

Sweetwater Fitness, Lap Swim and Pickleball

October 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

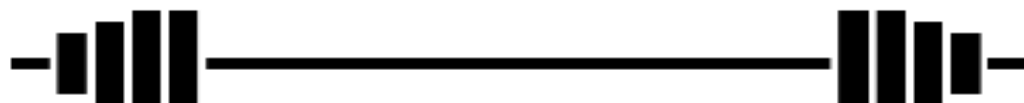
Friday

Saturday

			1 Fall Pickleball League Starting NO Meditation	2 Sweetwater CDD Meeting 4pm Fitness Center	3	4
5	6	7	8 Fall Pickleball League Starting NO Meditation		10	11
12	13 No School	14	15 Meditation Starts back 10:30am Fall Pickleball League	16 9	17	18
19	20	21	22 Meditation 10:30am Fall Pickleball League	23	24 Fall Festival	25
26 	27	28	29 Meditation 10:30am Fall Pickleball League	30	31 Normal Gym HOURS 	Squatober Month  

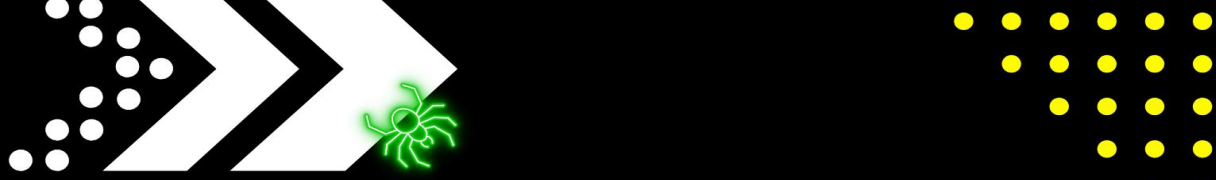
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am HIIT H		6:00am HIIT H				
	8:30am Cardio X Training M/H	8:45am Spin M/H	8:30am Cardio X Training M/H			
9:00am Pilates M				9:00am Gentle Yoga E	9:00am Zumba E/M	
10:15am Spin M/H	10:00am Cardio/Core E/M	10:30am Meditation E	10:00am Strong 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	12:00pm Senior Stretch E	Fitness Center: (904) 829-8584 Amenity Center: (904) 810-0520 E= Easy M= Medium H= Hard 10 /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





Sweetwater Creek
CDD meeting
Thursday, October
2nd at the Fitness
Center, 4pm



SQUATOBER

FITNESS

LET'S GET STRONGER

JOIN IN ON THE FUN

Each Day will be a
different number or type
of Squat
Join in and Fill your
month with building
muscles



Squatober



S	M	T	W	T	F	S
			20 WALL SQUATS	REST	20 BODY WEIGHT SQUATS	30 BODYWEIGHT SQUATS
REST	40 BODYWEIGHT SQUATS	50 BODYWEIGHT SQUATS	60 BODYWEIGHT SQUATS	REST	20 SUMO SQUATS	30 SUMO SQUATS
REST	40 SUMO SQUATS	50 SUMO SQUATS	60 SUMO SQUATS	REST	20 SPLITTING SQUATS	30 SPLITTING SQUATS
REST	40 SPLITTING SQUATS	50 SPLITTING SQUATS	60 SPLITTING SQUATS	REST	20 JUMP SQUATS	30 JUMP SQUATS
REST	40 JUMP SQUATS	50 JUMP SQUATS	60 JUMP SQUATS	REST	40 DUMBBELL SQUATS	

