 Southern Sunday Dinner 2p-7p	10 Pickleball Hitting Sessions 11a-12p	11 Men's Breakfast 8a - 10a	12 LNO Fashion Show 5p-8:30p	13 Tennis & Pickleball Awards Dinner 4:30p	14 A La Carte Dinner 6p-8p	15 St. Patrick's Day Bike Ride 9:30a 
16	17 St. Patrick's Day Dinner Buffet 6p-8p 	18 Cardio Pickleball 11a-12p	19 Pickleball Fever Member- Guest 8:30a	20	21 TGIF Italian Night 6p-8p	22
23 Sunday Brunch 11a-2p	24 Women's Member- Guest Tournament 12:30p SG	25	26 Health & Wellness/ Workshop 12p-1p	27	28	29 Caribbean Night 6p—9p
30	31					



2025 GOLF TOURNAMENT

SAVE THE DATE

Date	Day	Event	Time	Food
3/5/25	Wed	Women's Solheim Cup	9:00AM SG	Lunch
3/16/25	Sun	Couples Member/Guest	12:30PM SG	Dinner
3/24/25	Mon	Women's Member/Guest	12:30PM SG	Dinner
3/30/25	Sun	Couples Championship	12:30PM SG	Dinner
4/3/25	Thu	Men's Ryder Cup - Day 1	8:00AM TT	Menu
4/4/25	Fri	Men's Ryder Cup - Day 2	9:00AM SG	Lunch
4/9/25	Wed	Women's Amen Corner - Business Mtg. & Awards	12:30PM SG	Dinner
4/24/25	Thu	Men's Closing Scramble & Annual Meeting	9:00AM SG	Lunch



LADIES MEMBER-MEMBER TOURNAMENT ON 12 FEBRUARY 2025



**2025 MEMBER-MEMBER CHAMPIONS:
SUSAN SINGH & SUSAN NETELER**

FLIGHT 1 WINNERS: WENDY COWARD & LUANN HUMPHREY

FLIGHT 2 WINNERS: DALE CONNEARNEY & LEAH SWIFT





Women's Golf

February wrapped up a two week Member-Member tournament! A fun time was had by all and we enjoyed a lovely dinner after the event.

Rolling into March we have a few big events, starting with the Solheim Cup on March 5th. This is a shotgun start at 9 am followed by lunch. But we are most excited for the Member-Guest tournament on Monday, March 24th. Our theme is Black and White this year. A 12:30 shotgun start is followed by an evening of cocktails, hors d'oeuvres, dinner and PRIZES! Registration closes March 3rd, so contact the Pro Shop ASAP if you and a guest would like to play. This is a charity event benefiting New Horizons, which provides after school tutoring and programs for at risk children in our community.

JOIN US FOR OUR

BLACK

+

WHITE

AFTERNOON

MEMBER GUEST - \$150

MONDAY, MARCH 24

12:30 SHOTGUN

COCKTAILS, HORS D'OEUVRES, DINNER &
PRIZES IMMEDIATELY FOLLOWING

BE CREATIVE, ALL ATTIRE BLACK AND WHITE

JOIN THE FUN....

Burgers & MUSIC BINGO

Thursday, March 6, 2025

DINING BEGINS AT 5:00PM
BINGO STARTS AT 6:30PM

\$18.00 ++
Menu Items

\$10
CASH
BUY-IN

SALAD OPTIONS

Strawberry Poppy Seed Salad

Sesame Ginger Salmon Salad

Cobb Salad

BURGER OPTIONS

Burger Dog

Smash Burger

Classic Cheeseburger

Impossible Burger

CHOICE OF BURGER SIDES

Waffle Fries

Onion Rings

Fresh Fruit

Coleslaw

House-made Chips

Extra Sides: \$6 each

CLICK HERE TO RESERVE

RESERVATION REQUIRED. CALL 239-992-5100 X201 OR
EMAIL: DINING@SPANISHWELLSOUNTRYCLUB.COM.

RESERVATION DEADLINE IS:

END OF DAY MONDAY, MARCH 3, 2025 AT 5:00PM

IF YOU HAVE SPECIAL DIET RESTRICTIONS, WE ARE HAPPY
TO ACCOMMODATE. LET US KNOW WHEN MAKING YOUR
RESERVATION.

CANCELLATION: NOON THE DAY OF EVENT.

