

The Club Life ©
February 2025





CLUB INFORMATION

Administrative Offices:

Mon: Open by Appointment
Tue-Fri: 9am-5pm

Club Dining:

Mon: Closed
Tue-Sat: 11am-8pm
Sun: 10am-5pm

Tennis Courts:

Mon-Sun: 7am-10pm

Golf Shop:

Mon: Closed
Tue-Sun: 7:30am-6:00pm

Golf Course:

Mon: Closed
Tue-Sun: First Tee Time 8am

Fitness Center:

Mon-Sun: 5am-10pm

Lap Pool & Jacuzzi:

Mon-Sun: 7am-7pm

Practice Range:

Mon: Closed
Tue-Sun: 7:30am-Dusk

Beverage Cart:

Mon: Closed
Tue-Sun: Starts at 10am
Time may change due to weather

IMPORTANT NUMBERS

Accounting

912.450.2280 x226

Club Dining

912.450.2301

Clubhouse

912.450.2280

Fitness Center

912.450.1703

Golf Shop

912.450.2700

Lifestyle Office

912.450.2289

Member Private Events

912.450.2280 x252

Membership

912.450.2288

Pool

912.450.2397

Westbrook Gate

912.450.2298

HOA Management Team Contact Info:

SQCC is not affiliated with the HOA.
Please direct questions to the team
members listed below:

Angie Germonprez

agermonprez@asihhi.com

Emily Hurndon

ehurndon@asihhi.com

Rachel Balsitis

rbalsitis@asihhi.com

Cooper Suddath

csuddath@asihhi.com

912.450.1174 (Local)
138 Canal St, Suite 104
Pooler, GA M-F 9am-5pm

843.785.7070
(Call Center & After Hours)

STAFF DIRECTORY

CHRIS BOWEN

General Manager
912.450.2280 x225
cbowen@heritagegolfgroup.com

DANA GAY

Club Accountant
912.450.2280 x242
dgay@heritagegolfgroup.com

VICTORIA AZMANOVA

Assistant Club Accountant
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vazmanova@heritagegolfgroup.com

LEIGH ANN BRYAN

Social Lifestyle Director
912.450.2289
lbryan@heritagegolfgroup.com

MIKE VALICENTO

Director of Food & Beverage
912.450.2280 x252
mvalicento@heritagegolfgroup.com

STEPHEN MCLAIN

Executive Chef
912.450.2280 x231
smclain@heritagegolfgroup.com

FINA PRIMATIC

Head Tennis Professional
912.663.7071
mprimatic@heritagegolfgroup.com

STEPHEN HENDRIX

Golf Course Superintendent
912.450.8800
shendrix@heritagegolfgroup.com

GLEN HERRELL, PGA

Director of Golf
912.450.2280 x229
gherrell@heritagegolfgroup.com

JOE YASHUK, PGA

Head Golf Professional
912.450.2280 x233
jyashuk@heritagegolfgroup.com

JOHN SYVERSEN, PGA

Assistant Golf Professional
912.450.2280 x 224
jsyversen@heritagegolfgroup.com

PEYTON GRYMES III

Golf Lifestyle Director
912.450.2288
pgrymes@heritagegolfgroup.com

INFORMATION

Savannah Quarters Country Club Online

www.savannahquarterscc.com to log-in with your Member ID.
Need help? 912.450.2289 or stop by the Lifestyle Office.

Emails about events and updates

If you're not receiving emails about important Club updates,
please call the Lifestyle Office, 912.450.2289

Registration for Member Events

Check out the Club Calendar on the website or app for the
current list of events and to RSVP to attend.

Westbrook Security Gate access

SQCC does not control the 3 security gates or access to
Westbrook. Please call 912.450.1174 to speak to the HOA.

Upgrading your Membership

If you'd like to learn more about Membership options here at
SQCC, call our Golf Lifestyle Director, 912.450.2288

SQCC App

All the functions of the Members First website with the ease and
accessibility on your phone. Download the SQCC App today!

Web Login or App Login Issues

If you are unable to login to Members First or the SQCC app,
please stop by the Lifestyle Office across from the Pro Shop!

