

JANUARY 2023



Pro Shop,
843-856-9000

Grille,
843-856-9378

Fitness Center,
843-881-8735

duneswestgolfclub.com

Join us!

Breakfast

Monday-Friday,
8-11AM

Saturday & Sunday,
8AM-Noon

Lunch

Daily,
11AM-3PM

Dinner

Thursdays,
5-8PM

Dunes West

GOLF & RIVER CLUB

Happy
New Year!



this month

Clubin' @ the Club Mom Prom

Saturday, January 21 ● 8-11PM
@ the Athletic Club with DJ Edie ● \$20

A dance party at the Athletic Club for a fun girl's night out. There will be a bar, snacks, and fun music. It will be a black and neon vibe. Dress appropriately. Get your tickets from

tickets
will
go fast!

Jenn Devaney, 854-856-9000 ext. 4
or jenndevaney@duneswestgolfclub.com. See page 4.



around the club

New Year, New Goals

Many of us like to make new life goals when it comes to the start of a new year. It could be

reading more books, spending less time on social media, running your first 5K or first marathon, learning how to do your first Crow pose, or just wanting to step out of your box and try something new.

We wanted to take this time to introduce our fantastic instructors for the Athletic Club's group fitness classes.

When:

Each bio has the times of their classes. Schedule is always in our monthly newsletter and posted in the gym.

Where:

Group fitness room is on the far right of the Athletic Club building

How:

First try is free. Drop-ins are \$10 and three months unlimited is \$150. You just show up to the class that is on the schedule and take the class. To pay for class, you can contact Jenn Devaney jenn.devaney@duneswestgolfclub.com or 843-856-9000 ext. 4.

Man Cave Microbrew Tasting

mark
your
calenders!

Thursday, February 23 ● 6:30-8:30PM
Athletic Club

Come 'hang out' and try a variety of new beers with the opportunity to buy more to enjoy at home. \$10 fee covers snacks and take away tasting glass. Sign up with Jenn Devaney, jenn.devaney@duneswestgolfclub.com or 843-856-9000 ext. 4. See page 5.



Women Who Wine Dinner

Theme: Pajamuary
(Wear your PJ's)

Tuesday, January 17, 2023
Cocktails, 6PM ● Dinner, 7PM
\$30 per person
Cash Bar

For a reservation please email Sharon Cooper, sharonwithasmile@gmail.com

Menu

- **Dunes West Salad**
Dried cranberries, Mandarin oranges, red onion, bleu cheese crumbles, raspberry vinaigrette
- **Warm Rolls** with soft butter
- **Stuffed Chicken** with spinach, Havarti cheese & ham, with a champagne beurre blanc
- **London Broil** with a port wine demi glace
- **Rice Pilaf**
- **Fresh Green Beans**
- **Blueberry Cobbler** with fresh whipped cream



mentally, come check out the Friday Yin class. It's the opposite of what you think yoga is and you don't have to be **flexible**. Your body and spirit deserve the deep calm and rest the class provides. No mat, no problem, we have those. No experience? Great, then you are just a clean slate and no, you don't have to be able to touch your toes.

Instructor: Megan

Vinyasa:

Monday, Wednesday, Thursday ● 7AM

Vinyasa: Saturday ● 9:15AM

Butts 'n' Guts: Thursday ● 11:30AM

I have been teaching at Dunes West since November 2021. I teach an all levels Vinyasa-style yoga classes. I also teach Butts 'n' Guts which focuses on strengthening and toning the lower body and core.



Instructor: Pam

Cardio Strength: Tuesday, Thursday ● 8:30AM

I have been teaching classes at Dunes West for at least 18 years. Same class and same days, Cardio Strength. This class is for any level of fitness. I show modifications if needed and can be low or high impact. I will usually do a total body each class using weights and doing cardio interval training. My focus is to work on getting your body strong and flexible. We will work on balance as well. My motto is, listen to your body, so each individual works at their own pace. This class will sometimes go outside if weather permits so I encourage bringing hats, sunscreen, sweat towel and water bottle



Instructor: Jim

Restorative Yoga: Tuesday, Wednesday, Thursday ● 6:30PM

Chisel: Sunday ● 8AM

I am a certified fitness professional and has been with the club since 2005. I understand that cross training is very important, so I teach a variety of classes each week, which allows me to train the body mentally and physically in different ways, including Yoga, Barre, Chisel (body sculpting), Step Aerobics, High Intensity Interval Training (HIIT), Boot Camp, and Indoor Cycling/Spinning. The variety of workouts significantly helps reduce risk of injury caused by repetitive exercise and overtraining. All the classes and styles that I teach work together to keep myself and my clients well balanced in body, mind and spirit all of which are important to maintain good physical and mental health.