GUESTS WILL BE CHARGED TO A MEMBER ACCOUNT.
DRESS IS COUNTRY CLUB CASUAL. NO T-SHIRTS, BLUE
JEANS OR FLIP FLOPS.

Prices do not include Service Charge or Sales Tax



SOUTHERN SUNDAY DINNER

March
9th
2pm - 7pm

Fried Chicken or BBQ Ribs

\$25.00++
Chicken

\$28.00++
BBQ Ribs



Fried Chicken

Breast, Thigh, Leg, & Wing

OR

Fall off the Bone BBQ Ribs

ALL DINNERS INCLUDE:

House-made Coleslaw

Macaroni Salad

Mashed Potatoes w/Gravy

Peas & Carrots

Green Bean Casserole

Cornbread & Buttermilk Biscuits

House-made Apple Brown Betty

[Click Here to Reserve](#)

Reservation required. Call 239-992-5100 X201 or email: dining@spanishwellscountryclub.com.

Reservation Deadline is End of Day

FRIDAY, MARCH 7TH AT 5:00PM

CANCELLATION: 24 HOURS PRIOR TO EVENT

If you have special diet restrictions, we are happy to accommodate.

Let us know when making your reservation.

Guests will be charged to a member account.

Price does not include Service Charge or Sales Tax.

JOIN US FOR MEN'S BREAKFAST

Join the men of Spanish Wells for a Breakfast Buffet filled with a morning of entertainment, education, inspiration and conversation.

Spanish Wells Community Residents are welcome. (Men, Women and Guests)

Please note
New Day of
Week
Change

Tuesday, March 11, 2025

8:00am - 9:30am

\$25++

Price does not include Service Charge or Sales Tax

THIS MONTH'S GUEST SPEAKER

Nancy Sindelar, PhD



Nancy Sindelar, PhD, is a Hemingway scholar, author, and lecturer with the Hemingway Foundation of Oak Park, IL. She will entertain us with stories and little known aspects of Ernest Hemingway's life, through her latest titled presentation: **Hemingway's Passions: The Women, the War, the Writing**. Copies of her books will be available for sale and autograph.

Breakfast Buffet includes: Scrambled Eggs, Bacon, Sausage, Biscuits & Gravy, Breakfast Potatoes, Fruit Medley, Danish & Coffee or Tea

Click Here to Reserve

Reservation required. Call 239-992-5100 X201
or email: dining@spanishwellsclub.com
Reservation deadline is Friday, March 7th at 5:00 PM.

**CANCELLATION: 24 HOURS PRIOR TO EVENT.
DRESS IS COUNTRY CLUB CASUAL. NO T-SHIRTS,
BLUE JEANS OR FLIP FLOPS.**

Ladies Night Out Spring Fashion Show

Featuring Petunia's Boutique on 5th

Wednesday, March 12, 2025
5:00pm - 8:30pm

Starter

Smoked Salmon
Cream Cheese Cucumber Bites

\$31.29++

Plated Dinner

French Bistro Salad

Baby Frieze and Red Oak Leaf Lettuce mixed with Sun-Dried Tomatoes, Caramelized Red Onions, Baby Heirloom Tomatoes, European Cucumbers & Kalamata Olives tossed in a Classic French Dressing. Topped with warm Hazelnut encrusted Goat Cheese Medallion.

Shrimp Andre

Gulf Shrimp sautéed with Shallots, Mushrooms, Fresh Herbs deglazed with Drambuie and finished in a Parmesan Cream Sauce served over a Bed of Angel Hair Pasta garnished with Fresh Baby Herbs and Edible Flowers.

Dessert

House-Made Cream Puff

Fresh Baked Cream Puff filled with Bavarian Pastry Cream drizzled with a House-made Hot Fudge Sauce & Garnished with Chantilly Cream.

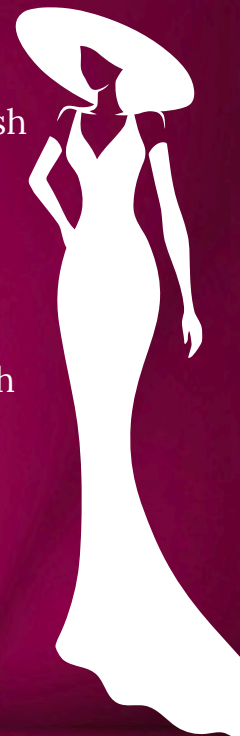
[CLICK HERE TO RESERVE](#)

Reservation Required. Member Only Event.