Member accounts, statements, and payments

If you have questions about your statement or would like to set
up auto-payments (ACH), call Victoria, 912.450.2280 x226



CLUB NEWS

Help Keep our Club Beautiful



When walking your dog on Club property, please remember to clean up and dispose of your dog's waste in a trash can. We love seeing your furry friends as much as they love going on walks, but there has been a lack of pet owners cleaning up after their dogs recently.

Sweetheart's Dinner Thursday, 2/13

Join us for our Taste of Tuscany prix fixe menu at the Sweetheart's Dinner on Thursday, February 13th! Reservations are available starting at 5pm. The regular Club Grille menu will not be offered during the Sweetheart's Dinner, only the prix fixe with reservations.

If you would like to be seated with a group of Members, please let us know the names of your group when you register via the Club Calendar. Upon registration, you will be sent a link to pre-select your appetizer, entrée, and dessert. Dinner is \$70++ per person.

You can make your reservation via the Club Calendar or you can call Leigh Ann, 912.450.2289

First Course choice of:

- Insalata Primavera - with lemon and white balsamic vinaigrette
- Beef Carpaccio - with fried capers, baby arugula, and parmesan frico

Second Course choice of:

- Bistecca alla Fiorentina - ribeye with garlic mashed potatoes and sauteed spinach
- Tonatto Orzo alla Zafferano - pink peppercorn encrusted tuna steak over orzo in a Saffron sauce

Third Course choice of:

- Tiramisu
- Sorbetto & fresh berries



Mark Your Calendar!

February:

- 2 Kid's Club Valentine's Cards
- 5 Craft Night Etched Glasses
- 6 Guy's Night Bourbon Tasting
- 8 Ballroom Fitness
- 11 Live Music Night
- 12 Mixology - Pink Spritzers
- 13 Sweetheart's Dinner
- 15 Tennis Exhibition & Live Music Saturday Night
- 17 Golf Course Open
- 18 Singles' Speed Mingling
- 20 ATC Night on Broadway
- 25 Live Music Night
- 26 February Wine Tasting



CLUB DINING



View our Menus

You can view all of the Club menus on the Member website and the app!

Club Grille To-Go

For To-Go orders: 912.450.2301

Food & Beverage Minimums Schedule

Last Name A-H

Jan-Mar

Apr-Jun

Jul-Sep

Oct-Dec

Last Name I-P

Feb-Apr

May-Jul

Aug-Oct

Nov-Jan

Last Name Q-Z

Mar-May

Jun-Aug

Sep-Nov

Dec-Feb

Club Grille Fall/Winter Hours

Lunch: Tues-Sat 11am-5pm

Dinner: Tues-Sat 5pm-8pm

Brunch: Sun 10am-5pm

February Wine Tasting

Our tasting for February will feature wines from Trincherero Family Estates and we will be joined by Sage Matthews, the brand representative for Trincherero.

Join us in the Norman Grille 6-7:30pm on Wednesday, February 26th to learn about Trincherero's history and taste the wine with notes provided by Sage.

Cost is \$30++ per person and includes light hors d'oeuvres. Register via the Club Calendar, event is capped at 32 participants.



Stephen McLain
Executive Chef



Mike Valicento
Food & Beverage Director

TRINCHERO
Family Estates



FITNESS

Fitness Center Hours

Mon-Sun 5am-10pm

Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit & Firm 9:30-10:15am	SQ Strong 9:30-10:15am	Cardio Tennis 8-9am	SQ Strong 9:30-10:15am	SPIN 8-8:45am	Vinyasa Yoga 9:30-10:30am
	Line Dancing 10:30am	Fit & Firm 9:30-10:15am	Line Dancing 6pm	Fit & Firm 9:30-10:15am	Kids' Yoga 10:30-11am
		Gentle Yoga 10:45-11:45am		Yin Yoga 11am	
		Chair Yoga 12pm			

Group Fitness Classes

Please register for classes via the Club Calendar online or in the app. Group Fitness Class schedule is subject to changes, please check the Club Calendar for the most up-to-date schedule.

- \$12 - one class drop-in
- \$100 - 10-pack*

Guest fee applies in addition to class fee.

