



**MONTHLY**  
**Newsletter**  
Sweetwater  
Fitness and  
Pickleball Courts  
**2024**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. No Swim Team Practice	2. No Swim Team Practice	3. Just Drop It Clinic 9:00am-11:00am \$ Inter/Adv  No Swim Team Practice
4. No Swim Team Practice	5. No Swim Team Practice SW Landscape and Irrigation meeting at 4pm - Location: Fitness Center	6. Forehand Clinic 6-8pm \$ All Levels No Swim Team Practice	7. 10:30am Meditation No Swim Team Practice Teen Tour with Jermaine 1pm	8. SC CDD Meeting 4pm Location: Fitness Center ZUMBA @ 6:30pm Pb League Play 7pm LAST DAY!	9. No Swim Team Practice	10. Intro to Pickleball 9:00am-11:00am Beginners & Kids \$ No Swim Team Practice
11. No Swim Team Practice	12. No Swim Team Practice 	13. Pickleball Fundamentals 6-8pm \$ Beg/Low Interm. & Kids FALL SWIM TEAM BEGINS 4:30-6:45pm	14. 10:30am Meditation FALL SWIM TEAM BEGINS 4-6:45pm	15. FALL SWIM TEAM BEGINS 4:30-6:45pm	16. FALL SWIM TEAM BEGINS 4-6:45pm	17. Next Level Lob Overhead and Volley 9:00am-11:00am Inter/Adv. \$ Fall Swim Team 9-11:30am
18.	19.	20. The Ultimate Dink 6-8pm \$ Beg/Novice	21. 10:30am Meditation NO KIDS FITNESS	22.	23.	24. SWIM ACROSS AMERICA 9am -12pm
25.	26.	27.	28. 10:30am Meditation	29.	30.	31. Backhand Clinic 9:00am-11:00am

**Saturday, Aug. 3 9:00-11:00**

**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!



**\*\*\*NOTE THAT SATURDAY CLINICS ARE NOW FROM 9-11 TO GET A LITTLE RESPITE FROM THE HEAT!**

*Also, if you see a clinic that you have taken before and are bypassing it because you have already done it, I want to encourage you to not to take that strategy when it comes to your development! Remember, clinics are designed for basic training to learn new muscle memory, and while it will certainly help you in the short term, our bodies forget over time! Take the classes again! Get a new perspective on what you have already been working on, remember something you missed the first time, and collaborate with other players to get their input!*

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

## ▶ Calling ALL TEENS and College Students

- ▶ Come check out our **orientation** of the gym equipment with personal trainer Jermaine. If you want to learn proper techniques or how to use a piece of equipment to add in to your routine Jermaine can show you the correct way. No Sign up necessary. Please wear sneakers for this orientation.
- ▶ This orientation will be **August 7<sup>th</sup> at 1pm.**





**August 8th  
Sweetwater  
CDD Meeting  
4pm at the  
Fitness Center**

# INSTRUCTOR SPOTLIGHT : MEET LAURA

Born in Brazil in a family always involved with music, sports and dance, my passion for fitness started during college time when I had my first contact with the fitness world practicing the Brazilian Martial Art “CAPOEIRA” for 7 years becoming a Yellow Belt on this sport.

My passion for fitness took me to several directions during my life including a diversity of workouts as part of learning process and enjoying this journey:

18 years of Hip Hop, 11 years practicing Boxing, Step classes, Brazilian Rhythms and Samurai Sword practices.

Moved permanently to USA in 2006 and lived in New Jersey for 9 years where I became a licensed Zumba Fitness Instructor in 2010 and started teaching at one of the largest & among the best 100 gyms in USA:

Health Quest of Hunterdon located in Flemington/NJ where I taught for 5 years until moving to Florida in 2015.

I introduced Zumba Fitness in the city that I used to live in Brazil during one of my vacations in 2012.

I am licensed in several Zumba Specialties that require specific trainings and certifications:

Zumba TONING, Aqua Zumba, Zumba Gold, Zumba SENTAO, Zumba Step, Zumba Strong Nation, Pro-Skill Zumba, Zumba Virtual Pro and CIRCL Mobility.

Several trainings on specific rhythms called “Zumba Jam Sessions”.

Besides Zumba I was a Pound Workout Instructor from 2017 to 2018.

I lived in Porto Rico for a short period of time.

I am a graduated Social Worker

A proud mother of a Software & Programming Engineer

I am a former Party Planner & Balloon Sculptor

I am author of a poetry book published in Brazil in 2003 under the title:

“Abrindo a Janela” (“Opening the Window”)

I speak Portuguese and Spanish (this one not so perfect)

I love to cook, gardening, dance, sing, beach & Meditation

As a Licensed Zumba Instructor teaching for almost 14 years, donating my time with Zumba for fundraisers/charities events is an important part of what I do.

Themed Zumba Fitness classes are always part of my classes.

My goal during this path is to share the joy and the benefits of a healthy lifestyle through the magic of dancing & music bringing people together, motivating participants of all physical conditioning levels and ages to keep moving, reducing levels of stress and understanding that exercise above of all can be FUN! From the dance floor to the pool I will bring them the “Brazilian Flavor” with creativity and energetic routines.