Call 239-992-5100 x201 or email:
Dining@spanishwellscountryclub.com

Reservation Deadline is End of Day Monday, March 10, 2025 at 5:00pm.

If you have Special Diet Restrictions, we are happy to accommodate.
Let us know when making your reservation.
Cancellation: Noon the Day of the Event.





A la Carte



DINING AT SPANISH WELLS GOLF & COUNTRY CLUB

FRIDAY, MARCH 14, 2025

6:00PM - 8:00PM

APPETIZERS

- SOUP OF THE DAY \$7
- BAKED BRIE \$18
- FRIED CALAMARI \$18

ENTRÉES

- BRONZED SALMON \$32
- CRAB CAKE \$36
- FILET MIGNON \$38
- LIVER & ONIONS \$22
- CAPELLINI DE POMODORO \$24

SALADS

- WELLS SALAD \$17
- HOUSE SALAD \$12
- CAESAR SALAD \$12
- ADD A PROTEIN TO ANY SALAD:
 - CHICKEN \$5
 - SHRIMP \$7
 - GRILLED STEAK \$7

DESSERT MENU AVAILABLE

CLICK HERE TO RESERVE

Reservation required.

Call 239-992-5100 X201 or

Email: dining@spanishwellsclub.com.

Reservation Deadline is Wednesday, March 12th at 5pm.

If you have dietary restrictions, we are happy to accommodate.

Let us know when making your reservation.

CANCELLATION: Noon the day of event.

Guests will be charged to a member account.

Dress is country club casual. No t-shirts, blue jeans or flip flops.



**PRICING DOES NOT INCLUDE SALES
TAX OR SERVICE CHARGE



SAINT PATRICK'S DAY BUFFET

Monday

March 17, 2025

6:00PM – 8:00 PM

Soup

Irish Potato Soup

Salads

Tossed Green Salad

Irish Pea Salad

Irish Flag Salad

Entrees

Conned Beef & Cabbage

w/Boiled New Potatoes, Carrots & Onions

Shepard's Pie

Guinness Braised Salmon

Roast Chicken in Irish Whiskey Cream Sauce

Colcannon

Fried Cabbage w/Peas and Carrots

Dessert

House-made Bailey's Irish Cream Cheesecake

\$30.++

[CLICK HERE TO RESERVE](#)

RESERVATION REQUIRED. CALL 239-992-5100 X201 OR EMAIL:
DINING@SPANISHWELLSCOUNTRYCLUB.COM.

RESERVATION DEADLINE IS:

END OF DAY THURSDAY, MARCH 13, 2025 AT 5:00PM

IF YOU HAVE SPECIAL DIET RESTRICTIONS, WE ARE HAPPY TO ACCOMMODATE

LET US KNOW WHEN MAKING YOUR RESERVATION.

CANCELLATION: NOON THE DAY OF EVENT.

GUESTS WILL BE CHARGED TO A MEMBER ACCOUNT.

DRESS IS COUNTRY CLUB CASUAL. NO T-SHIRTS, BLUE JEANS OR FLIP FLOPS.

ITALIAN NIGHT

FRIDAY, MARCH 21, 2025

\$30++
Per Person

6:00PM - 8:00PM

SOUP & SALAD

Italian Wedding Soup

House-made Focaccia

Garlic Bread

Mixed Green Salad

The Big Italian Salad

Fresh Fruit

DESSERT

House-Made Lemon Ricotta Cake

Mini Cannoli

ENTREES

House Made Lasagna

Chicken Marsala

Salmon Piccata

Seafood Fra Diavolo

Garlic Parmesan Risotto

Penne Tossed in Garlic & Oil

Italian Vegetable Casserole

Roasted Garlic Rapini



[CLICK HERE TO RESERVE](#)

Reservation required @ 239-992-5100 X201 or
email: dining@spanishwellscountryclub.com.

Reservation Deadline is Wednesday, March 19th at 5pm.

CANCELLATION: NOON ON FRIDAY

If you have special diet restrictions, we are happy to accommodate. Let us know when making your reservation

Guests will be charged to a Member account.

Dress is Country Club Casual, No T-Shirts, Blue Jeans or Flip Flops.



