



MONTHLY
Newsletter
Sweetwater
Fitness and
Pickleball
Courts
2024

TAI CHI WORKSHOP

PALENCIA FITNESS CENTER

1 JUNE 2024

You are invited to a Tai Chi Workshop at the Palencia Fitness Center on Saturday, 1 June 2024, hosted by Palencia Tai Chi Instructor Ron Cullum. Our special guest will be the internationally recognized master tai chi instructor Dan Jones. Advance sign-up and payment are required to attend.



WHAT: A 3-hour group workshop on fundamentals and applications of silk-reeling in tai chi. Both beginners and experienced tai chi students are welcome.

WHEN: Saturday, 1 June 2024, 1:00 - 4:00 PM with breaks on the hour.

WHERE: Palencia Fitness Center, 1879 N. Loop Parkway, St. Augustine, Florida.

COST: Fifty dollars (\$50) via Venmo, Paypal or personal check. No credit or debit cards can be accepted. Advance payment is required to attend.

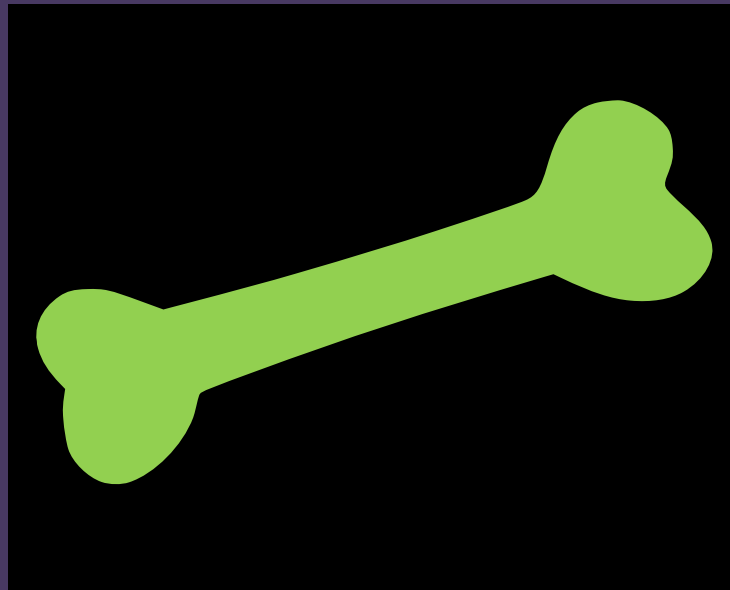
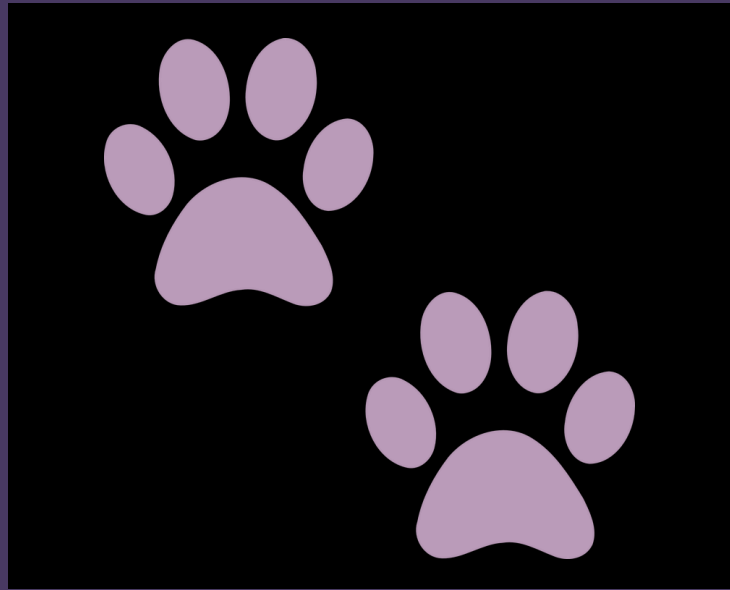
Reserve your place at this event by emailing ronalduoo@aol.com, subject "Palencia Workshop," to have your name on the attendance roster. Attendance is limited. Sign-up and payment must be completed NLT 28 May 2024. Payment via Paypal should include "Palencia Workshop" and be sent to ronalduoo@aol.com. Venmo scan for payment is attached below. Personal checks made payable to Daniel Jones can be given to the host of this event, Ron Cullum, who may be reached at 904-540-7966 for any questions.