Personal Training Pricing

\$50-60 - 60 min session

\$90-100 - 60 min couples session

\$450-540 - 10-pack* 60 min sessions

\$315-360 - 10-pack* 30 min sessions

\$810-900 -10-pack* 60 min couples session

*10-Packs are valid for 3 months

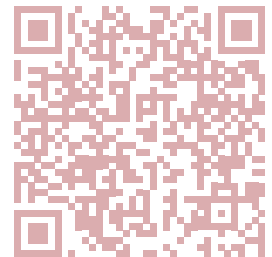
Certified Personal Trainers

- Bella Blakley
- David Collison
- Elisabeth Malinski
- Rebeka Quagliato

February Fitness Feedback!

Help us improve your Fitness Center experience by filling out our feedback survey. Scan the QR code below to take the survey between February 1st-15th

*Scan with Your
Phone's Camera!*



Fitness Center Access

Each Member using the Fitness Center must sign-in upon entry using their keyfob. This ensures optimal security for patrons while providing needed information for safety. Stop by the front desk to get your fob! If you lose yours, replacement fobs are only \$5.00



TENNIS

Court Hours

Mon-Sun 7am-10pm

Reservations

Please utilize our online court reservation system and reserve a tennis court prior to coming out to play. When you make your court reservation, you are required to list all players in your party, including any guests you may have invited out to play (Click Add Guest button).

Please cancel your court reservation as soon as you determine you will not use it. Reservations are a maximum of 2 consecutive hours.

USTA & STL Play

Call Fina if you would like to be evaluated for any levels to join USTA or STL (Savannah Tennis League) teams.

STL Levels:	USTA Levels:
C2	3.0 and 3.5 18+ Ladies
B2, B1	3.5 and 4.0 Men's 40+
	Mix, and More!

Guests

Guest fee is \$10/player and will be billed to the Member's account who made the court reservation.

Racket Stringing Service

Contact Fina to arrange for stringing, 912.663.7071
\$20 labor fee, \$15 string fee.

Cardio Tennis - All Levels Welcome

\$15/per player Wed. 8-9am

Ball Machine Rental

To work on your game, take advantage of our ball machine rental program. It can be reserved via the court reservation module on the Member website and the SQCC App.

Please notify the Fitness Attendant when you need the ball machine so they can bring it to your reserved court. Please let them know when you've finished so they can put it away, especially during unfavorable weather conditions.

Single use or monthly unlimited rental options are available. \$7/single session OR \$20/month unlimited. *Your account will continue to be charged until you notify us to cancel monthly access.*

Reminders from our Pros

Please do not play Pickleball on the tennis courts.
Please do not play on courts when they are wet.

All programs are subject to changes with notice.

Junior Tennis Clinics

With Fina & Greg

Ages 6-9 Tue/Thu 4:30-5:30pm

\$22/player, 2 kids \$20/player

Ages 10-17 Tue/Thu 5:30-6:30pm

\$25/player, 2 kids \$22/player

Mini Juniors For 5 years old Wednesdays 4:15-5pm

\$20/player 2 kids, \$18/player

Beginners Tennis

Coch Fina will teach the basics of Tennis, \$20/player
Wednesdays 5:30-6:30pm

Tennis Lesson Pricing

30 minutes - \$55 private

45 minutes - \$55 private

60 minutes - \$70 private

60 minutes - 3 players - \$25/person

Clinics (90 minutes) - \$120 divided evenly among all present participants.

Call the Fitness Center 912.450.1703 to schedule!

Valentine's Tennis Exhibition

Mark your calendar for our annual Tennis Exhibition on Saturday, February 15th 2-4pm!



Fina Prmatic
Sports Director



POOL

Pool Hours

Resort Pool & Slide: Closed for the Season

Lap Swim & Jacuzzi: 7am-7pm daily, enter via Fitness Center prior to Pool opening.

Lap Pool Open 7am-7pm

To access the Lap Pool & Sun deck, please check-in with the Fitness Attendant and sign the waiver. This must be signed upon arrival daily.

Pool/Jacuzzi Dress Code

No risqué swim attire. Please remember we are a family club. Swim diapers must be worn if a child normally wears diapers. No cut-offs or cotton material. Inappropriate swim attire will result in being asked to change or leave the pool area. Members are expected to communicate dress code to guests.

Jacuzzi

Young children need to be with an adult at the jacuzzi. Adults have priority in the jacuzzi. 7am-Pool closure

Food & Drinks

No outside food, beverage, or personal coolers are permitted on Club property. No glass at the pool. No Food or Drinks may be consumed in the pool. Please enjoy them on the deck.