Join Us For Sunday Brunch



**\$30++
per person**

March 23, 2025

11:00 AM - 2:00 PM

MENU

SALADS

Mixed Green Salad
Waldorf Salad
Tomato Cucumber Salad
Fresh Fruit

DESSERTS

Caramel Apple Bread
Pudding
Assorted Pastries, Muffins
Cookies, Brownies
Tarts

ENTREES

Scrambled Eggs
Pancakes with Assorted Toppings
Bacon & Sausage
Breakfast Potatoes
Omelet Station
Oven Roasted Herb Chicken
Honey Glazed Ham
Salmon Florentine
Rice Pilaf
Fresh Vegetable Medley

[Click Here to Reserve](#)

RESERVATION REQUIRED. CALL 239-992-5100 X201
OR EMAIL: DINING@SPANISHWELLSCOUNTRYCLUB.COM

RESERVATION DEADLINE IS FRIDAY, MARCH 21, AT 5:00 PM.

CANCELLATION: 24 HOURS PRIOR TO EVENT.

GUESTS WILL BE CHARGED TO A MEMBER ACCOUNT.

IF YOU HAVE SPECIAL DIET RESTRICTIONS, WE ARE HAPPY TO ACCOMMODATE. LET US KNOW WHEN MAKING YOUR RESERVATION

DRESS IS COUNTRY CLUB CASUAL. NO T-SHIRTS, BLUE JEANS OR FLIP FLOPS.

CARIBBEAN

Night

SATURDAY, MARCH 29TH

6:00PM - 9:00PM

FEATURING

**HAROLD ANTOINE
ON STEEL DRUMS**

\$35++

MENU

Caribbean Red
Snapper Soup

Curry Shrimp &
Chickpeas

Build Your Own Salad
Bar:

Romaine, Spinach,
Arugula, Mixed
Greens,

Cherry Tomatoes, Red
Onion, Carrots,
Cucumber, Banana
Peppers, Bell
Peppers, & Olives.
Choice of Dressings.

Grilled Jerk Chicken in
Jerk Sauce

Mojo Roast Pork
Shoulder with Mango
Salsa

Jasmine Rice with
Kidney Beans

Sweet Fried Plantains

DESSERT

Carrot Cake

[CLICK HERE TO RESERVE](#)

Reservation required @ 239-992-5100 X201 or
email: dining@spanishwellscountryclub.com.

Reservation Deadline is End of Day, Wednesday, March 26th at 5pm.

CANCELLATION: NOON ON FRIDAY

If you have special diet restrictions, we are happy to accommodate. Let us know when
making your reservation

Guests will be charged to a Member account.

Dress is Country Club Casual, No T-Shirts, Blue Jeans or Flip Flops.

March 2025 Fitness

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 9a-9:50a Cardio Sculpt 10a-10:45a Dynamic Stretching 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
3 9a-9:50a Zumba 10a-10:50a Core, Strength, Balance 11a-11:30a Chair Yoga 2:30-3p Men's Class 3:30-4:30p MELT	4 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p Aquafit 4-4:50p Pilates	5 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	6 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	7 9-9:50a Pilates 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	8 9a-9:50a Cardio Sculpt 10a-10:45a Dynamic Stretching 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
10 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class 3:30-4:30p MELT	11 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit 4-4:50p Pilates	12 9a-9:45a Core, Strength & Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	13 8:15a-9a Forever Fit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	14 9-9:50a Pilates 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	15 9a-9:50a Cardio Sculpt 10a-10:45a Dynamic Stretching 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
17 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class	18 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit 4-4:50p Pilates	19 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	20 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	21 9-9:50a Pilates 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	22 9a-9:50a Cardio Sculpt 10a-10:45a Dynamic Stretching 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
24 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class 3:30-4:30p MELT	25 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit 4-4:50p Pilates	26 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	27 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	28 9-9:50a Pilates 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	29 9a-9:50a Cardio Sculpt 10a-10:45a Dynamic Stretching 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
31 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class 3:30-4:30p MELT					

Fitness Center: 239-992-7005

Wellness Director: Casey Kelley at ckelley@spanishwellsountryclub.com

Fitness Class Descriptions

Aquafit: This low-impact class is performed in water and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and flotation belts.

Bands & Bars: A new strength training class designed to build healthy muscle. We will use a combination of body bars and resistance bands for a full-body workout. Perfect for someone who is looking to gain strength, tone, and sweat!

Body Sculpt: A full body, low impact, strength training class. We will use a variety of equipment and body weight exercises to tone, improve core strength and build a strong foundation.