venmo

Scan this code to pay





BARK & STROLL

Fundraiser for
Florida Urgent Rescue

5K Fun Run/Walk

**Pickleball
Tournament**

Fun Events for Kids:

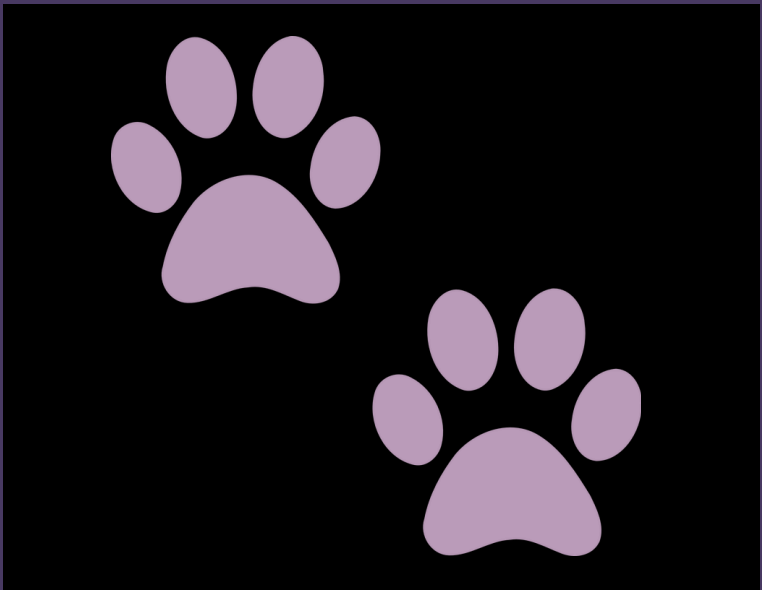
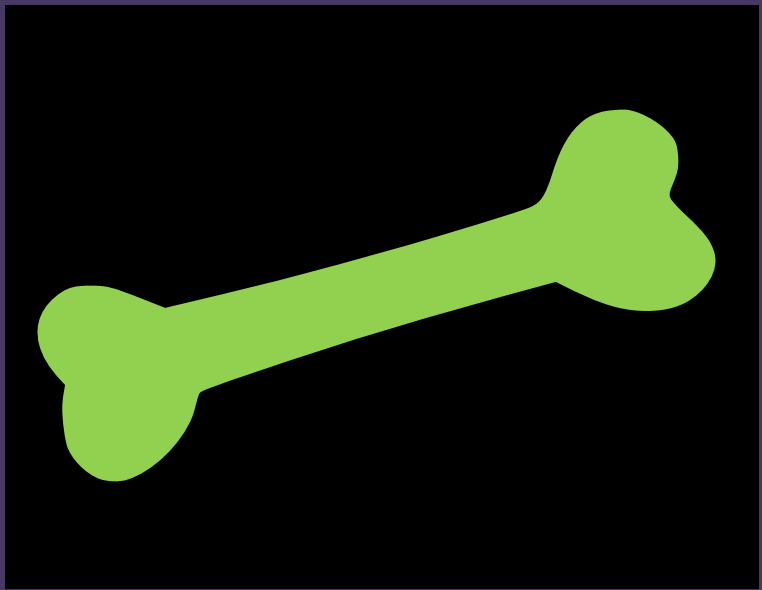
- Tiny Tots Walk
- Face Painting
- Coloring Contest
- Paw Print Art Station
- Petting Booth w/Tri State Therapy Dogs

- Puppy Pageant
- Photobooth
- Bake Sale
- Pup Cup Dessert Stand
- Raffle Tickets