Towels

Pool towels are complimentary and available by request at the Fitness Desk. Please return towels to collection bin at Fitness Desk or in locker room before leaving the pool.

Pool Operations

Fina Primatec, Sports Director
Fitness Office: 912.450.1703

Guests at the Pool

Each Membership is permitted a maximum of four (4) guests per day without prior, written notice. Guest fee is \$10 per guest, per day. Children 12 and under have no guest fee. Members and authorized users must register themselves and all guests upon entering the pool area, the Member must be present, no unaccompanied guests are permitted.





GOLF

Golf Course Hours

Mon Closed
Tue-Sun First Tee Time 8am
Please utilize the Bag Drop upon arrival at the Club

Pro Shop Hours

Mon Closed
Tue-Sun 7:30am-6:00pm

Club Re-Gripping Available

As we continue to feel the grip of winter, spring is just around the corner. Why not take advantage of the season and allow our Professional staff to re-grip your clubs? It's a great way to get ready for the upcoming season and ensure your equipment is in top shape.

Match Play Championship

First rounds begin Saturday, February 22nd and must be completed by March 7th. Registration is open via the Golf page of the Member website. Be sure to get ready for some exciting competition!

Please Repair Ball Marks

Please remember to fix your ball mark and one additional mark while on the putting surfaces. We have ball mark repair tools available in the Golf Shop at no charge to help with this. We also ask that you continue to sand any divots you may encounter on the course.

Mark Your Calendars!

We will be hosting a multi-vendor fitting day on Saturday, March 22nd at the Practice Range. More details with specific vendors to follow as they confirm!

Practice Area Hours

Mon Closed
Tue-Sun 7:30am-Dusk

Beverage Cart Hours

Daily beginning at 9am. Service may change due to weather, tournaments or Club events.

Upcoming Golf Clinics in March

Kid's Clinic with Joe Yashuk, PGA

- Tuesdays 4-5pm (3/4, 3/11, 3/18, & 3/25)
- Ages 6-12, \$100 per participant
- A fun, interactive clinic designed to teach basic golf skills while keeping things enjoyable!

Ladies' Beginner Clinic with Joe Yashuk, PGA

- Wednesdays, 4-5pm (3/5, 3/12, 3/19, 3/26)
- If you're new to golf, or want to refresh your skills this clinic is a welcoming environment for all levels to learn the basics of the game.
- \$250 per participant



Glen Herrell, PGA
Director of Golf



Mardi Gras



Saturday, February 15, 2025

10 AM Shotgun Start

We will gather at the cart barn for announcements at 9:45 AM.

Entry Fee: \$10 per player

Door Prizes

A buffet lunch will be available in the Norman Grill, charged to each player's account.

This is a 4-person team scramble format: Where's the String?

Each team receives a six-foot piece of string and scissors. Instead of taking another stroke by putting when the ball is close to the hole, the appropriate length of string can be cut off.

The top three teams with the lowest scores will be awarded cash prizes. In case of a tie, the team with the longest remaining string will finish higher.

Register on the SQ website by 12 PM on February 14

(Golf > Tournament Registration > LGA > Mardi Gras)

Must be an LGA member to participate.

Donations for the Backpack Buddies program can be dropped off at the Registration Desk in the morning. Items needed: granola bars, fruit bars, and single-serving pasta, fruit cup and cereal. Backpack Buddies provides healthy food items to sustain needy elementary school children throughout the weekend when they are not able to receive school meals. Your local Pooler food bank, Loaves and Fishes, assembles and delivers 172 kits per week throughout Chatham County schools.

SPRING Jr. Golf Clinic

With Joe Yashuk, PGA

Tuesdays, 4:00-5:00pm

A fun, interactive clinic designed to teach basic golf skills while keeping things enjoyable!



Ages 6-12 | Max 10 Participants

\$100 for 4-Week Clinic per Participant

First Clinic Starts Tuesday, March 4th



Ladies Golf BEGINNER CLINICS

This 4-week clinic is open to all ladies interested in taking up or learning more about golf. Join PGA Pro, Joe Yashuk, as he provides introductory instruction to build your skills while making new friends!