Butts & Guts: A strength and conditioning class that focuses on glutes and core. This will help you build a strong foundation for the rest of your body. It will begin and end with gentle stretching.

Cardio Sculpt: Blending dance with yoga, kickboxing, and strength training, this class will strengthen your heart and lungs, increase stamina, and enhance the mind-body connection. We'll start with 40 min of cardio movements followed by 15 min of strength training and stretching. These easy-to-follow routines are so much fun, you'll start craving this feel-good total body workout!

Cardio Step: 30 minutes of high intensity cardio step movements with fun music -- no dancing required.

Cardio Intervals: Simple cardio movements done in intervals of 30 seconds of high intensity followed by 15 seconds of low intensity. Set to an upbeat playlist, the moves are simple, but the workout will get your heart rate kicking.

Cardio Strength Intervals: A class that combines strength and cardio exercises in an interval format. Tone your muscles and increase endurance as you alternate between 20 second breaks and 30 second exercises for 45 minutes.

Chair Yoga: 30 minutes of seated stretching. Chair yoga provides the same flexibility and balance training as traditional yoga, without having to get up and down off the floor. A class for all levels.

Core, Strength & Balance: This class is truly suitable for every level of fitness. We'll use light weights and resistance bands to practice stability and improve strength. Every exercise can be modified to work around physical limitations or scaled up to challenge the most fit individual in the class.

Forever Fit: A class designed for all fitness levels. Each exercise can be done standing or in a chair. We will focus on strengthening and toning our muscles, with just a bit of low impact cardio and a good stretch at the end. Nothing on the floor!

Full Body Blast: This is a full body workout that involves cardio to increase the heart rate, and resistance and weight training to sculpt the arms, legs, butt, and core.

Gentle Yoga: A slow flowing class with focus on poses that relax and lengthen, as well as strengthen the muscles. We will start off very gentle, move into more balance-challenging poses, and then slow back down toward the end. We'll breathe slowly and move mindfully before drifting off into a soothing savasana.

MELT: The MELT Method is a science-backed self-care technique that anyone can use to stay active, enhance performance, and remove pain from the body. In this class, we will use specially designed equipment to restore connective tissue and bring the body back into stability and balance. Perfect for those who are frequently active or often in pain.

Men's Stretch, Strength & Balance: Exclusively for men, this class will focus on basic stretching for flexibility, light strength training, proper mobility of the body, and balance.

Pilates: A strengthening and lengthening form of exercise that focuses on your core muscles, while also training your arms and legs. Each exercise can be modified to fit your needs and ability.

Stretch and Strengthen: In this restorative stretch class, you will improve mobility for better range of motion, increase flexibility in muscles and joints to reduce inflammation and tightness, and release muscle tension through dynamic and static movements. 45 mins; includes standing and floor work.

Zumba: A dance-fitness class that uses upbeat music to maximize fun and improve cardio. These classes incorporate interval work, which alternate between fast and slow rhythms. A class for all levels.



