



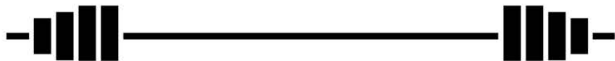
September
MONTHLY
Newsletter
Sweetwater
Fitness and
Pickleball Courts
2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. 	3.	4. 10:30am Meditation	5. SC CDD Meeting 4pm Location: Fitness Center ZUMBA @ 6:30pm	6.	7.
8.	9.	10. Tai Chi starting back 12:30pm	11. 10:30am Meditation	12. Tai Chi 12:30pm	13.	14. Level Up Dinking 9:00am-11:00am \$
15.	16.	17. Forehand Clinic 6-8pm \$ All Levels	18. 10:30am Meditation	19.	20.	21. Pickelball Fundamentals 9:00am-11:00am Beg/Low inter \$
22.	23.	24. Rest your Mind and Point 6-8pm \$ Interm/Adv	25. 10:30am Meditation	26.	27.	28. Next Level Volley 9:00am-11:00am Inter/Adv.
29.	30.	Oct 1 st The Ultimate Dink Clinic 6-8pm \$ Beg/Novice/Interm				

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		8168		
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
	12:30pm Tai Chi Starting 9/10	11:10am Yoga E/M	12:30pm Tai Chi Starting 9/12	12:00pm Senior Stretch E	<p>Fitness Center: (904) 829-8584</p> <p>Amenity Center: (904) 810-0520</p> <p>E= Easy M= Medium H= Hard</p> <p>9/1/2024</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		6:00pm Zumba M			

FITNESS SCHEDULE

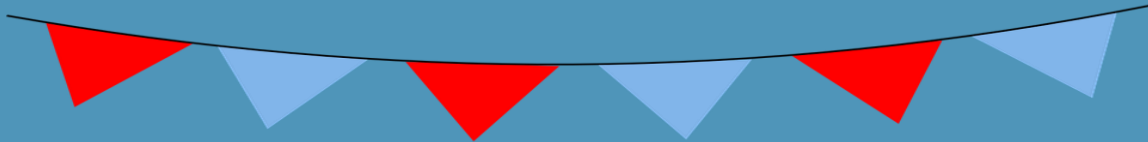


Fitness Center
Hours will **NOT**
change
Monday
September
2nd
5am-9pm



Labor day class schedule

- 6am HIIT- Happening
- 9am Pilates- Cancelled
- 10:15am Spin- Happening
- 11:10 Stretch- Happening
- 6pm Pilates Barre- Cancelled





Board Meeting

**September 5th
Sweetwater
CDD Meeting
4pm at the
Fitness Center**

Instructor spotlight : Meet AmySue

AmySue Long is a 200-hr. certified Hatha Yoga Teacher. She moved to St. Augustine in 2008 with her husband Scott and their three boys (now all at FSU, Go Noles!). They have two dogs and lots of family nearby. She and her family moved to Palencia in 2018 and she began teaching at the Amenity Center and the Fitness Center. She received her certification at Holy Cow Holistic Center in Charleston, SC in 2014. She had been practicing yoga for about 2 years before she received that certification. She also has certifications in Yin Yoga and Prenatal Yoga. Her style of teaching is tailored to the needs of the individual. She enjoys teaching a gentle style of yoga consisting of stretching and breathing with a limited amount of perspiration (for those who need to avoid a shower after lunch-hour yoga) as well as a more heat-building vinyasa (flow) class to build strength and endurance. She is friendly to both the flexible and inflexible. Yoga is a journey to discovering the breath and finding balance in asanas (yoga postures or poses). Music, humor, pranayama and a little bit of meditation can be introduced in different classes, as well. AmySue encourages everyone who is willing to try yoga....no judging, no need to have a "yoga body" or any yoga experience at all! Namaste.