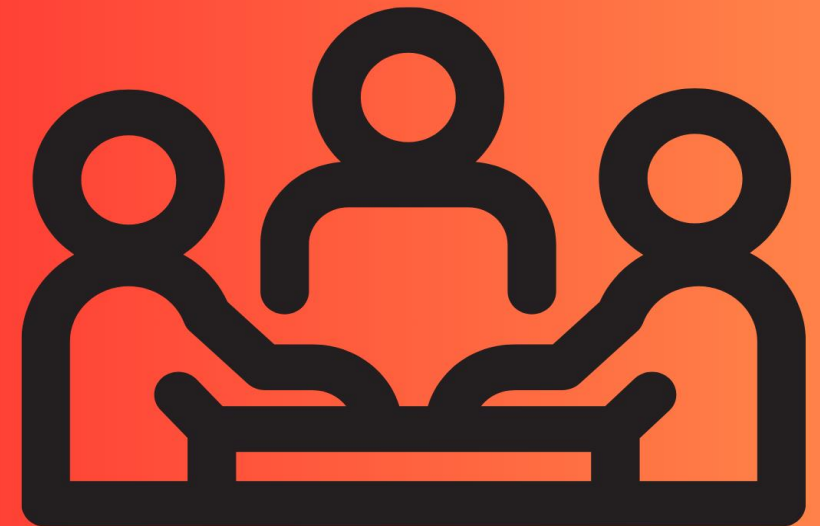


Due to the community Fall Festival on Friday October 24th the fitness center will close early at 5pm.

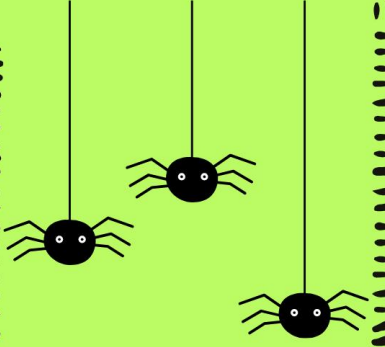
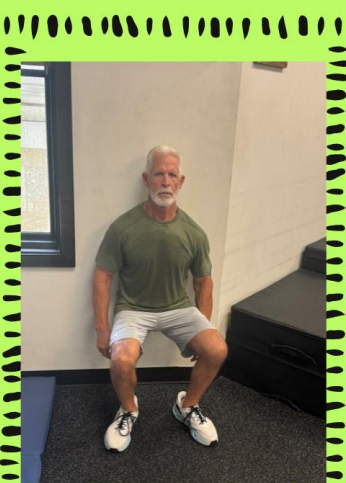


CDD Meeting WORKSHOP

The Sweetwater CDD Board will be holding a workshop at the Fitness Center Thursday October 23rd at 4pm



Squattober FUN!



