



*Spanish Wells Golf  
& Country Club*

*April 2025*

*Newsletter*



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# FROM THE GENERAL MANAGER

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April, 2025

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Dear Members,

Though we experienced a slow start to the season in January, we are now cruising full speed ahead with an eventful end to the season in April. We are particularly excited about the 1st Annual Walk & Run Charity Event on April 13th at 11:00 AM. The timing has been carefully planned so you can enjoy a great workout and still have time to watch the final 9 holes of the Masters. Casey has dedicated significant time to securing sponsors, and we are hopeful that our Club and Community will come together to support the Dubin Center with generous contributions. To sign up, please see Liz or Deb.

Additionally, our Going Away Party is set for April 16th promising an enjoyable evening filled with friendly gambling, great company, and perhaps a few secret games. We also invite you to join us for Caribbean Night on March 29th for a night of fun and festivities at the Club.

We're excited to introduce a few new initiatives at the Club. First, our Cart Sticker Program is now in place for members. Please visit the Pro Shop between 10:00-11:00am or after 2:00pm to obtain your cart sticker. The main purpose of this program is to ensure carts are equipped with proper tires to protect the course. Trail fee members will receive a blue sticker, while non-trail fee members will receive a green one. The sticker program is for golf, sport, and social members with personal carts.

Additionally, we've implemented new access door systems for the fitness and pool areas. Once all the doors are completed, we will roll out a convenient fob system for easy access. Social members will receive a grey fob for pool-only access, while Sport & Golf members will receive a blue fob, which will grant access to both the pool and fitness areas. The pool will close at 9:00 PM, and the fitness center will be locked from 10:00pm to 4:00am. After the season, we'll be upgrading the pool area with new tile, coping, lighting, plants, music, and furniture. We are excited to enhance a space that our social members enjoy so much. Keep an eye out for an email with details on how and when you can collect your fob at the Spanish Wells Golf & Country Club Administration offices.

Our Employee Spotlight this month is on our new Sous Chef, Jerry Hodgkins, who will begin his tenure with us on March 22nd. Jerry is joining us from Audubon, where he was an integral part of their kitchen team. While his departure is bittersweet for his former colleagues, we are thrilled to welcome him into the Spanish Wells family.

As we look ahead to May, I want to remind everyone that the club will be closed on Mondays from May through September. However, our offices will remain open, so please don't hesitate to reach out with any questions. For those of you staying in Southwest Florida, we look forward to seeing you during the summer. And for those heading north, we wish you a wonderful trip and look forward to welcoming you back in October.

Thank you for being a valued part of our community.

Warm regards,

Siegfried J.J. Wroebel | General Manager, PGA

# 1ST ANNUAL WALK & RUN CHARITY EVENT



“*Together*  
We Walk”

A 1 or 2 mile  
walk/run to raise  
funds for  
The Dubin Center

**SUNDAY, APRIL 13TH - 11AM**

**CHECK-IN BEGINS AT 10AM**

BASIC TICKET FEE: \$30  
VIP TICKET FEE: \$45

CALL TO PURCHASE YOUR  
TICKET TODAY!  
239.992.5100

SCAN THIS  
CODE WITH  
YOUR PHONE  
TO LEARN  
MORE ABOUT  
THE EVENT



Scan me!

# SPANISH WELLS GOLF & COUNTRY CLUB LADIES GOLF LEAGUE



After a very busy March, including Solheim Cup (congrats Red Team!) and the Member/Guest event, the Women's Golf League is rolling into our last month of full weekly activities.

April brings some creative games such as Bingo, Bango, Bongo with points awarded for closest to pin, first on green, first in the hole.

On April 9th, Amen Corner will be a team event with a 12:30 Shotgun start and dinner, along with a business meeting and AWARDS!

With five Wednesdays in April, there are plenty of opportunities to play. Our Farewell Event wraps up the month on the 30th.