Market Street Palencia

Sun June, 2nd
9 AM





Danny's Dawgs will be at the Fitness Center for the Pickleball F.U.R Fundraiser Tournament. Stop by and grab a snack to go! They will start serving at 12pm.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---|------------------------|---|--------|---|
| June | | | | | | |
|   2. Bark and Stroll Fundraiser 9am Market Street Pickleball Tournament to follow | 3. | 4. Intro to Pickleball 6-8pm Beginner Summer Swim Team Schedule Begins | 5. 10:30am Meditation | 6. SC CDD Meeting 4pm Location: Fitness Center ZUMBA @ 6:30pm Last Day of Tai Chi for the summer | 7. | 8. Pickleball Fundamentals Clinic 10:30-12:30pm \$ Beg/Low Inter. Tai Chi Workshop 1pm |
| 9. | 10. | 11. Backhand Clinic 6-8pm \$ Inter/Adv. | 12. 10:30am Meditation | 13. | 14. | 15. Shot Selection-Patience Grasshopper Clinic 10:30-12:30pm \$ Inter/Adv. |
| 16. | 17. | 18. The Ultimate Dink Clinic 6-8pm \$ Beg/Novice | 19. 10:30am Meditation | 20. | 21. | 22. The Ultimate Dink Clinic 10:30-12:30pm \$ Inter/Adv. |
| 23. | 24. | 25. Just Drop It Clinic 6-8pm \$ Beg/Novice | 26. 10:30am Meditation | 27. | 28. | 29. The Ultimate Dink Clinic 10:30-12:30pm Beg/Novice |

Tuesday, June 4

Intro to Pickleball – Beginners – 6:00-8:00pm

•A beginner's adventure into learning the basics of Pickleball. We teach the basics and then PLAY to put those basics to use!! This will include rules, scoring, appropriate footwear, equipment strategy, basic fitness, and, of course, the basic shots that go into pickleball!

Saturday, June 8

Pickleball Fundamentals – 10:30-12:30pm
Beginners to Low Intermediate

•Ok, so you can get into the point with an effective serve and return. What next? We will introduce you to a strategic approach to **the third shot, and dink** so that you can begin playing pickleball at a competent level!



Board Meeting

Thursday
June 6th
Sweetwater
CDD Meeting
4pm at the
Fitness Center

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|------------------------------------|---------------------------------|------------------------------------|--------------------------------|--|-----------------------|
| 6:00am HIIT H | | 6:00am HIIT H | | | | |
| | 8:30am Cardio X Training E/M | 8:45am Spin M/H | 8:30am Cardio X Training M/H | | | |
| 9:00am Pilates E/M | | | | 9:00am Gentle Yoga E | 9:00am Zumba/Zumba Toning M | |
| 10:15am Spin M/H | 10:00am Cardio/Core E/M | 10:00am Senior Strength E | | | | |
| 11:10am Senior Stretch E | 11:10am Senior Mat Pilates E | 10:30am Meditation E | 11:15am Senior Mat Pilates E | | | 4:00pm Yoga E/M |
| | | 11:10am Yoga E/M | | 12:00pm Senior Stretch E | <p><u>Fitness Center:</u> <u>(904) 829-8584</u></p> <p><u>Amenity Center:</u> <u>(904) 810-0520</u></p> <p>E= Easy M= Medium H= Hard</p> <p>6/1/2024</p> | |
| | | 3:05pm Kids Fitness E | | | | |
| | 5:15pm Yogalates E/M | 5:15pm Power Yoga M/H | | | | |
| 6:00pm Pilates Barre M/H | 6:30pm Power Pump M/H | 6:30pm Cardio Step M/H | 6:00pm Zumba M | | | |
| | | | | | | |

FITNESS SCHEDULE



Instructor Spotlight : Meet Eliana

My journey into the fitness and wellness began at a young age. In College, I spearheaded the establishment of the college's girls' soccer team.

Graduating with a degree in Physical Education in 1984, I made a conscious decision to direct my focus towards addressing the needs of special populations. My professional trajectory I divided my knowledge and guidance in Physical Education across different age groups, from K8 to K12, within the public school system in Massachusetts.

In parallel, I extended my expertise to the healthcare sector, collaborating with the Visiting Nurse Association to aid patients in their journey to recovery from various injuries. Additionally, my involvement later on in the Silver Sneakers Fitness Program in Massachusetts, New York and Florida had me commit to promoting fitness among older adults, as I coordinated and trained instructors for the program.

My career path evolved further in specialization in rehabilitation, particularly focusing on pre and post-surgery care for cardiac and cancer patients at Newton Wellesley Hospital in the Boston area. It was there that I initiated the groundbreaking project "Hearts In Motion," exploring the profound impact of physical exercise on post-cardiac recovery.

Upon relocating to Florida, I continue to work in the fitness field teaching fitness classes and providing personalized rehabilitation services to individuals with special conditions as well as Personal Training. My unwavering dedication to promoting health and wellness across diverse populations remains a testament to my enduring commitment to making a difference in people's lives.