**4:00-5:00pm Wednesdays
Clinic Begins March 5th
\$250 for 4-Week Clinic**

Topics include

- Full Swing Instruction
- Chipping Swing & Putting Instruction
- Course Etiquette & Basic Rules



Tennis Clinics

Tues & Thurs Junior Clinics

Ages 6-9 Tues/Thurs 4:30-5:30pm - \$22/player*

Ages 10+ Tues/Thurs 5:30-6:30pm - \$25/player*

Wednesday Mini-Junior Clinic

For Age 5 4:15-5pm \$20/player*

*Discounted rate for siblings

Cardio Tennis

Wednesdays 8-9am \$15/player

High-energy group fitness activity combining the best aspects of tennis with cardiovascular exercise. It is designed to provide a full-body workout, improve tennis skills, and burn calories while having fun in a social environment.

Adult Beginner Clinic

Wednesdays 5:30-6:30pm \$20/player

Coach Fini will teach the basics of tennis including fundamental strokes, strategy, and drills





CLUB LIFE EVENTS

February Member Events

Kid's Club Valentine's Day Cards

Sunday, February 2nd 12-1:30pm

Wine Room

Registration: via Club Calendar online/app

Cost: \$8 per child participant, no cost for adult helper

Craft Night - Etched Glassware

Tuesday, February 5th 6-8pm

Norman Grille

Registration: via Club Calendar online/app

Cost: \$45++ per person, includes supplies & dinner

Guy's Night - Bourbon Tasting

Wednesday, February 6th 6-8pm

Norman Grille

Registration: via Club Calendar online/app

Cost: \$35++ per person, includes dinner & tasting!

Mixology - Pink Spritzers

Wednesday, February 12th 6-8pm

Norman Grille

Registration: via Club Calendar online/app

Cost: \$40++ per person, includes dinner & 3 cocktails!

Sweetheart's Dinner - A Taste of Tuscany

Thursday, February 13th 5-8pm

Club Grille

Reservations required via the Club Calendar

Cost: \$70++ per person, prix fixe menu

Singles' Speed Mingling

Tuesday, February 18th 6-7:30pm

Norman Grille

Registration: via Club Calendar online/app

Cost: Free!

A Night on Broadway

Thursday, February 20th 6-9pm

Clubhouse

Registration: via Club Calendar online/app

Cost: \$100++ per person, includes dinner and show!

Wine Tasting - Trinchero Estates Wines

Wednesday, February 26th 6-7:30pm

Norman Grille

Registration: via Club Calendar online/app

Cost: \$30++ per person includes light hors d'oeuvres

Regular Events at the Club

Cigars on the Patio

Thursdays 4:30-7pm(ish)

Clubhouse Patio

Casual atmosphere & great conversation.

All are welcome! Join us for dinner afterward.

Specialty cigars are available upon request.

Women Of Westbrook (WOW) Luncheon

Thursday, February 6th 11am-1pm - Norman Grille

"Outsmarting the Scammers," with guest speaker Vicki Waters of Edward Jones.

Buffet Lunch, pre-registration required, \$20++

Ladies Golf Association (LGA)

Every Tuesday & Thursday

Book Club

Thursday, February 27th 7pm in the Wine Room

From Here to the Great Unknown, Lisa Marie Pressley & Riley Keough

Lending Library

In the hallway across from Norman Grille

Take a book, Leave a book, Give a book!

Live Music Nights at SQCC

Tues, Feb. 11th - Cyril Durant in the Lounge

Sat, Feb. 15th - Chuck Courtenay in the Lounge

Tue, Feb. 25th - Jason Salzer in the Lounge

Reservations required for Clubhouse Lounge nights.

Live Music will be setup in the Lounge next to the bar.

Kid's Club Crafts

Sunday, February 2nd
12pm-1:30pm

It's time to make Valentines! Join us in the Wine Room for a fun time creating hand-made Valentines. Craft will include coloring (crayons), stickers, glue, glitter, and colorful paper to make Valentine's Day Cards.

Cost is \$8 per child participant, no cost for parent or guardian helpers. Participants must have a parent or guardian with them to help with craft. Please include all attendees in the head count when registering to ensure enough chairs are available.



Craft Night Glass Etching

We're making custom etched glassware! SQ Logo and other designs to choose from and you get to pick which style of glass to make. Select 4 pilsner, rocks, or stemless wine glasses when you register!