# April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 LNO Bunco 5p-8:30p 	3  Trivia Night 6p-8p	4 Italian Night 6p-8p 	5
6 Southern Sunday 2p-7p	7	8  Taco Tuesday Buffet 5p-7p	9	10	11	12
13 1st Annual Dementia Run/Walk Check in at 10a	14	15	16 Casino Night/End of Season Party 6p-10p	17	18 Seafood Buffet 6p-8p	19
20 Easter Brunch 11a - 1:30p 	21	22 Burgers & Bingo w/ Sieg 5p 6:30p Bingo	23	24	25	26
27	28	29	30 Pasta Night 5p-7p 	<p><b><u>Cabana opens at 8am daily</u></b>  <b><u>Pub opens at 11a daily</u></b>  <b>Friday-Saturday</b> All Day Menu 11a-8p.  Happy Hour 2p-6p. Pub at 9p  <b>Sunday-Thursday</b> All Day Menu 11a-7p.  Happy Hour 2p-6p. Pub at 8p</p>		

# Let The Good Times Roll

## Bunco Night

\$31.29++

**Ladies Night Out**  
**Wednesday, April 2, 2025**

**5:00PM - 8:30PM**



### Starter

**Baked Raspberry & Brie Cheese  
wrapped in Phyllo Dough**

### Salad

***Shaved Beet and Carrot Salad***

**Baby Arugula tossed with Sliced Red Beets,  
Radishes, Shaved Carrots, Watermelon,  
Mandarin Oranges, Toasted Almonds and Goat  
Cheese drizzled with Citrus-Scallion Dressing.**

### Entrée

***Creamy Asparagus Chicken***

**Boneless Chicken Breast dusted in a Seasoned  
Flour, sautéed with Leeks, Garlic, Sundried  
Tomatoes, Tri-Color Fingerling Potatoes, Green  
and White Asparagus, and Fresh Herbs. Finished  
in a delicate Creamy White Wine, Aged  
Parmesan Cheese Sauce, & Garnished with  
Fresh Dill.**

### Dessert

**House-made Fresh Mixed Berry Gazpacho**

**[Click Here to Reserve](#)**

**Reservation Required. Member Only Event**

**68 Person Maximum Attendance**

**Call 239-992-5100 x 201 or email:**

**[dining@spanishwellscountryclub.com](mailto:dining@spanishwellscountryclub.com)**

**Reservation Deadline is End of Day Monday,**

**March 31, 2025. Cancellation: 24 Hours prior to event.**



# TRIVIA NIGHT



Bring your friends and your brain power

**Thursday, April 3, 2025**

**6:00PM - 8:00PM**

**\$10  
CASH  
BUY-IN**

**Join us in the  
Crow's Nest for  
Dinner prior to  
game time**

**WIN  
CASH  
PRIZES**

**[Click Here to Reserve](#)**

**Reservation Required.**

**Call 239-992-5100 x 201 or email:  
[dining@spanishwellscountryclub.com](mailto:dining@spanishwellscountryclub.com)**

**Reservation Deadline is End of Day**

**Wednesday, April 2, 2025 at 5:00pm**

**Cancellation: 24 Hours prior to event.**



# Spanish Wells

GOLF AND COUNTRY CLUB

## ITALIAN NIGHT

**\$30++**  
**Per Person**

**FRIDAY, APRIL 4, 2025**

**6:00PM - 8:00PM**

### SOUP & SALAD

Minestrone Soup  
Caesar Salad  
Mixed Green Salad  
Panzanella Salad  
Fresh Fruit  
House-made Focaccia  
Garlic Bread

### DESSERT

Ice Cream Bar

### ENTREES

Lasagna Bolognese  
Chicken Marsala  
Shrimp Scampi  
Cod Italiano  
Creamy Garlic Shells  
Penne ala Garlic Aioli  
Parmesan Roasted Green Beans  
Zucchini Yellow Squash  
Provençale

**[Click Here to Reserve](#)**

Reservation required @ 239-992-5100 X201 or  
email: [dining@spanishwellscountryclub.com](mailto:dining@spanishwellscountryclub.com).

Member will receive a 10% discount on food.

**Reservation Deadline is Wednesday, April 2nd 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.





# Southern Sunday Dinner

APRIL 6, 2025  
2:00PM - 7:00PM

\$25.00++

Fried Chicken Dinner  
Breast, Thigh, Leg, & Wing

OR

\$ 28.00++

BBQ Rib Dinner

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](mailto:dining@spanishwellscountryclub.com).

