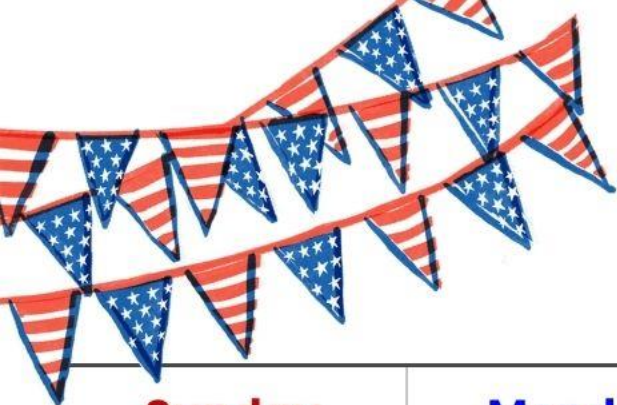




2026 July

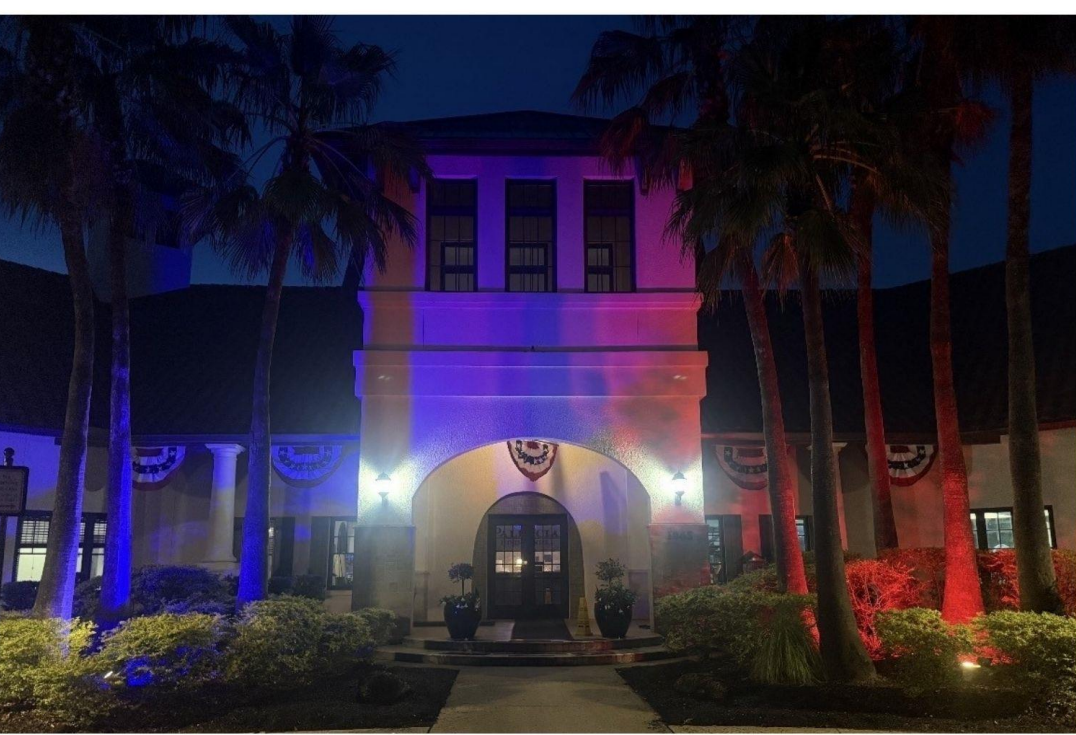


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Sweetwater Fitness			1 Red White and Boom Starts	2 SW CDD Meeting 4pm @Fitness Center	3  Red White and Boom	4 Hours 8am-5pm
5	6  Red White and Boom	7	8 Red White and Boom	9	10 Red White and Boom	11
	13 Red White and Boom	14	15 Red White and Boom	16	17 Red White and Boom	18
19 National ice cream day 	20 Red White and Boom	21	22 Red White and Boom	23	24 Red White and Boom	25
26	27 Red White and Boom	28	29 Red White and Boom	30	31  Red White and Boom	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Spin/HIIT H		6:00am HIIT H				
8:00am Spin M/H	8:30am Cardio XTraining M/H	8:45am Spin M/H	8:30am Cardio XTraining M/H			
9:00am Pilates M				9:00am Gentle Yoga E	9:00am Zumba E/M	
	10:00am Senior Cardio Strength E/M	10:30am Meditation E		10:30am Qigong Exercise Intro E		
11:10am SeniorStretch E	11:00am Mat Pilates E/M	11:00am Yoga (VinyasaFlow) E/M				4:00pm Yoga E/M
	12:30pm TaiChi Beginners		12:30pm TaiChi Advanced	12:00pm Senior Stretch E	Fitness Center: (904) 82 9-8584 Amenity Center: (904) 810-0520 E = Easy M= Medium H= Hard 7 /1/2026	
	5:15pm Yogalates 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





Fitness Center

July 4th Hours

8am-5pm

No Zumba Class at 9am



RED WHITE AND BOOM FITNESS FUN

These are firecracker exercises to complete every Monday, Wednesday and Friday. These are meant to do several times in a row. Once each day is complete you get to shout

“Boom”

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- ★ ★ ★
1. 10 Rocket Jumps
 2. 10 Patriotic Push ups
 3. 10 Hero High Knees
 4. 1 min Liberty Lunges
 5. 1 min Eagle Plank Jacks



Summer Swim Team Schedule

AG 2/AG3/ Seniors

7-9am M-F & Sat 9-11:30am

Age Group 1

4-5pm M-W-F

AG2/AG3/Seniors

4:30-6:30pm M-W-F

Developmental Group

11-12pm Tues/Thur

2 Lanes will always be open during practice times

Pickleball Rule Reminders:

- Courts are for Palencia Residents and their guest only.
- Residents are limited to a maximum of 1 guest per day
- Children under 14 need to be supervised by a parent or legal guardian.
- No food or glass bottles are permitted on the courts
- Alcoholic beverages are not allowed
- Proper Athletic closed toe shoes and attire are required(Bare Feet and socks are Not Allowed)
- Shirts must remain on at all times.
- Please Be respectful of other players
- NO Music on the courts at any time
- Abusive language and behavior is not permitted
- Courts must be reserved in advance