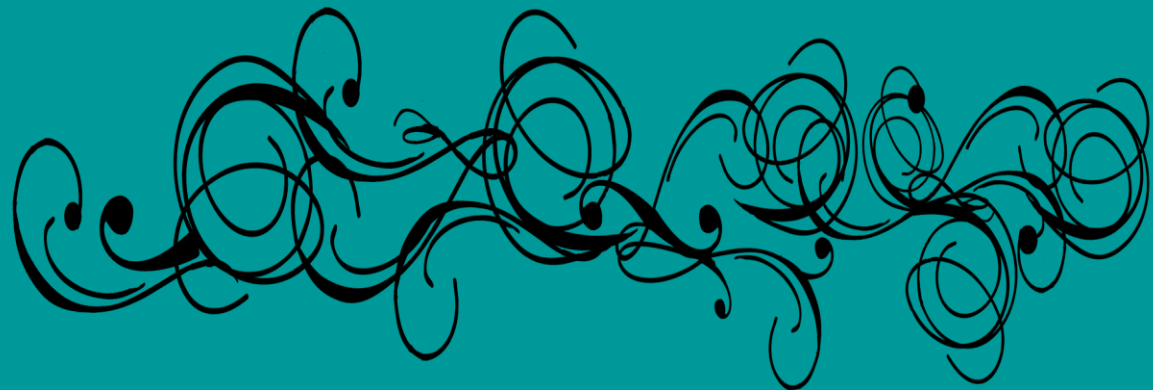


Photo credit: Sarahrestaphotography

**AmySue's Classes are:
Wed.- 11:10am Yoga
Friday- 9am Yoga**



Tai Chi is starting back on
Tuesday's and Thursday's.
Class is set to begin
September 10th. Both
Tuesday and Thursday is
from 12:30pm-1:30pm



Tai chi/Qigong Class

Tai chi is a Chinese martial art practiced today mainly for its health benefits. Our focus in class is on body mechanics, balance, connectedness, and energy control. All tai chi classes include practicing Qigong, traditional exercises to enhance inner energy. Tai chi practice can be tailored to be easier or more challenging so that anyone in almost any physical condition can learn the fundamentals while more experienced participants can improve their performance.



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!

Saturday, Sept. 14
9:00-11:00am

Level Up Dinking Interm/Adv.

Should I volley Dink or let it bounce? Decisions ,decisions! Learn how to keep your opponent guessing and off balance by keeping pressure on them during a dink rally! We will work on dinking out of the air as well as letting it bounce. We will also be very strategic by learning optimal placement of all dinks during a point.



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



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Tuesday, Sept. 17 6:00 - 8:00pm

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, Sept. 21 9:00-11:00am

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! This is a GREAT opportunity for folks new to the game to reinforce some of the skills they have already learned and applied!



Tuesday, Sept 24 6:00- 8:00pm

Reset Your Mind and Point! – Intermediate to Advanced

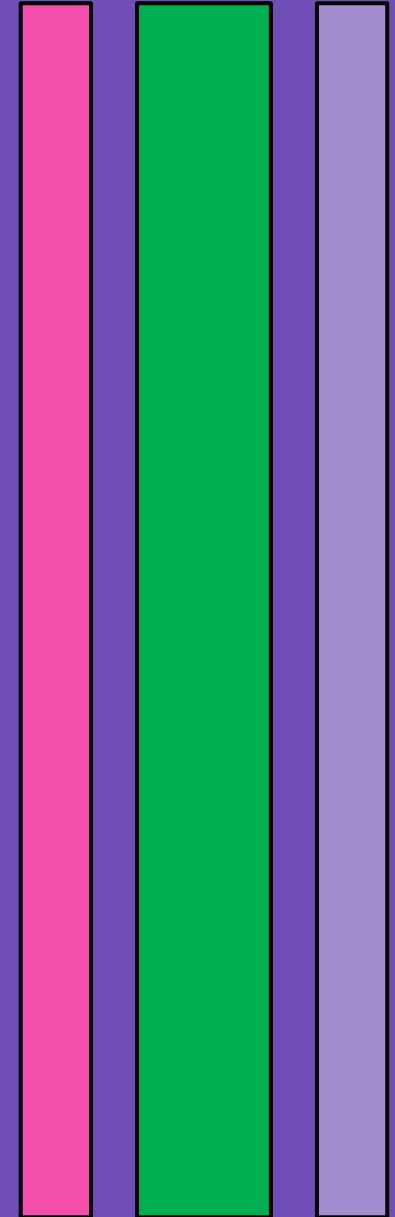
- If you are looking to advance your game, the reset shot is an essential element of doing so. The reset is a shot used to slow down the pace of the rally and regain control of the point. This neutralizes your opponent's attack and creates an opportunity to shift from defense to a neutral or offensive position



Saturday, Sept 28 9:00-11:00am

Next Level Volley – Intermediate/Advanced

- Ever get frustrated because you hit a ball back and your opponent crushes it every time? Are you missing put aways or just not volleying where you need to? Well, you are in luck! This class is for you! Let's take your volley game to another level by working on hand speed, controlled aggression and hitting down on your volleys to keep your opponent on defense!





FALL SWIM TEAM SCHEDULE

3:30pm-6:45pm Mon- FRI
SAT 9am-11:30am

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

Hurricane Info :

With peek hurricane Season approaching we would like to make sure everyone can find our closure/opening details if it should be needed. ALL of the information will be listed in the following places.

- Palenciaonline.com
- Community Email blasts
- Palencia Swim, Fitness Center and Pickleball Facebook page.