Reservation Deadline is end of day, Friday, April 4th at 5:00pm

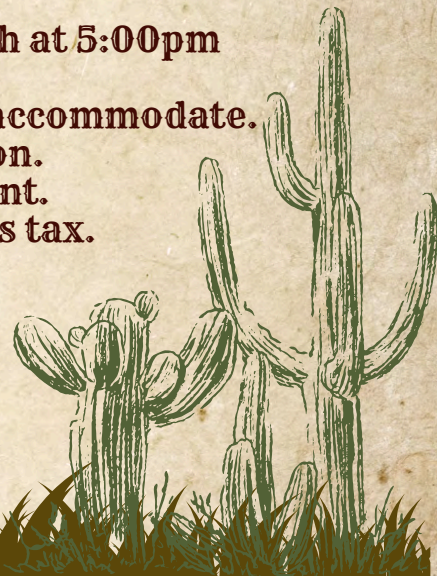
Cancellation: 24 hours prior to event

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.



\$ 22<sup>++</sup>

# TACO TUESDAY BUFFET

TUESDAY, APRIL 8, 2025  
5:00PM - 7:00PM

## CHICKEN TORTILLA SOUP

### NACHO BAR

Create your own Nachos with Seasoned Ground Beef or Chicken, Nacho Cheese, Shredded Lettuce, Diced Tomatoes, Sliced Black Olives, Green Onions, Sour Cream and Salsa

### FIESTA SALAD

Chopped Romaine topped with Diced Tomatoes, Roast Corn and Black Bean Salsa Medley, Shredded Cheese, Scallions topped with Chipotle Dressing

### BEEF BURRITO

Seasoned Ground Beef, Refried Beans, Spanish Rice, Tomatoes, Shredded Cheese, served in a Grilled Flour Tortilla

### ARROZ CON POLLO

Chicken baked with Rice, Tomatoes, Mushrooms and Peas

### BUILD YOUR OWN TACOS

Flour or Corn Tortillas  
Seasoned Ground Beef  
Seasoned Grilled Chicken  
Grilled Steak  
Grilled Shrimp

### SPANISH RICE REFRIED BEANS

### DESSERT

Churros

**TRY OUR  
MARGARITA  
SPECIALS**

[CLICK HERE TO RESERVE](#)

Reservations Required. Call 239-992-5100 x 201 or  
Email: [dining@spanishwellsclub.com](mailto:dining@spanishwellsclub.com)

Reservation Deadline is: Friday, April 4th at 5:00pm. CANCELLATION: 24 HOURS PRIOR TO 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

END OF SEASON PARTY



\$75++



# CASINO ROYALE

WEDNESDAY, APRIL 16, 2025

6:00 - 10:00PM

**REAL GAMING TABLES:**  
**POKER - BLACKJACK - ROULETTE - CRAPS**

Soup

Clams Casino Soup

Seafood Station

Oysters Rockefeller

Clams Casino

Shrimp Cocktail

Tuna Poke

Salad Station

Caesar Salad

Antipasto Salad

Salad de Maison

Dessert

Chocolate Mousse

Crème Brûlée

Carving Station

Grilled Beef Tenderloin

w/Au Jus & Béarnaise Sauce

Honey Garlic Black Cod

w/Broccoli Asian Glaze Duck Breast

Baked Potato Bar

Baked Potatoes, Sour Cream, Bacon

Bits, Chives, Chili, Shredded Cheese,

Fresh Broccoli, Diced Tomatoes

Grilled Asparagus

Broccoli in Hollandaise Sauce

[CLICK HERE TO RESERVE](#)

DJ & DANCING

PHOTO BOOTH

FUN PRIZES!!

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

Member will receive a 10% discount on food.

Reservation Deadline is Monday, April 14th at 5pm.

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

**CANCELLATION: 24 Hours prior to event.**

**Guests will be charged to a Member account.**

**Dress is Country Club Casual.**

**No T-Shirts, Blue Jeans or Flip Flops.**



# *Seafood Buffet*

*at Spanish Wells Golf & Country Club*

*Friday, April 18, 2025*

*6:00pm - 8:00pm*

*\$65++ pp*

## *MENU*

### *Soup*

*New England Clam*

*Chowder*

### *Raw Bar*

*Shrimp Cocktail*

*Oysters on the Half Shell*

*Tuna Poke*

*Poached Scallops*

### *Salads*

*Mixed Green Salad*

*Seafood Pasta Salad*

*Coleslaw*

*Fresh Fruit*

### *Entrees*

*Crab Cakes*

*Garlic Steamed Clams*

*Coconut Shrimp*

*Bronzed Salmon w/Fresh Mango Salsa*

*Joana Crab Clusters*

*Boiled New Potatoes*

*Rice Pilaf*

*Fresh Vegetable Medley*

*Corn on the Cob*

### *Dessert*

*Ice Cream Bar*

*Click Here to Reserve*

Reservation required @ 239-992-5100 X201 or  
email: [dining@spanishwellsclub.com](mailto:dining@spanishwellsclub.com).