Spanish Wells
GOLF AND COUNTRY CLUB

BOOT CAMP BINGO

AT THE FITNESS CENTER

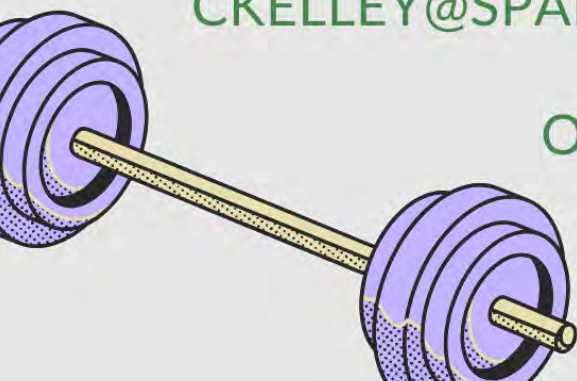
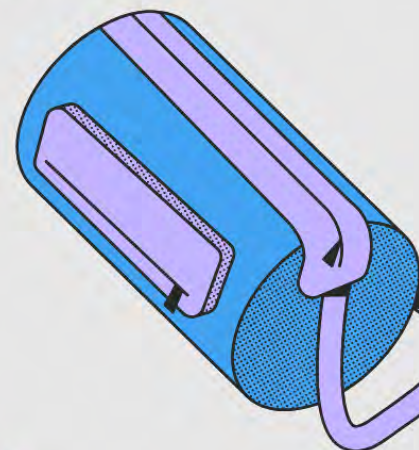
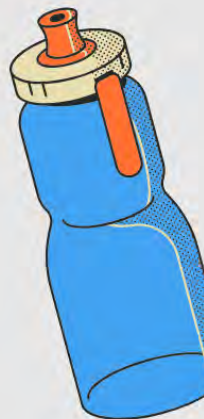
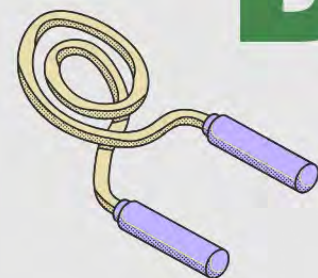
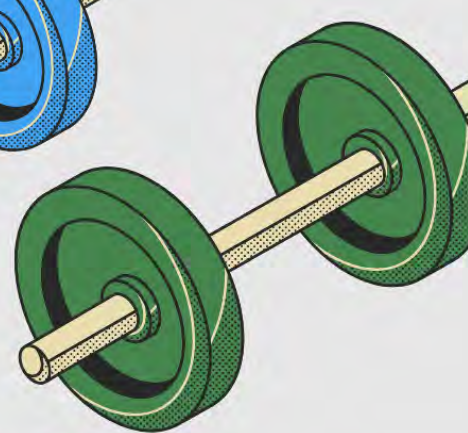
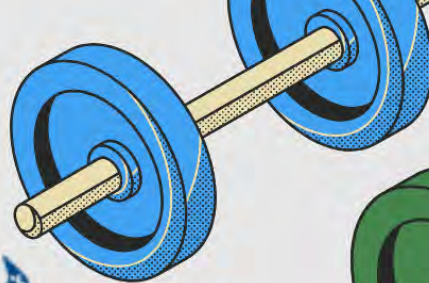
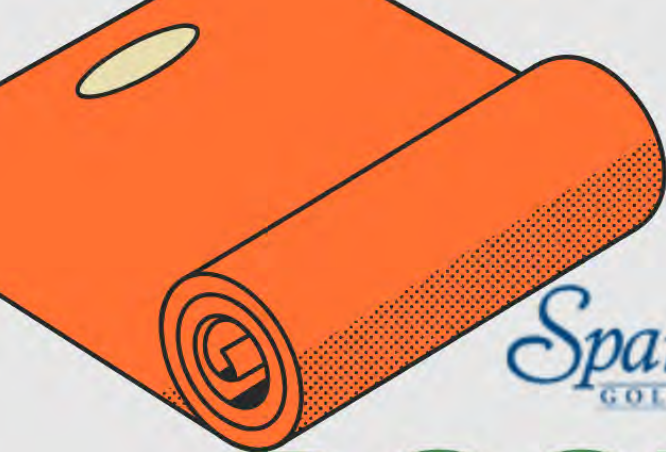
Join us for a fun new way to
exercise!

MARCH 8TH
@ 9:30AM

CONTACT CASEY TO REGISTER
239.992.7005

CKELLEY@SPANISHWELLSCOUNTRYCLUB.COM

OR SIGN UP ONLINE!



Spanish Wells

ST. PATRICK'S DAY



**15
MAR**

**9:30
A.M**

BIKE RIDE

**WEAR YOUR GREEN
AND JOIN US FOR A
FESTIVE RIDE!**

**MEET OUTSIDE THE
FITNESS CENTER**

.....