Instructor: Traci

Total Body Conditioning: Mondays, Friday ● 7AM

I have over 30 years experience teaching group fitness classes including Spin, Pilates, Strength Training, Hi/Low Aerobics, Step, Body Conditioning, HIIT, and Functional Fitness. I have taught all age groups as well as specialized groups including prenatal, youth, and seniors both through group fitness classes,



CONTINUED FROM COVER »

The Instructors:

Instructor: Tracy

Pilates: Monday & Wednesday ● 9AM

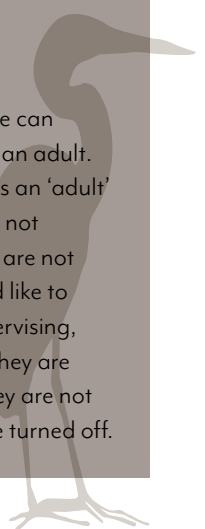
Yin: Friday ● 9:30AM

I have been with Dunes West Athletic Club 11+ years now. The community of people is so strong and I love watching friendships made on the mat and neighbors looking out for each other. Just a wonderful example of what community can be. If you are looking for a deep stretch class that helps you calm down physically and



Gym Rules

No one under 18 years of age can work out in the gym without an adult. This does not count if there is an 'adult' in the gym. Other adults are not responsible for children that are not their own. If your child would like to work out there with you supervising, they much be 13 or older. If they are told more than once that they are not allowed, access cards will be turned off.



small groups, and personal training. I enjoy playing tennis, pickleball, and weight training. My passion is sharing my love of physical fitness with others!

Instructor: Chuck

Hi, I'm Chuck Merydith.

I began my yoga journey in 2011, when my daughter and I opened the first of her three Ahimsa Yoga studios in Chicago. To help her, I began my 200-hour teacher training at YogaWorks in Pacific Palisades, CA. I then earned my E-RYT 500 at Moksha Yoga in Chicago.

At Ahimsa, I taught alignment-based Beginners Yoga classes for ten years until moving to Charleston in 2020, where I've been teaching locally.

I like to bring elements of Hatha, Vinyasa and Kundalini to my classes while encouraging students to build strong bodies, quiet minds and open hearts.

I also conduct Tibetan Sound Healings featuring a 38" Earth Gong and Tibetan brass bowls. These sound immersions are designed to cleanse the energetic system through sound vibration and provide an enhanced state of relaxation and visualization.



around the club

Thursday Dinner

The Grille Room ● Dinner served, 5-8PM

THURSDAY SPECIALS

See the special board for our: \$25 Wine Bottle Specials

Pool Update

All pools at the Dunes West Athletic Club will re-open on April 1, 2023.

APPETIZER

● Sausage & Squid

Fried calamari & grilled sweet Italian sausage, tossed with fresh lemon juice, pepper rings and garlic-parsley butter, served with marinara and a roasted red pepper cream sauce, \$10

ENTRÉES

All entrées served with fresh baked focacci with our signature garlic Parmesan dip.

● Eggplant Napoleon

Breaded and lightly fried eggplant layered with Italian herbs, ground beef and cheese, finished with homemade marinara, served with a side of penne, \$18

● Grilled Tuscan Steak

Chef's cut, marinated in olive oil, lemon zest, garlic, rosemary, oregano, crushed red pepper and black pepper, with a char-grilled tomato & hand-cut Parmesan fries, Market Price

● Zuppa di Pesce

Calamari, shrimp & salmon sautéed in a tomato, garlic & onion broth with cannellini beans, served with a wedge of char-grilled, garlic rubbed focaccia, \$22

● Chicken Parmesan

Topped with marinara sauce and fresh mozzarella, served on a bed of penne Alfredo, \$18

SALADS & SANDWICHES

● Burger*

Have it with or without bacon and choose from American, cheddar, Swiss or smoked gouda. Served with shredded lettuce, tomato, onion and a pickle on a buttered & grilled brioche bun with fries, \$14

● Chicken Sandwich

Have it grilled or fried, with or without bacon and choose from American, cheddar, Swiss or smoked gouda. Served with shredded lettuce, tomato, onion and a pickle on a buttered & grilled brioche bun with fries, \$14

fitness schedule

Monday

Total Body Conditioning – Tracy S, 7AM
Pilates – Tracy, 9AM

Tuesday

Vinyasa – Megan, 7AM
Cardio Sculpt – Pam, 8:30AM
Restorative Yoga – Jim, 6:30PM

Wednesday

Vinyasa – Megan, 7AM
Pilates – Tracy, 9AM
Restorative Yoga – Jim, 6:30PM

Thursday

Vinyasa – Megan, 7AM
Cardio Sculpt – Pam, 8:30AM
Guts & Butts – Megan, 11:30 AM
Restorative Yoga – Jim, 6:30PM

Friday

Total Body Conditioning – Tracy S, 7AM
Yin for You – Tracy, 9:30AM

Saturday

Vinyasa – Megan, 9:15AM

Sunday

Chisel – Jim, 8AM

● Salmon Salad

Bourbon-glazed salmon on a bed of mixed greens with sliced almonds, Mandarin oranges, diced tomatoes, cucumbers, black sesame seeds, with our homemade mustard vinaigrette, \$18

SIDE SALADS

Add to any entrée for \$5.