Wednesday, Feb 5th
6-8pm in Norman Grille

\$45++ per person includes
dinner and supplies

BUFFET DINNER
Soup & Salad Bar with fresh
baked cookies for dessert



GUY'S NIGHT BOURBON TASTING

WOODFORD / WHISTLE PIG / HORSE SOLDIER

Buffet Dinner Included: BBQ Pulled Pork Sliders,
Coleslaw, Potato Salad, & Banana Pudding



THURS. FEB 6TH

Register via the Club Calendar Online!
48-Hour Cancellation Policy Applies



Ballroom-Fit™

Saturday, February 8th with Rachel Moore Rich
10:45-11:45am in the Group Fitness Studio

Have you always wanted to learn how to ballroom dance? Don't have a partner? Want to get in shape and have fun in the process? If you answered yes to any of these questions, this event is for you!

Learn how to ballroom dance and get a great workout in the process. Rachel Moore Rich, professional ballroom instructor, fitness professional, and Ballroom-Fit™ founder will be with us to lead this fun and exciting class.

Wear fitness attire & tennis shoes, no partner or experience is required! \$20/person for the class. Register via the Club Calendar online today!



Live Music in the CLUB LOUNGE

Tuesday, February 11th 6-8pm



Cyril Durant

Mixology - Pink Spritzers

Wednesday, February 12th 6-8pm

We're mixing pink cocktails full of bubbles this month! If you like vodka, gin, or white rum this event is for you. Join us in the Norman Grille for some fun drinks and dinner, \$40++ per person. On the buffet:

- Chicken Salad Croissants
- Club Chips
- Fresh Fruit
- Cheesecake for dessert

Register online via the Club Calendar, event is capped at 20 participants. 48-hour cancellation policy applies to all Member events.



Sweetheart's Dinner A TASTE OF TUSCANY

Thursday, February 13th 5-8pm

Prix Fixe Menu, \$70++ per person

♥ First Course - Choice of:

- Insalata Primavera with lemon & white balsamic vinaigrette
- Beef Carpaccio with fried capers, baby arugula, and parmesan frico

♥ Second Course - Choice of:

- Bistecca alla Fiorentina ribeye prepared Chef's recommended mid-rare, served with garlic roasted mashed potatoes and sautéed spinach
- Tonatto Orzo alla Zafferano Pink peppercorn encrusted tuna steak prepared Chef's recommended mid-rare over orzo in a Saffron sauce with mint and heirloom cherry tomatoes

♥ Third Course - Choice of:

- Tiramisu
- Sorbetto with fresh berries

Reservations & Pre-Ordering required, 48-hour cancellation policy applies to all Member events. Sign-up via the Club Calendar on the Member website/app!



Tennis Exhibition

Youthful Energy vs Seasoned Experience

Saturday, February 15th 2-4pm

Get ready for an exciting showdown! Meet our new tennis professionals and watch them take on the seasoned veterans in a thrilling match. Who will come out on top - the youthful energy of Bautista & Daniella or the years of experience of Fina & Greg?

Join us at the SQCC courts to cheer for your favorites and enjoy the action-packed fun! Bring the kids for some family fun and make it a day to remember! Register via the Club Calendar for this complimentary, family-friendly event!



Live Music in the CLUB LOUNGE

Saturday, February 15th 5-8pm



Chuck Courtenay

SINGLES' SPEED

Mingling

Rescheduled from Jan:
Tuesday, February 18th
6:00-7:30pm in the Norman Grille

Make new friends and meet fellow Members at this fun and engaging new event! By the end of the evening you will have a chance to meet with all attendees for 2 minutes in a rotation before having a happy hour in the Norman Grille together to mingle with all of your new friends.

This event is capped at 32 participants, and is complimentary! Register via the Club Calendar or email Leigh Ann.



A Night On BROADWAY

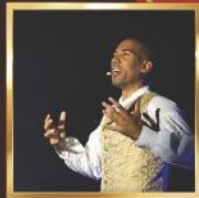
with American Traditions *Vocal* Collection
 Thursday, February 20th 6-9pm



Kerri René Fuller



Andrea Ross



Jonathan Christopher

Get ready to walk the red carpet in your "Broadway Best" to join us for an SQCC exclusive event featuring three Broadway performers!