Sign up with Casey in person or
ckelley@spanishwellscountryclub.com

239.992.7005

March 2025

Pickleball & Tennis

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Courts can be reserved through the Chelsea system, located on https://www.spanishwellsclub.com/sports-wellness</p> <p>Please sign up for events with Dominic at dominic.dent@spanishwellsclub.com</p>						1
2	3	4 <i>Ladies Open</i> <i>Play 11a-12:30p</i> <i>League play 1p-3p</i>	5 <i>Pickleball</i> <i>Travel League</i> <i>1p-3p</i>	6 <i>Ladies Open</i> <i>Play 11a-12:30p</i> <i>League play 1p-3p</i>	7 <i>Dink and Drink</i> <i>3p-5p</i>	8
9	10 <i>Hitting Session</i> <i>11a</i>	11 <i>Ladies Open</i> <i>Play 11a-12:30p</i> <i>League playoffs</i> <i>1p</i>	12 <i>Pickleball</i> <i>Travel League</i> <i>1p-3p</i>	13 <i>Ladies Open</i> <i>Play 11a-12:30p</i> <i>League playoffs</i> <i>1p</i> <i>Tennis & Pickleball</i> <i>Awards Dinner</i> <i>4:30p</i>	14 <i>Hitting Session</i> <i>11a</i>	15
16	17 <i>St. Patrick's Day</i> <i>Tournament</i> <i>8a</i>	18 <i>Ladies Open</i> <i>Play 11a-12:30p</i> <i>Pickle Cardio</i> <i>11a</i>	19 <i>Pickleball</i> <i>Member/Guest</i> <i>8a</i>	20 <i>Ladies Open</i> <i>Play 11a-12:30p</i> <i>Miami Open</i> <i>Tournament</i>	21 <i>Pickle Cardio</i> <i>11a</i>	22
23	24 <i>Dink and Drink</i> <i>3p-5p</i>	25 <i>Ladies Open</i> <i>Play 11a-12:30p</i>	26 <i>Hitting Session</i> <i>11a</i>	27 <i>Ladies Open</i> <i>Play 11a-12:30p</i>	28 <i>Hitting Session</i> <i>11a</i>	29
30	31					

Spanish Wells Golf & Country Club

**CALLING ALL LADIES...
MEET NEW FRIENDS WHO
LOVE TO PLAY**



TENNIS



**WE WOULD LOVE FOR YOU TO
JOIN OUR TENNIS COMMUNITY**

**GET BACK ON THE COURT,
PLAY MORE OFTEN**

**THERE ARE MANY DIFFERENT WAYS
TO BE INVOLVED AND PLAY!**

**If you are interested, please reach out to Dominic:
call: 239-992-7005 or email: dominic.dent@spanishwellsclub.com**

Spanish Wells

GOLF AND COUNTRY CLUB

MARCH 7TH & 24TH

Join us

3:00 PM - 5:00 PM



**Sign up for games,
instruction and drinks
afterwards!**

**Dominic will give tips
during games.**

**Sign up
with or without
a partner**

**\$50
per person**

**Contact Dominic
239-992-7005**

dominic.dent@spanishwellscountryclub.com





Spanish Wells

GOLF AND COUNTRY CLUB

ELEVATE YOUR GAME!

PICKLEBALL HITTING SESSIONS

Open to any level player
Learning made simple
Work on new shots &
master them

Class size-6 participants
Signup for one class or all

\$25 PER CLASS

11:00 AM - 12:00 PM

MARCH 10, 14, 26 & 28



Call Dominic at 239.992.7005 or Email:
Dominic.Dent@spanishwellscountryclub.com



Spanish Wells

GOLF AND COUNTRY CLUB

St. Patrick's Day Pickleball Tournament

Monday, March 17th

DRESS IN GREEN!



Sign up and be paired randomly with a partner!
Play will begin at 8:00 AM
\$7 Prize Fund Entry Fee

To register, contact Dominic at: 239-992-7005 or email:
dominic.dent@spanishwellscountryclub.com

CARDIO PICKLEBALL

MARCH 18TH & 21ST
11:00 AM - 12:00 PM

Cost-\$50
Per Person



Register with Dominic

239-992-7005

dominic.dent@spanishwellscountryclub.com



Help improve your game and fitness by joining us for cardio pickleball! Cardio Pickleball is a high energy group fitness activity that combines the best features of the sport with cardiovascular exercise, using drills and games to deliver the ultimate, full body, calorie burning aerobic workout.

Spanish Wells

GOLF AND COUNTRY CLUB

2025 MEMBER GUEST

Pickleball Fever

WEDNESDAY, MARCH 19TH

PLAY BEGINS AT 8:30 AM

Join our exciting pickleball event!



Wear your best disco attire.

Experience the thrill of Pickleball Fever. Connect with friends, enjoy music, and showcase your skills. All levels are welcome for a day of fun and friendly competition!

The awards and Prime Rib/Salmon Dinner to follow at 5:00 PM.

**Cost - \$85
per person**

Sign up by Wednesday, March 5th

Men's and Women's Doubles-
skill level 2.5, 3.0, and 3.5+

Contact Dominic call: 239-992-7005
email: dominic.dent@spanishwellscountryclub.com

Spanish Wells Golf and Country Club

9801 Treasure Cay Lane, Bonita Springs, FL 34135

spanishwellscountryclub.com

239.992.5100