Member will receive a 10% discount on food.

**Reservation Deadline is Wednesday, April 16th at 5pm.**

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

**CANCELLATION: 24 Hours prior to event.**

**Guests will be charged to a Member account.**

**Dress is Country Club Casual.**

**No T-Shirts, Blue Jeans or Flip Flops.**

Join us for

# Easter Brunch

Sunday, April 20th

11:00am - 1:30pm

\$55++ Per Person

\$27.50++ Ages 6-12

Children 5 & Under Free

Shrimp Cocktail  
Deviled Eggs  
Tomato Basil Bisque

Scrambled Eggs  
Eggs Benedict  
Bacon & Sausage  
Breakfast Potatoes  
Vegetable Quiche  
Assorted Pastries, Muffins,  
Croissants

Assorted Desserts

Waldorf Salad  
Ambrosia Salad  
Mixed Greens Salad  
Heirloom Tomato Cucumber  
Salad  
Fresh Fruit  
Slow Roasted Beef Tenderloin  
w/Au Jus and Horseradish Cream  
Broiled Salmon  
Garlic Roasted Herb Chicken  
Honey Glazed Ham  
Oven Roasted Fingerling Potatoes  
Rice Pilaf  
Vegetable Medley

[Click Here to Reserve](#)

Reservation required. Call 239-992-5100 X201 or email: [dining@spanishwellsclub.com](mailto:dining@spanishwellsclub.com).

Reservation deadline is end of day, Thursday, April 17, 2025 at 5:00pm

Members will receive a 10% discount on food.

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. CANCELLATION:  
Noon the day of event. Dress is country club casual. No t-shirts, blue jeans or flip flops.

# SAVE THE DATE BURGERS & BINGO

With  
Siegfried

\$10  
CASH  
BUY-IN

TUESDAY, APRIL 22, 2025

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

\$18.00 ++

Menu Items

FUN  
PRIZES

## SALAD OPTIONS

Strawberry Poppy Seed Salad  
Sesame Ginger Salmon Salad  
Cobb Salad

## BURGER OPTIONS

Burger Dog  
Smash Burger  
Classic Burger  
Impossible Burger

[Click Here to Reserve](#)

RESERVATION REQUIRED. CALL 239-992-5100 X201

OR EMAIL:

[DINING@SPANISHWELLSCOUNTRYCLUB.COM](mailto:DINING@SPANISHWELLSCOUNTRYCLUB.COM).

MEMBER WILL RECEIVE A 10% DISCOUNT ON FOOD.

RESERVATION DEADLINE IS:

END OF DAY FRIDAY, APRIL 18, 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.

## CHOICE OF BURGER SIDES

Waffle Fries  
Onion Rings  
Fresh Fruit  
Coleslaw

House-made Chips

Additional Sides: \$6 each



Prices do not include Service Charges or Sales Tax

# Spanish Wells

## Pasta Night

*Mangia! Mangia!*



APRIL 30, 2025

5:00PM - 7:00PM

\$30++

### Soup & Salad

Fresh Baked Focaccia Bread  
Tuscan Bean & Sausage Soup  
Caesar Salad  
Tossed Green Salad  
Fresh Fruit

### Pasta Station #1

Spaghetti, Penne, Farfalle  
Marinara, Bolognese & Ala Vodka  
Sauces  
Chicken, Meatballs & Italian  
Sausage

*Chef will be making fresh  
mozzarella cheese in the dining  
room*

### Pasta Station #2

Fettuccini, Linguini, Mini Shells  
Alfredo, Carbonara & Scampi  
Sauces  
Shrimp, Grilled Chicken & Grilled  
Vegetables

### Dessert

Mini Cannoli  
Strawberry Tiramisu



### CLICK HERE TO RESERVE

Reservation required @ 239-992-5100 X201 or  
email: [dining@spanishwellsclub.com](mailto:dining@spanishwellsclub.com).  
Member receives 10% discount.

**Reservation Deadline is Monday, April 28th at 5pm.**

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

**CANCELLATION: 24 Hours prior to event.**

Guests will be charged to a Member account.

Dress is Country Club Casual.

No T-Shirts, Blue Jeans or Flip Flops.