Eliana's Education and certifications

- Bachelor in Science in Physical Education
- ACSM Cancer Exercise Specialist
- AFAA Personal Trainer and Group Trainer
- ACE Group Trainer
- AEA Aqua Fitness Instructor
- Pilates Fitness



Cardio/Core : Tues 10am
Senior Mat Pilates: Tues. 11:10am
Senior Strength: Wed 10am

*Eliana's class schedule for the fitness center. Come check out her classes!



Summer Developmental:

11AM - 12 noon Tuesday and Thursday

Age Group 1: 11 AM - 12 Noon

Developmental/Age
Group 1
Mon-Friday 11am-12pm

Monday, Wednesday, Friday



**Summer Swim
Season Begins
June 4th**

Age Group 2/3/Seniors:

Morning Practice

7 AM - 9 AM

Monday - Wednesday - Friday

Afternoon practice

Monday through Friday 4:30 pm -6:30 pm

9 AM - 11:30 AM on Saturday morning

Tuesday, June 11

Backhand Clinic – Intermediate/Advanced –

6:00-8:00pm

•Okay, how many of you have a backhand that you can trust? How many of you run around your backhand and try to hit a forehand? Or, you just move your forehand paddle position to the backhand side and try to scoop it? Well STOP IT! Come to this clinic and learn how to dink, return, slice, volley and RIP your backhand into existence!!

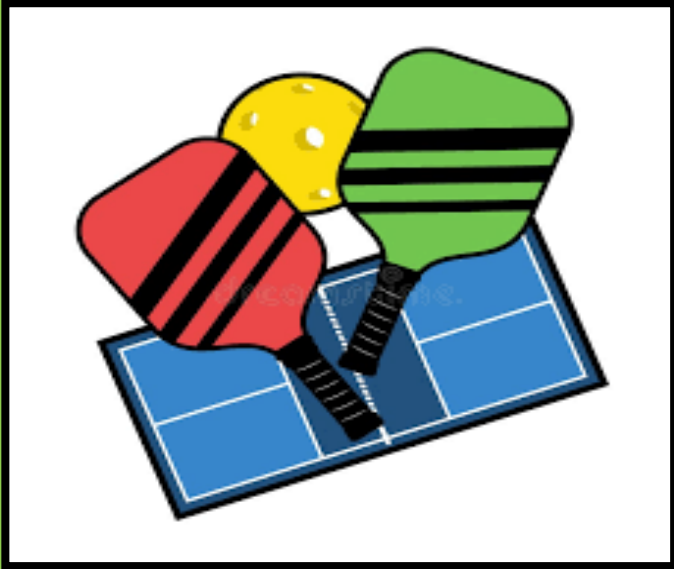
Saturday, June, 15

Shot Selection – Patience Grasshopper! –

Intermediate/Advanced - 10:30 - 12:30pm

•How many times have you hit a shot and then said, “DANG IT (or something like that) I should have done...” Well, We will be taking a look at various shot selection scenarios to get you swinging with intent and purpose!





Tuesday, June 18

The Ultimate Dink Clinic!! – Beginner/Novice

6:00-8:00pm

- Tired of your points ending after just three, maybe four shots? Let's learn how to get into a dink battle to consistently win at the Kitchen! We will also work on when to speed up the point by learning how to exercise patience and make great choices! We will put this practice into action by showing you drills that can turn into games for that competitive edge!



Saturday, June, 22

Win With DEFENSE!! – Intermediate/Advanced

10:30 - 12:30pm

- Much to our chagrin, we are sometimes not in control of a point. Sometimes, we have to survive by playing great defense and working our way back into offense! In this clinic, we will make your reaction times quicker, your hands better and give you the ability to prolong points that normal humans will lose!



Tuesday, June 25

Just Drop It!! – Beginner/Novice 6:00-8:00pm

- 90% of points in pickleball played by intermediate players and up are won at the kitchen. It is your job to get there and win! This class will focus on getting you to the next level of pickleball so you can compete at a higher level. Learn to drop the ball in the kitchen in all situations!

Saturday, June, 29

**The Ultimate Dink Clinic!! – Beginner/Novice
10:30-12:30pm**

- Building on our last class, once you have dropped the ball into the kitchen, you need to know how to manage the point from there. Let's learn how to get into a dink battle to consistently win at the Kitchen! We will also work on when to speed up the point by learning how to exercise patience and make great choices! We will put this practice into action by showing you drills that can turn into games for that competitive edge!