LOC/24





# FALL SWIM TEAM SCHEDULE STARTING AUGUST 13<sup>th</sup>

4:15pm-6:45pm Mon- FRI  
SAT 9am-11:30am

**NO SWIM TEAM PRACTICE**  
**AUG 1<sup>st</sup>- 12<sup>th</sup>**

**Starting Sept 3<sup>rd</sup> Developmental  
will Begin practice Tuesday's and  
Thursday's from 3:30pm-4:30pm**



# Palencia and the Cyclones Make Waves to FIGHT CANCER!

REGISTER TO SWIM OR  
MAKE A DONATION!  
LEARN MORE AT:

[WWW.SWIMACROSSAMERICA.ORG/CYCLONES2024](http://WWW.SWIMACROSSAMERICA.ORG/CYCLONES2024)

SATURDAY,  
AUGUST 24TH

AT THE PALENCIA  
LAP POOL  
9AM - NOON



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

August 24<sup>th</sup>  
9am-12





# Need a Personal Trainer?

Brian and Anna Can help get you on the right fitness path. Call or email or scan this flier for more info.

## Personal Training

1-on-1 Personal Training Sessions broken down to 30 or 60 minute sessions. Fully Tailored Nutrition and Workout plans designed specifically to each client's goals. App Access to track your progress with your coach and access nutrition and workout splits.

### Anna Walsh

- NASM Certified Trainer
- NASM Nutrition Certification
- 10+ years Experience
- IFBB Bikini Competitor
- Contest Prep
- Lifestyle
- Weightloss
- Mobility
- Strength Training

### Phone:

- 484-744-9994

### Email:

- ironpenitentiary@gmail.com

### Brian Walsh

- NASM Certified Trainer
- NASM Nutrition Certification
- 12+ years Experience
- NPC Men's Physique Competitor
- Contest Prep
- Lifestyle
- Weightloss
- Mobility
- Strength Training

### Phone:

- 610-299-7109

### Email:

- ironpenitentiary@gmail.com



IG: Anna\_and\_brian\_fitness  
IG: ironpenitentiary



Scan me!

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><b>Fitness Center:</b> <a href="tel:(904)829-8584">(904) 829-8584</a></p> <p><b>Amenity Center:</b> <a href="tel:(904)810-0520">(904) 810-0520</a></p> <p>E= Easy    M= Medium    H= Hard</p> <p>8/1/2024</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



# AUGUST

**Tuesday, Aug. 6 6:00 - 8:00**

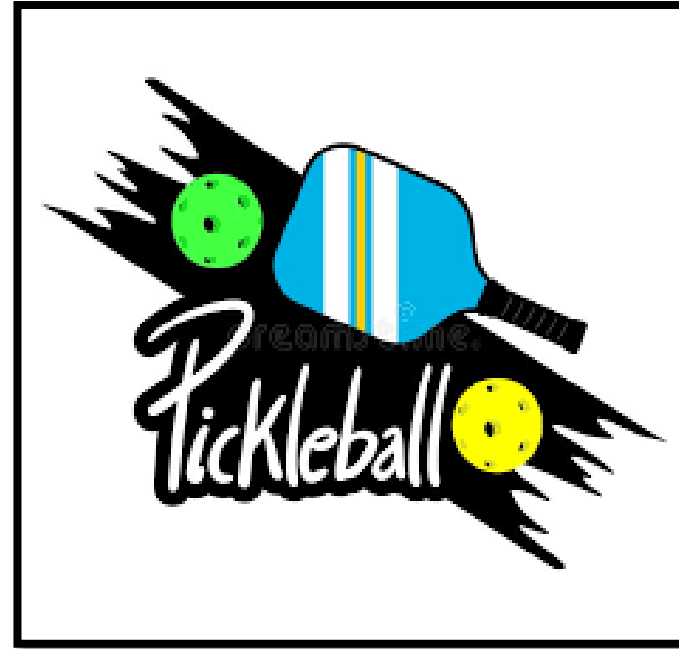
**Forehand Clinic – All Levels**

- Everyone thinks they have a forehand. But, do you have an effective forehand? Can you hit spots consistently from everywhere on the court? Can you hit with different pace to accommodate for game situations? Can you play pain free because you are using the right mechanics? Come on out!

**Saturday, August 10 9:00-11:00**

**Intro to Pickleball – Beginners and KIDS!!**

- 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!



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***Tuesday, August 13 6:00-8:00***

**Pickleball Fundamentals — Beginners to Low Intermediate and KIDS**

- 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, August 17 9:00-11:00***

**Next Level Lob, Overhead and Volley – Intermediate/Advanced**

- Ever get frustrated because you hit a ball back and your opponent crushes it every time? Ever have to let a ball bounce because you do not trust hitting an overhead to stay on the offensive? Are you missing put aways or just not volleying where you need to? Well, you are in luck! This class is for you!

***Tuesday, Aug. 20 6:00-8:00***

**The Ultimate Dink Clinic!! – Beginner/Novice/Intermediate  
6:00-8:00**

- Tired of your points ending after just three, maybe four shots? Let's teach you 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, Aug. 31 9:00-11:00***

**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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