Enjoy a glass of champagne upon arrival and an NYC themed three-course meal. \$100++ per person, Members only please, "Broadway Best" attire, jacket and tie required.

Tables will be a maximum of eight, please let us know if there are specific Members you would like at your table.

Prix Fixe Menu:

- Waldorf Salad
- Entrée Choice of
 - Braised Beef Short Rib
 - Almond Encrusted Flounder Meuniere
- Dark Chocolate Pot de crème

registration Opens Monday, January 20th 7am



Live Music in the CLUB LOUNGE

Tuesday, February 25th 6-8pm



Jason Salzer

TRINCHERO

Family Estates

Wednesday, February 26th 6-7:30pm

Join us for the February wine tasting featuring wines from Trinchero Family Estates. Sage Matthews, representative of the Trinchero wines, will be here to share the history of the winery, special notes for tasting, and to answer questions about the wines.

Event is capped at 32 people, \$30++ per person and includes 5 wines and hors d'oeuvres.

Register online via the Club Calendar. 48-hour cancellation policy applies to all Member Events.



SQ Strong

Enhance total body strength and promote maximum metabolic burn with Elisabeth. Designed as a full body split routine, this class will focus on muscle conditioning through progressive resistance training principles utilizing resistance, balance & stability equipment, hand weights, and body bar.

Each 45 MIN session will progress through a warmup & stretch, lift, cool down & stretch challenging our bodies one level, one class at a time. Class is \$12. Register via the Club Calendar online.



Tuesdays & Thursdays
9:30-10:15am

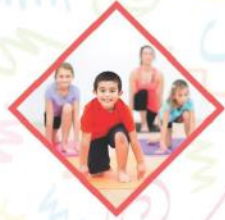


SATURDAY MORNING YOGA For Kids!

Bring your child age 4 and older to learn the different yoga poses with Sapna, Saturday mornings at 10:30 in the Fitness Center!

Sapna will introduce them to yoga and enrich their sense of well being. They will have fun and burn off some energy during this 30-minute class.

Each class is \$8, register via the Club Calendar online or in the app!



Fridays 8-8:45am with Rebeka
SPIN class is full of high energy, proper cardio conditioning based on your level of fitness.

No need to sleep in, we've got some riding to do.

Classes are \$12 - Register Online via the Club Calendar



BEGINNER'S LINE DANCING

Tuesdays 10:30am & Thursdays 6pm

Sign-up & Line-up for these fun, 50-minute classes with Ken Roberson. Get ready for weddings, cookouts, and birthday celebrations all the while improving memory, flexibility, mood, and balance. You can't lose!

Limit of 10 students per class. Loose fitting clothes and sneakers required. Classes are \$12 and held in the Fitness Center Studio. Register via the Club Calendar on the Member website!



FIT & FIRM

M/W 9:30-10:15 w/Elisabeth & F 9:30-10:15 w/Bella

Join us for this low impact, yet rigorous class using light weights, bands and Pilates rings. In class we sit and stand. This class will help condition you for all of your daily life activities and help you live life to your fullest!

Class is \$12, Register online via the Club Calendar!



Gentle Yoga is ideal for beginners and experienced yogis wanting a slow-paced yoga experience with less intense poses. Yogis can expect more seated poses than standing poses. Props are used for modifications, deep stretches, and counter poses to align the body. Wednesdays 10:45-11:45am with Ace

Chair Yoga is ideal for members with range of motion limitations. Yogis will stay in the chair for the majority of the session; using props to safely and gently build strength, increase circulation, reduce muscle tension, and increase flexibility. Wednesdays 12-12:45pm with Ace

Yin Yoga is slow, meditative, and deliberate sequences targeting fascia, ligaments, joints, and bones. Guided breathwork allows yogis to connect the mind to the spirit for a more peaceful practice. Fridays 11am-12pm with Ace

Vinyasa Yoga is flowing postures combining breath & movement. Each movement is linked to an inhale or exhale, while connecting the mind-body union. It is considered a moving meditation that focuses on strengthening, mobility, flexibility, and balance with forward bends, twist, backbends, Sun Salutations, and more. Saturdays 9:30-10:30am with Sapna