# April 2025 Fitness

<b>Mon.</b>	<b>Tue.</b>	<b>Wed.</b>	<b>Thu.</b>	<b>Fri.</b>	<b>Sat.</b>
	<b>1</b> 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p Aquafit	<b>2</b> 9a-9:45a Core, Strength, Balance	<b>3</b> 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	<b>4</b> 9a-9:50a Yoga Strength 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	<b>5</b> 9a-9:50a Jazzercise 10a-10:45a Dynamic Stretching 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
<b>7</b> 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	<b>8</b> 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p Aquafit	<b>9</b> 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	<b>10</b> 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	<b>11</b> 9a-9:50a Yoga Strength 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	<b>12</b> 9a-9:50a Jazzercise 10a-10:45a Dynamic Stretching 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
<b>14</b> 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	<b>15</b> 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	<b>16</b> 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	<b>17</b> 8:15a-9a Forever Fit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	<b>18</b> 9-9:50 Yoga Strength 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	<b>19</b> 9a-9:50a Jazzercise 10a-10:45a Dynamic Stretching 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
<b>21</b> 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	<b>22</b> 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	<b>23</b> 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	<b>24</b> 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	<b>25</b> 9a-9:50a Yoga Strength 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	<b>26</b> 9a-9:50a Jazzercise 10a-10:45a Dynamic Stretching 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
<b>28</b> 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class 3:30-4:30p MELT	<b>29</b> 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	<b>30</b> 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt			

Fitness Center: 239-992-7005

Wellness Director: Casey Kelley at [ckelley@spanishwellsountryclub.com](mailto: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 noodles.

**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.

**Jazzercise:** 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 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.

**Dynamic Stretch:** 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.

**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.

**Jazzercise:** Blending dance with stretch, 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.

**MELT:** The MELT Method is a science-backed recovery technique that is designed to remove pain from the body and keep you active. 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 frequently experience 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.

**Yoga Strength:** Enhance your strength, balance, and flexibility, a dynamic fusion of traditional yoga, strength-building movements, and intentional breathwork. This class combines flowing yoga sequences with bodyweight exercises, resistance training, and core work to build endurance, stability, and resilience.

**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

# YOGA ON THE GREEN



THURSDAY, APRIL 17TH

@ 5:45PM

MEET AT THE BOTTOM OF THE STAIRS  
CONNECTED TO THE VERANDA/PATIO

CONTACT CASEY TO REGISTER

239.992.7005

CKELLEY@SPANISHWELLSCOUNTRYCLUB.COM

# Health and Wellness

## — Workshop —

### The Art of Aging Gracefully

Discover the secrets to looking and feeling your best at any age! Come gather expert insights on longevity, beauty, and wellness -- blending science and self-care to embrace aging with confidence and vitality. Learn how to enhance your health, boost energy, and redefine beauty.

#### SPEAKER



**Shannon Enoch**  
**The Beauty & Wellness Alchemist LLC**

April 24th

12PM-1PM

At the Fitness Center

10 participant minimum

Sign up with Casey by 4/22  
[ckelley@spanishwellscountryclub.com](mailto:ckelley@spanishwellscountryclub.com)  
239.992.7005

# April 2025 Pickleball Calendar

Mon	Tue	Wed	Thu	Fri
	<p><i>1</i> <i>Ladies Open Play</i> <i>11a-12:30p</i></p>	<p><i>2</i></p>	<p><i>3</i> <i>Ladies Open Play</i> <i>11a-12:30p</i></p>	<p><i>4</i> <i>Pro Exhibition</i> <i>3p-4:30p</i></p>
<p><i>7</i> <i>Hitting Session</i> <i>1p</i></p>	<p><i>8</i> <i>Beginner Clinic</i> <i>11a</i> <i>Ladies Open Play</i> <i>11a-12:30p</i></p>	<p><i>9</i></p>	<p><i>10</i> <i>Ladies Open Play</i> <i>11a-12:30p</i>  <i>Hitting Session</i> <i>1p</i></p>	<p><i>11</i> <i>Beginner Clinic</i> <i>11a</i> <i>Intermediate Clinic</i> <i>2p</i></p>
<p><i>14</i> <i>Play with the Pro</i> <i>11a</i></p>	<p><i>15</i> <i>Beginner Clinic</i> <i>11a</i> <i>Ladies Open Play</i> <i>11a-12:30p</i></p>	<p><i>16</i></p>	<p><i>17</i> <i>Ladies Open Play</i> <i>11a-12:30p</i>  <i>Play with the Pro</i> <i>11a</i></p>	<p><i>18</i> <i>Beginner Clinic</i> <i>11a</i> <i>Intermediate Clinic</i> <i>2p</i></p>
<p><i>21</i> <i>Hitting Session</i> <i>11a</i></p>	<p><i>22</i> <i>Ladies Open Play</i> <i>11a-12:30p</i></p>	<p><i>23</i> <i>Play with the Pro</i> <i>11a</i>  <i>Pickleball Social</i> <i>2p-5p</i></p>	<p><i>24</i> <i>Ladies Open Play</i> <i>11a-12:30p</i>  <i>Hitting Session</i> <i>11a</i></p>	<p><i>25</i> <i>Play with the Pro</i> <i>11a</i></p>
<p><i>28</i></p>	<p><i>29</i> <i>Ladies Open Play</i> <i>11a-12:30p</i></p>	<p><i>30</i></p>		