● **Caesar Salad** with homemade croutons & Parmesan cheese

● **Romaine Wedge** with crumbled bleu cheese, diced tomatoes, bacon bits and bleu cheese dressing

● **House Salad**

Mixed greens with tomatoes, onions, cucumbers & choice of dressing

KIDS

Choose one side.

● Grilled Cheese ● Burger ● Chicken Tenders ● Cheese Quesadilla, \$6



1.21.23. 8PM. DW ATHLETIC CLUB

DJ AND SNACKS

DRINKS FOR \$

TICKET \$20

CLUBIN @ THE CLUB

Mom & Goth

VIBE: DRESS TO IMPRESS IN BLACK AND NEON

FOR TICKETS: JENN DEVANEY

JENN.DEVANEY@DUNESWESTGOLFCLUB.COM



Man Cave Microbrew Tasting

Thursday, Feb. 23, 2023

6:30PM-8:30PM

at The Athletic Club

\$10 fee covers for snacks and a
take away tasting glass.

Sign up with Jenn

jenn.devaney@duneswestgolfclub.com

(843)856-9000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
MGA, 7:15-7:42 Chisel, 8AM	SMGA, 9:21-10:33 LGA, 8:45-9:12 MGA, 7:15-8:36 Total Body, 7AM Pilates, 9AM	LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:51 Vinyasa, 7AM Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM	SMGA, 9:21-10:33 LGA, 10:42-11:27 Vinyasa, 7AM Pilates, 9AM Restorative Yoga, 6:30PM	LGA, 8:18-9:03 SLIP, 9:12-9:30 GOB, 10:06-10:51 Vinyasa, 7AM Cardio Sculpt, 8:30 Butts 'n' Guts, 11:30 Restorative Yoga, 6:30PM Thursday Dinner 5-8PM RSVPs Recommended 843-856-9378	SMGA, 9:21-10:33 LGA, 8:45-9:03 Total Body, 7AM Yin, 9:30	MGA, 7:15-8:36 LGA, 9:12-9:21 GOB, 10:06-10:33 Vinyasa, 9:15
	9	10	11	12	13	14
	MGA, 7:15-7:42 Chisel, 8AM	SMGA, 9:21-10:33 LGA, 8:45-9:03 Total Body, 7AM Pilates, 9AM	LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:51 Vinyasa, 7AM Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM	SMGA, 9:21-10:33 LGA, 10:42-11:27 Vinyasa, 7AM Pilates, 9AM Restorative Yoga, 6:30PM	LGA, 8:18-9:03 SLIP, 9:12-9:30 GOB, 10:06-10:51 Vinyasa, 7AM Cardio Sculpt, 8:30 Butts 'n' Guts 11:30 Restorative Yoga, 6:30PM Thursday Dinner 5-8PM RSVPs Recommended 843-856-9378	SMGA, 9:21-10:33 LGA, 8:45-9:03 Total Body, 7AM Yin, 9:30
15	16	17	18	19		
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22	<i>Martin Luther King Jr. Day</i>		25	26	27	28
MGA, 7:15-7:42 Chisel, 8AM	SMGA, 9:21-10:33 LGA, 8:45-9:03 Total Body, 7AM Pilates, 9AM	LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:51 Vinyasa, 7AM Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM	SMGA 9:21-10:33 LGA 10:42-11:27 Vinyasa, 7AM Pilates, 9AM Restorative Yoga, 6:30PM	LGA, 8:18-9:03 SLIP, 9:12-9:30 GOB, 10:06-10:51 Vinyasa, 7AM Cardio Sculpt, 8:30 Butts 'n' Guts 11:30 Restorative Yoga, 6:30PM Thursday Dinner 5-8PM RSVPs Recommended 843-856-9378	SMGA, 9:21-10:33 LGA, 8:45-9:03 Total Body, 7AM Yin, 9:30	MGA, 7:15-8:36 LGA, 9:12-9:21 GOB, 10:06-10:33 Vinyasa, 9:15
29	30	31				
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