Yoga Classes

Classes are \$12 - Register Online via the Club Calendar



February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Vinyasa Yoga Kids Yoga
2 Kid's Club Valentines	3 Fit & Firm	4 SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics	5 Craff Night - Etched Glass Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis	6 Guy's Night Bourbon WOW Luncheon SQ Strong STL Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	7 SPIN Fit & Firm Yin Yoga	8 Ballroom Fit Vinyasa Yoga Kids Yoga
9 Fit & Firm	10 Fit & Firm	11 Live Music Night SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics	12 Mixology - Pink Spritzers Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis	13 Sweethearts Dinner SQ Strong STL Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	14 SPIN Fit & Firm Yin Yoga	15 Live Music Night Vinyasa Yoga Kids Yoga LGA & MGA Tennis Exhibition
16 Course Open Fit & Firm	17 Singles' Speed Mingling SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics	18 Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis	19 Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis	20 ATC Night on Broadway SQ Strong STL Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	21 SPIN Fit & Firm Yin Yoga	22 Vinyasa Yoga Kids Yoga
23 Fit & Firm	24 Fit & Firm	25 Live Music Night SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics	26 Wine Tasting Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis	27 SQ Strong STL Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	28 SPIN Fit & Firm Yin Yoga	1

March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1 Hidden Leprechaun Begins! Vinyasa Yoga Kids Yoga
2	3 Fit & Firm	4 Mardi Gras Menu SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics Jr. Golf Clinic	5 Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis Ladies' Golf Clinic Stableford 9-hole Event	6 Live Music Night WOW Luncheon SQ Strong STL Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	7 SPIN Fit & Firm Yin Yoga	8 Vinyasa Yoga Kids Yoga
9 Clocks "Spring" Forward!	10 Fit & Firm	11 SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics Jr. Golf Clinic	12 Mixology - Irish Whisky Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis Ladies' Golf Clinic Stableford 9-hole Event	13 SQ Strong STL Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	14 SPIN Fit & Firm Yin Yoga	15 Live Music Night Vinyasa Yoga Kids Yoga LGA & MGA
16	17 Fit & Firm	18 Live Music & Irish Menu Hidden Leprechaun Ends! SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics Jr. Golf Clinic	19 Yappy Hour Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis Ladies' Golf Clinic Stableford 9-hole Event	20 SQ+ Happy Hour SQ Strong STL Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	21 SPIN Fit & Firm Yin Yoga	22 Multi-Vendor Demo Day Vinyasa Yoga Kids Yoga Parent/Child 9-hole Event
23	24 Private tournament - cart path closed 8am-4pm Fit & Firm	25 SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics Jr. Golf Clinic	26 March Wine Dinner Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis Ladies' Golf Clinic Stableford 9-hole Event	27 SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole Book Club	28 SPIN Fit & Firm Yin Yoga	29
30	31 Fit & Firm					

April 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Live Music Night SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics	2 Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis Stableford 9-hole Event	3 Ladies' Mem/Guest Welcome WOW Luncheon SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	4 Ladies' Mem/Guest SPIN Fit & Firm Yin Yoga	5 Ladies' Mem/Guest Vinyasa Yoga Kids Yoga
6	7 Private tournament - cart path closed 8am-4pm Fit & Firm	8 SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics	9 Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis Stableford 9-hole Event	10 SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	11 SPIN Fit & Firm Yin Yoga	12 Live Music Night Vinyasa Yoga Kids Yoga SCQQ Master's Event & Watch Party
13	14 Fit & Firm	15 SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics	16 Mixology - Gin & Tonic Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis Stableford 9-hole Event	17 SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	18 SPIN Fit & Firm Yin Yoga	19 Egg Hunt & Bunny Photos LGA & MGA Vinyasa Yoga Kids Yoga
20 Easter Brunch	21 Fit & Firm	22 Live Music Night SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics	23 Yappy Hour Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis Stableford 9-hole Event	24 SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	25 SPIN Fit & Firm Yin Yoga	26 Memberx3 Tournament Vinyasa Yoga Kids Yoga
27 Memberx3 Tournament	28 Fit & Firm	29 SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics	30 Wine Tasting Cardio Tennis Fit & Firm Gentle Yoga Chair Yoga Beginners Tennis Stableford 9-hole Event	1	2	3