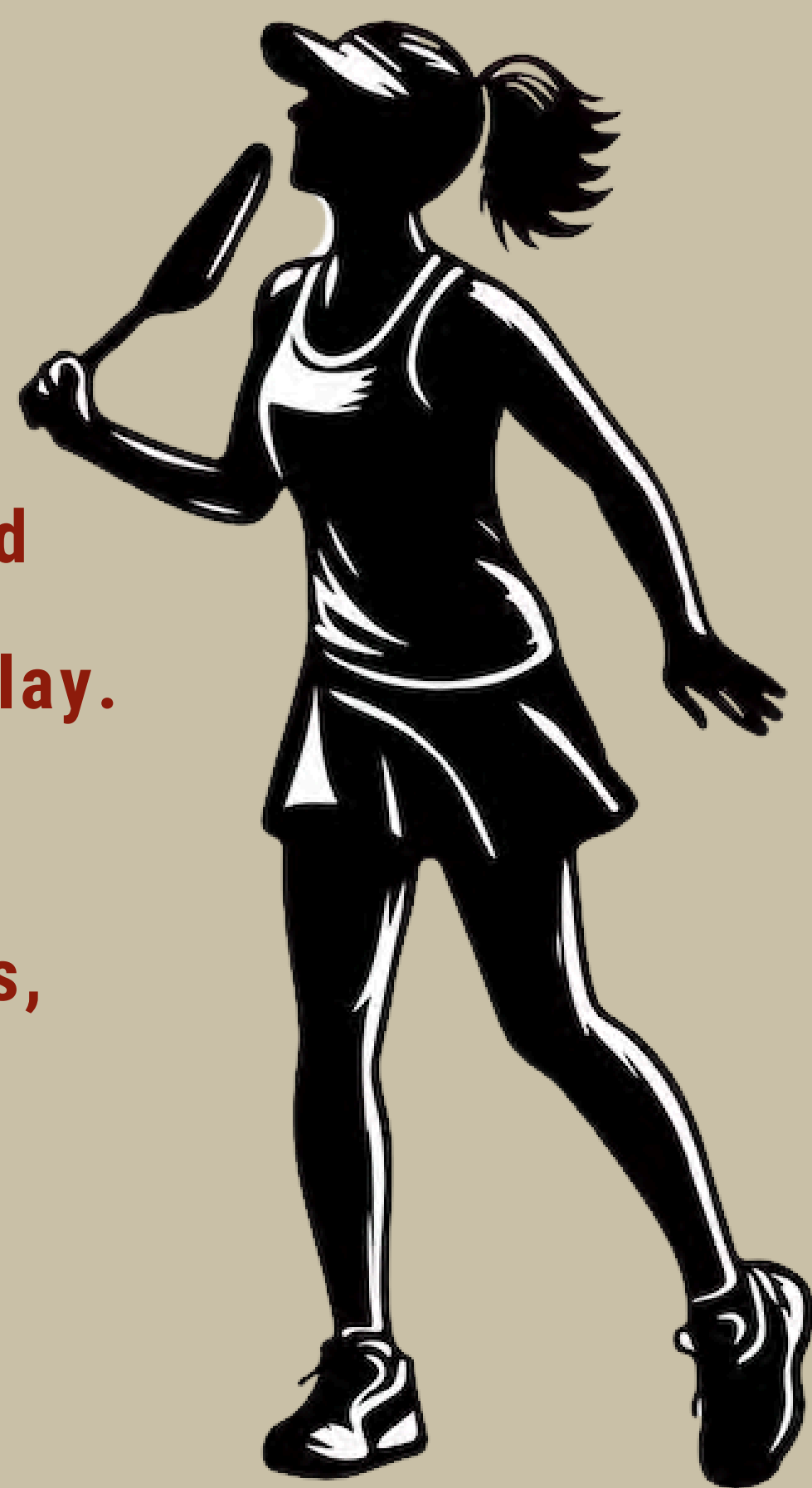
# **LADIES PICKLEBALL OPEN PLAY**

## **TUESDAYS & THURSDAYS 11:00 AM - 12:30 PM**

**Come join the fun! Just show up each Tuesday  
and Thursday to join!**

**Whether you're a beginner or an experienced  
player, come out and enjoy a fun, friendly, and  
supportive environment at our Ladies' Open Play.**

**It's a great opportunity to improve your skills,  
get some exercise, and connect with our  
pickleball community.**





# Spanish Wells

GOLF AND COUNTRY CLUB

**ELEVATE YOUR GAME!**

## PICKLEBALL HITTING SESSIONS

**\$25  
PER CLASS**

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



Class size-6 participants  
Signup for one class or all

**MONDAYS & THURSDAYS**

**APRIL 7 & 10**

**APRIL 21 & 24**

**1:00 PM - 2:00 PM**

**11:00 AM - 12:00 PM**

Call Dominic at 239.992.7005 or Email:  
[Dominic.Dent@spanishwellscountryclub.com](mailto:Dominic.Dent@spanishwellscountryclub.com)





# Spanish Wells

GOLF AND COUNTRY CLUB

# **BEGINNER PICKLEBALL CLINIC**

**TUESDAY & FRIDAY**

**Cost - \$100**

**APRIL 8, 11, 15, & 18  
11:00 AM - 12:00 PM**

**Class size - 6 participants**

**REGISTER NOW**

For more information:  
Call 239-992-7005 or email  
[dominic.dent@spanishwellscountryclub.com](mailto:dominic.dent@spanishwellscountryclub.com)

# Spanish Wells

GOLF AND COUNTRY CLUB

## PICKLEBALL CLINIC INTERMEDIATE

CLASS WILL MEET  
TUESDAY & FRIDAY  
2:00 PM - 3:00 PM  
APRIL 8, 11, 15, & 18

