

**MONTHLY
Newsletter**

Sweetwater
Fitness and
Pickleball Courts

2024

**PALENCIA
FITNESS CENTER**





**FITNESS CENTER HOURS
THURSDAY JULY 4TH
5am-6pm**

Cardio X Training will take place at 8:30am

**2 Classes are
Cancelled for
July 4th**

**11:15am Senior Mat Pilates
6:00pm Zumba**



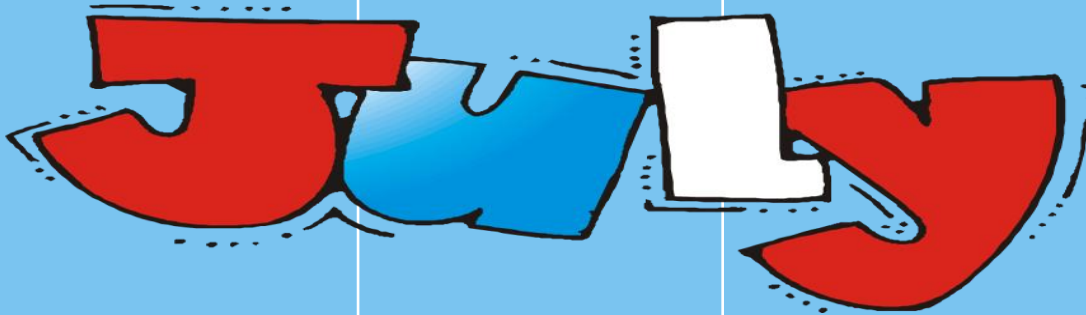


HAPPY

4th

of

july

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1.	2.	3. 10:30am Meditation	4. Fitness Center Hours 5am-6pm 	5.	6. Reminder open play was moved to 8am
7.	8.	9. Pickleball Fundamentals 6-8pm Beginner – Low Interm.	10. 10:30am Meditation	11. Pb League Play 7pm	12.	13. Just Drop It Clinic 10:30-12:30pm \$ Interm/Adv
14.	15.	16. Strategy Clinic 101 6-8pm \$ Interm/Adv.	17. 10:30am Meditation	18. SC CDD Meeting 4pm Location: Fitness Center ZUMBA @ 6:30pm Pb League Play 7pm	19.	20. Win With DEFENSE 10:30-12:30pm \$ Interm/Adv.
21.	22.	23. Backhand Clinic 6-8pm \$ Interm/Adv	24. 10:30am Meditation	25. Pb League Play 7pm	26.	27.
28.	29.	30.	31. 10:30am Meditation			

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>7/1/2024</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



Board Meeting

**Thursday
July 18th
Sweetwater
CDD Meeting
4pm at the
Fitness Center**

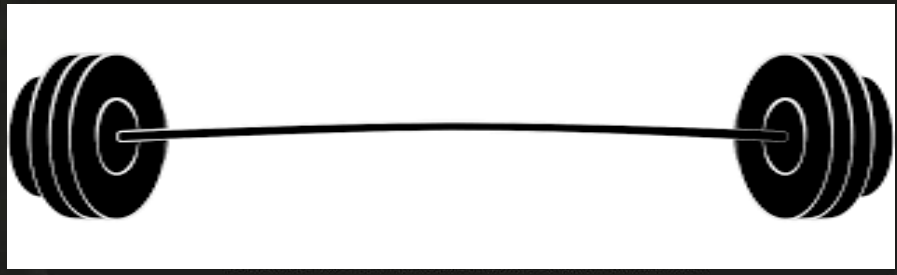
Instructor Spotlight

Miranda

• Fitness and wellness is a part of my life. I have always enjoyed motivating and molding lives. I strongly believe that a healthy lifestyle contributes to happiness. Exercise has always been a go to where I can relieve tension, stress, and anxiety. My Journey began in Stuttgart Germany, as a Director of Youth Services, where I provided fitness activities as well as wellness classes such as ,TRX, cardio Step, cardio training & strengthening, as well as cycling for our military community. I have had the pleasure to provide my services and expertise to a number of gyms in the local area. Palencia has truly become a place I call home.



