




September 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Fitness Center Hours 5am-9pm Labor Day 	2	3 no Meditation class Instructor is out of town	4 Sweetwater CDD Meeting at 4pm	5	6	7
8	9 Tai Chi 12:30pm Beginners	10 no Meditation class Instructor is out of town	11 Tai Chi 12:30pm Advanced 	12	13	14
15	16 Tai Chi 12:30pm Beginners	17 no Meditation class Instructor is out of town	18 Tai Chi 12:30pm Advanced	19	20	21
22	23 Tai Chi 12:30pm Beginners	24 no Meditation class Instructor is out of town	25 Tai Chi 12:30pm Advanced	26	27	28
29 	30 Tai Chi 12:30pm Beginners					





Sweetwater Fitness Hqurs 5am-9pm (9/1)

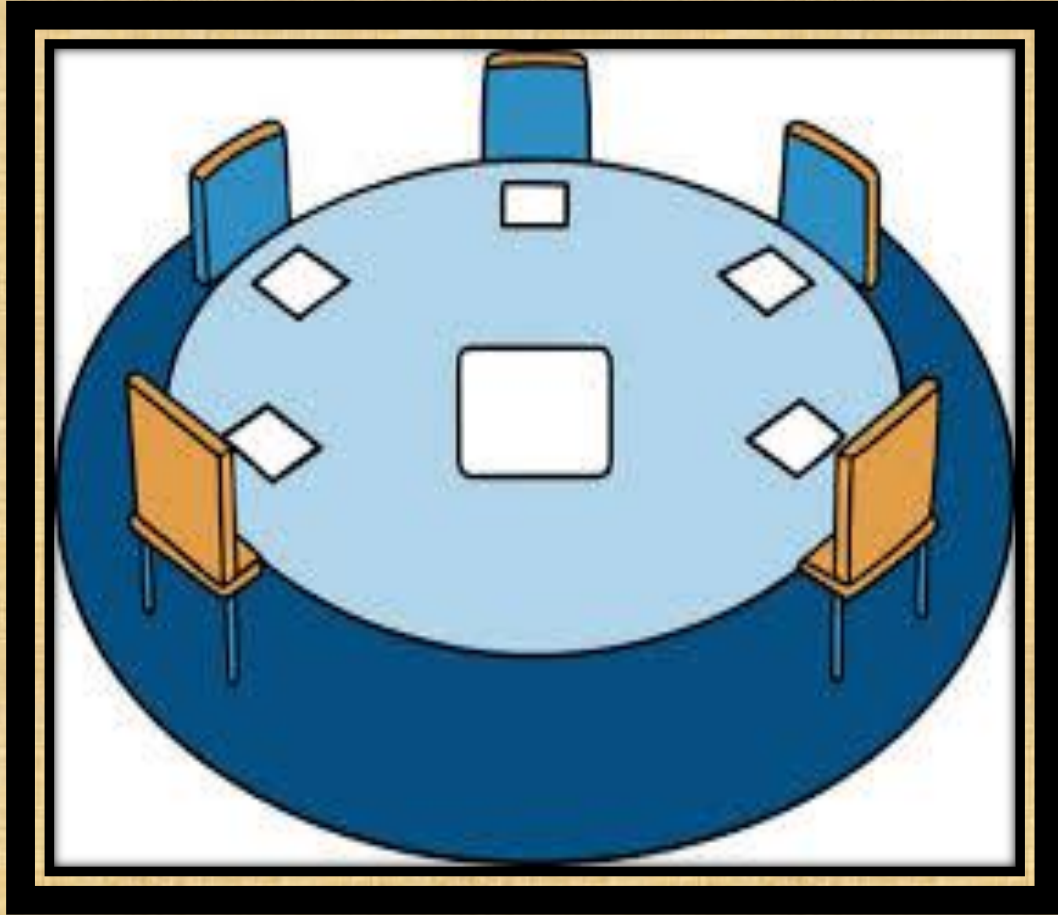
Class Schedule 8/31 & 9/1

- 6am HIIT- Happening
- 9am Pilates Class - Cancelled
- 10:15am Spin - Cancelled
- 11:10 Senior Stretch- Cancelled
- 6:00pm Pilates Barre- Cancelled

Sunday 8/31 4pm NO YOGA

*Happy
Labor Day
September 1st*

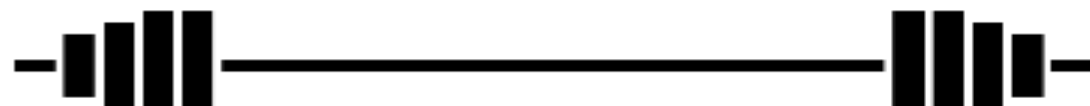




Sweetwater Creek
CDD meeting
Thursday, September
4th at the Fitness
Center, 4pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am HIIT H		6:00am HIIT H				
	8:30am Cardio X Training M/H	8:45am Spin M/H	8:30am Cardio X Training M/H			
9:00am Pilates M				9:00am Gentle Yoga E	9:00am Zumba E/M	
10:15am Spin M/H	10:00am Cardio/Core E/M	10:30am Meditation E	10:00am Strong All Over E			
11:10am Senior Stretch E	11:00am Senior Mat Pilates E	11:00am Yoga E	11:00am Senior Mat Pilates E			4:00pm Yoga E/M
	12:30pm Tai Chi Beginners		12:30pm Tai Chi Advanced E	12:00pm Senior Stretch E	Fitness Center: (904) 829-8584 Amenity Center: (904) 810-0520 E = Easy M = Medium H = Hard 9/1/2025	
	5:15pm Vogalates M	5:15pm Power Yoga M/H				
6:00pm Pilates Barre M/H	6:30pm Power Pump M/H	6:30pm Zumba E/M				

FITNESS SCHEDULE





Tai Chi class is returning starting
September 9th at 12:30pm for beginners
and September 11th for the advanced
crew.