Squattober





Body Pump



Spin



Pilates

Squatober



Swim Team



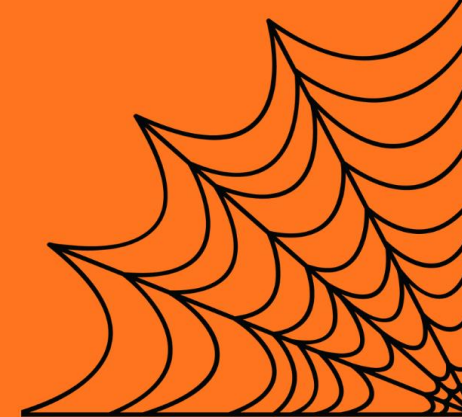
Squatober
FUN! ★



Tai Chi Class



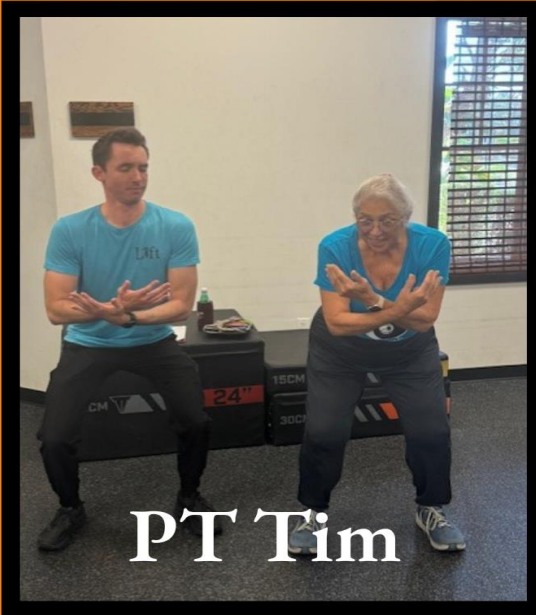
Strong All Over



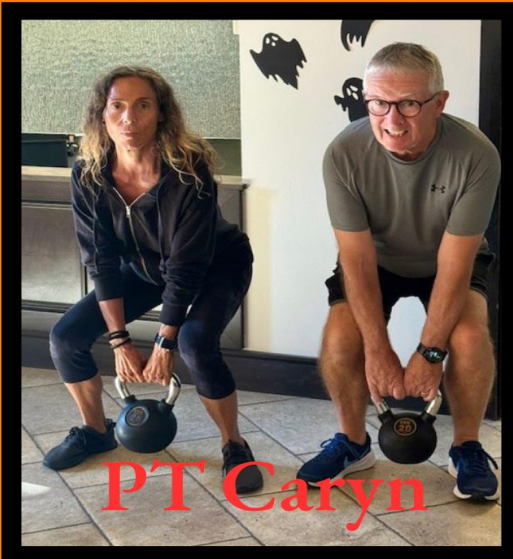
SQUATOBER



PT Jermaine



PT Tim



PT Caryn

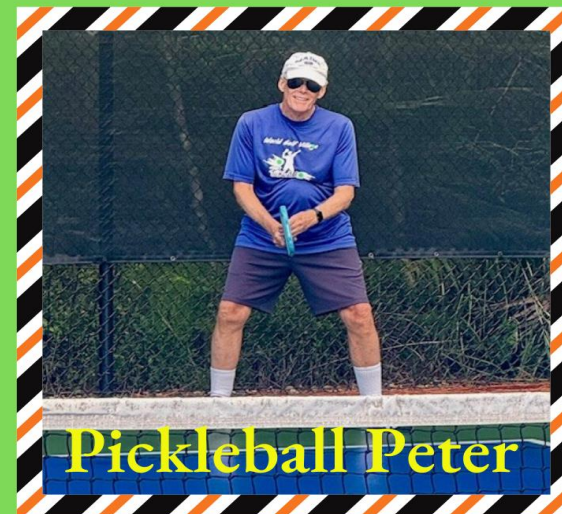


PT Diane

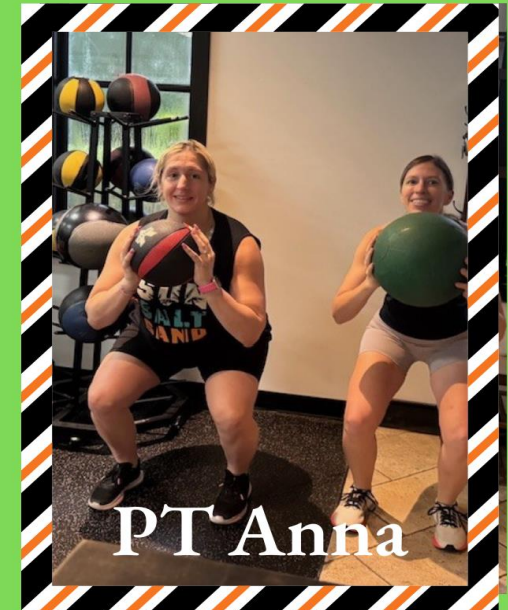


Pickleball

Squatober



Pickleball Peter



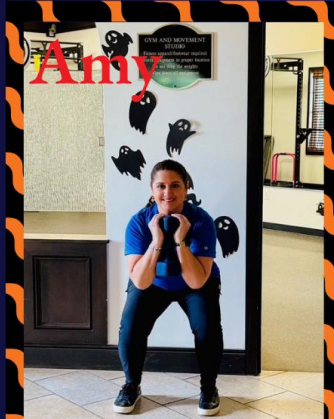
PT Anna



STAFF



Abby



Amy



Hila/Peter



Tyler



Jamie



Jessica



STAFF

SQUATOBER



Sarah



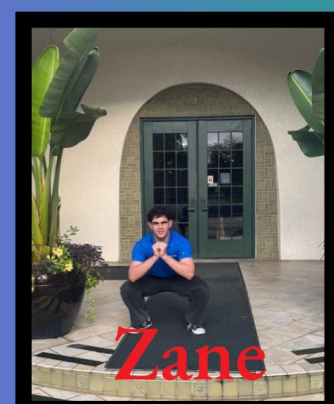
Erin



Susan



Zack



Zane



Mac