


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1. 1-Plank for 20 seconds	2. 2- Burpees	3. 3- Push-ups	4. 4- Star jumps Meditation 10:30am	5. 5- Squats SW CDD meeting 4pm @ Fitness Center Zumba 6:30pm	6. 6- Chair Dips	7. 7- Boxing punches	
8. 8- Mountain Climbers	9. 9- Jumping Jacks	10. 10- Alternating Lunges Level Up Dinking Clinic 6-8pm \$	11. 11- Crunches Meditation 10:30am	12. 12- High Knees	13.	14.	
15.	16.	17. Pickleball Fundamentals Clinic 6-8pm \$ Beg/Low Interm.	18. Meditation 10:30am	19.	20.	21. No Zumba	
22.	23.	24. Open 5am-1pm	25. 	26. No Zumba	27.	28. No Zumba	
29.	30.	31. Open 5am-3pm					

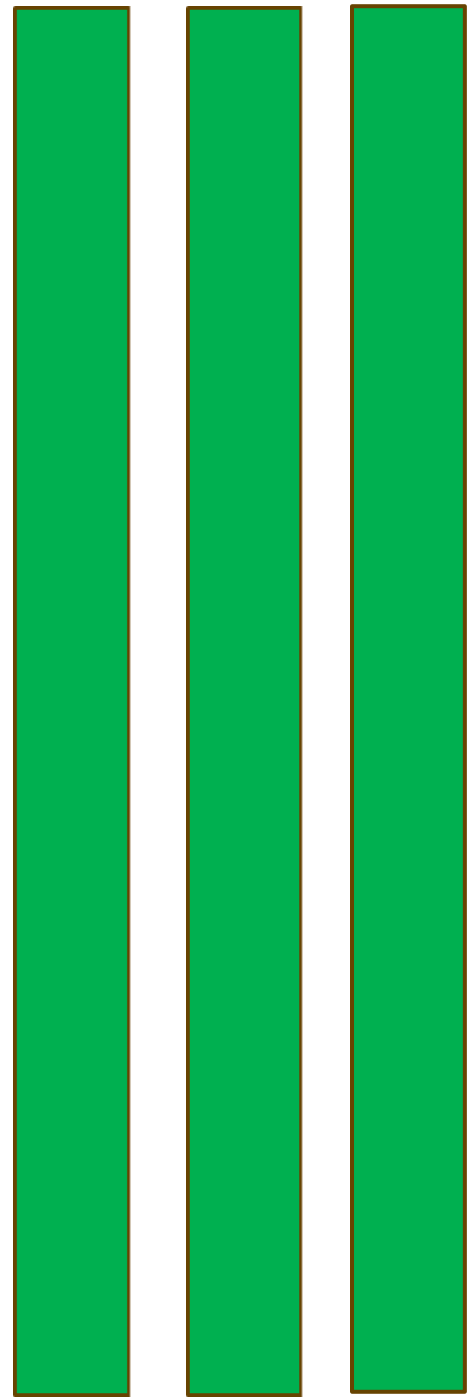
12 DAYS OF CHRISTMAS WORKOUT

"On the first day of Christmas,
my trainer gave to me..."

- 1 plank for 20 seconds
- 2 burpees
- 3 push-ups
- 4 star jumps
- 5 squats
- 6 chair dips
- 7 boxing punches
- 8 mountain climbers
- 9 jumping jacks
- 10 alternating lunges
- 11 crunches
- 12 high knees



Just like the song!
Perform it in a ladder -
1 plank, then 2 burpees
and 1 plank, then 3
push-ups, 2 burpees,
and 1 plank, and so
on...





PALENCIA
FITNESS CENTER

SWEETWATER CDD MEETING

Thursday DECEMBER 5th
4pm at the Fitness Center



The Sweetwater Creek Community Development District Board of Supervisors Meeting is scheduled for Thursday, December 5, 2024 at 4:00 p.m. at the Fitness Center, 1865 N. Loop Parkway, St.

Augustine, Florida 32095.

Following is the agenda for the meeting:

- I. Roll Call
- II. Public Comment (limited to three minutes)
- III. Organizational Matters
 - A. Oath of Office for Newly Elected Supervisors
 - B. Consideration of Resolution 2025-03, Designating Officers
- IV. Approval of the Consent Agenda
 - A. Minutes of the November 7, 2024 Board of Supervisors Meeting
 - B. Financial Statements
 - C. Check Register
 - D. Ratification of Requisition No. 143
- V. Staff Reports
 - A. Landscape Team – Maintenance Report
 - B. District Engineer – Update Regarding Land Use of Parcel Conveyed to CDD
 - C. District Counsel
 - D. District Manager – Financial Update
 - E. Field Manager
 1. Report
 2. Proposals for Sidewalk and Walking Path Concrete Repairs



Sweetwater CDD Meeting Agenda Continued :

F. Director of Amenities

1. Report
2. Quote for Shade Structures
3. Quote for Miniature Golf Course Turf
4. Quotes for Gym Equipment
5. Estimate for Hallway Storage Conversion
6. Estimate for Starting Block
7. Proposal for Creation and Use of Land at Glorieta and Vale for Events

VI. Update Regarding Capital Project Plan

VII. Update Regarding Capital Reserve Study

VIII. Other Business

IX. Supervisor Requests / Public Comment

X. Next Scheduled Meeting – Thursday, January 9, 2025

at 4:00 p.m. at the Fitness Center,

1865 N. Loop Parkway, St. Augustine, Florida 32095

XI. Adjournment

PUBLIC



PUBLIC CONDUCT: Members of the public are provided the opportunity for public comment during the meeting. Each member of the public is limited to three (3) minutes, at the discretion of the Presiding Officer, which may be shortened depending on the number of speakers. Speakers shall refrain from disorderly conduct, including launching personal attacks; the Presiding Officer shall have the discretion to remove any speaker that disregards the District's public decorum policies. Public comments are not a Q&A session; Board Supervisors are not expected to respond to questions during the public comment period.



Fitness Center Christmas and New Year Hours:

Tuesday 12/24 - 5am-1pm

Wednesday 12/25 – Closed

Tuesday 12/31- 5am-3pm

Wednesday 1/1- 8am-9pm

- 12/24 - 8:30am Cardio X Training- Happening
10:00am Cardio/Core, 11:10am Senior Mat Pilates,
12:30 Tai Chi, 5:15pm Yogalates, and 6:30pm
Power pump all cancelled.
- 12/ 31 – 8:30am Cardio x Training- Happening,
all other classes cancelled
- 1/1- all classes are cancelled