Spotlight: Meet Miranda
Hitt/ Cycling: Monday 6am.
Water Aerobics : Monday 8:30am
Hitt/Cycling: Wednesday 6am
Cycling: 8:45am



BA in Education
Group Fitness Certified
TRX Certified
Schwinn Cycle Certified

Love the people you work hard to find, and the love of the people will find you

PICKLEBALL SAFETY

You may have all heard that chiropractors, orthopedic surgeons and eye doctors are making a fortune off pickleball players. That's true. There are a few reasons for that. First off, many times we are unprepared physically for the game of pickleball. Many think its easy and there isn't much movement, so we just show up and play. We then see that we are using muscles we never knew we had and get really sore, or worse, tear something. We also come to the courts without proper equipment. This can lead to injury as well.

Many injuries can be avoided if we do some basic things to mitigate the risk of injury.

First, proper equipment is essential, There are two pieces of equipment that you SHOULD wear to help avoid injury. First is eyewear. Get some goggles or glasses to play in. Eye injuries can happen, especially in the throes of battle at the kitchen where everything is happening quickly. If you wear prescription glasses, use them! Get them tightened so they stay on your head. Or get some goggles that will be strapped to your head to insure they will not come off.

Next is proper footwear. If you are not using a HARD-COURT shoe, you are running the risk of turning an ankle, losing your balance, or worse! Walking shoes and running shoes do not supply that lateral support you need to play pickleball. So much of pickleball is played side to side so you need that extra support to mitigate the risk of injury.

Stretching is a huge component of safe pickleball. If you go out and play without fully preparing your body for quick movements, you are really putting yourself at risk of pulling a muscle or even breaking something. Stretching strengthens your muscles so that you can move with confidence and quickness, again, mitigating the risk of injury.

Hydration is paramount! In the heat of Florida, getting fluids into your system helps your muscles twitch quicker, keeps your mind alert and generally keeps you from weakening in the hot sun - or even a humid evening! Start hydrating before you arrive at the courts. Drink 32 ounces of water with some sodium and electrolytes to start getting your body prepared before you start playing. Starting the fluids at the courts, while better than nothing, is really too late.

Lastly, you must learn proper footwork. When you learn how to move properly it puts less stress on your muscles and joints. It allows you to play the game much more fluidly. Take advantage of clinics and lessons to help you move correctly on the court!

Injuries are a part of sport to be sure. However, if we do these simple things we can make ourselves less susceptible to getting hurt!

-Darcy Miller - Pickleball Dude



Tuesday, July 9 6:00 – 8:00

Pickleball Fundamentals — 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!

Saturday, July 13 10:30-12:30

Just Drop It!! – Intermediate to Advanced

- 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!

For Pickleball Clinic info Please Call or
text Darcy Miller at **904-891-6573**
to register
(Certified Pickleball Instructor)

Tuesday, July 16 6:00 - 8:00

Strategy Clinic 101 - Intermediate to Advanced

- How do we set up a point? How do we communicate with our partner from the beginning of a point? What are some “plays” we can run to create havoc for our opponents?

Saturday, July 20 10:30-12:30

Win With DEFENSE!! – Intermediate/Advanced

- Much to our chagrin, we are sometimes not in control of a point. Sometimes, we must just 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!



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Tuesday, July 23 6:00-8:00

Backhand Clinic – Intermediate/Advanced –

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!!



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SWIM

ACROSS AMERICA

★ MAKING WAVES TO FIGHT CANCER ★

YOU can make an IMPACT in the fight against cancer!
Join us by registering to swim or volunteer at the Swim Across America Palencia/Cyclones event at the Palencia lap pool on Saturday, August 24th (Rain date: Sunday, August 25th).

Proceeds from the event support cancer research and clinical trials.

Link: www.swimacrossamerica.org/cyclones2024

DATE: SATURDAY, AUGUST 24TH
WHEN: 9am-noon
WHERE: SWEETWATER fitness center lap pool
1865 North Loop Parkway

Prizes for top fundraisers!

EVENT IS OPEN ONLY TO PALENCIA RESIDENTS AND THE CYCLONES SWIM TEAM.



REGISTER TODAY AS AN INDIVIDUAL, AS PART OF A TEAM, OR AS A VOLUNTEER! YOU CAN ALSO DONATE TO YOUR FAVORITE SWIMMER OR TEAM!

Call or text Patty Scott @703-975-9839 if you have questions or would like to help sponsor the event.



**Saturday
August 24th**

TENTATIVE EVENT SCHEDULE 9am-noon

- Swim workout with Coach SERGEY FESENKO 1980 Gold Medalist and Coach Sam (open to Cyclones swim team and Palencia residents)
- Community lap swim
- FUN RELAYS!

SIGN UP TODAY TO HELP RAISE MONEY . Scanning the QR code will provide the how-to info