Whether you are a seasoned athlete or new to the game, pickleball offers fun and excitement for players of all skill levels.

- ✓ Cost - \$100
- ✓ Class size - 6 participants
- ✓ Call or email for more information:



239-992-7005



[dominic.dent@spanishwellscountryclub.com](mailto:dominic.dent@spanishwellscountryclub.com)







# *Play with the Pro*

**April 14th, 17th, 23rd or 25th**

**11:00 AM - 12:00 PM**

**\$25  
per  
person**

**SIGN UP AS A THREESOME,  
JOIN DOMINIC  
ON COURT  
FOR IN GAME  
STRATEGY, TIPS, AND COACHING.**

**Contact Dominic  
call: 239-992-7005**

**email: [dominic.dent@spanishwellsclub.com](mailto:dominic.dent@spanishwellsclub.com)**



# PICKLEBALL SOCIAL

## WEDNESDAY, APRIL 23RD

★★ 2:00 PM - 5:00 PM ★★

JOIN US AT THE PICKLEBALL COURTS FOR  
FOOD, FUN & GAMES!

RAFFLE  
&  
PRIZES!

*Rotate partners after each of the 4 Games  
Total Points Win*

### FINGER FOODS

House-made Roast Red Pepper Hummus

w/Pita Chips & Vegetable Sticks

Fresh Fruit & Cheese

Bruschetta

Ham & Cheese Pin Wheels

Watermelon Feta Skewers

**\$20++**

### DESSERT

Brownies

Blondies

Fresh Strawberries

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Sign up by Monday, April 21st

Contact Dominic: call: 239-992-7005

email: [dominic.dent@spanishwellscountryclub.com](mailto:dominic.dent@spanishwellscountryclub.com)

*Spanish Wells*  
GOLF AND COUNTRY CLUB



**Spanish Wells Golf and Country Club**

*9801 Treasure Cay Lane, Bonita Springs, FL 34135*

*spanishwellscountryclub.com*

*239.992.5100*

