

RIVERLAND

PLAYBOOK

RIVERLAND WALK FOR BREAST CANCER

Step by Step We Walk for Hope:
Join us May 11th

MOVE MORE THIS SPRING

at the Wellness
& Fitness Center

SEE WHAT'S BLOOMING

IN THE BLOOMS
COMMUNITY GARDEN

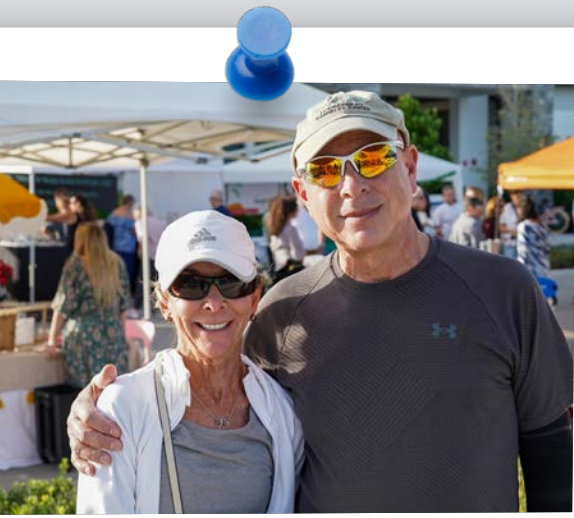
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SPORTS & RACQUET CLUB

Meet Our
Tennis Pro,
Will

VOLUME 4 • Spring 2024





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RIVERLAND DIRECTORY

VALENCIA WALK SALES CENTER

12320 SW Calm Pointe Court | Port St. Lucie, FL 34987
(772) 226-9000 | www.glhomes.com/valenciawalk

Office Hours: Open Daily: 9 am - 5 pm

RIVERLAND ARTS & CULTURE CENTER

12067 SW Community Boulevard | (772) 242-9473

Office Hours:

Monday - Friday: 9 am - 5 pm

Saturday: 9 am - 2 pm

Creativity Hub Hours:

7 am - 8 pm | 7 days a week

RIVERLAND INFORMATION OFFICE

Nicole Horvath

lifestyle@riverlandcai.com | (772) 271-7272

RIVERLAND SPORTS & RACQUET CLUB

12001 SW Riverland Boulevard
(772)-348-4561

Pro Shop Hours:

Monday - Friday: 8 am - 8 pm

Saturday - Sunday: 8 am - 12 pm

Court Hours:

7 am - 11 pm | 7 days a week

RIVERLAND WELLNESS & FITNESS CENTER

12001 SW Riverland Boulevard
(772) 200-2773
www.riverlandcai.com

Office Hours:

Open Daily: 8 am - 6 pm

Fitness Center:

24 hours a day | 7 days a week

A LETTER FROM THE
LIFESTYLE DIRECTOR



Tere Muñiz
Lifestyle Director

Welcome to the vibrant season of renewal and rejuvenation!

With the changing of the seasons comes a multitude of thrilling activities and events thoughtfully designed to capture the essence of spring. Whether you seek outdoor escapades or crave the inspiration of creative workshops, we invite you to revel in the energy and vibrancy that this time of year brings.

Excitement abounds as the Valencia Cay and Valencia Grove Women’s Clubs, along with dedicated volunteers from Valencia Walk, join forces to organize the **3rd Annual Riverland Walk for Breast Cancer**. Mark your calendars for May 11th, as we gather at the Events Plaza of the Arts & Culture Center at 4:00 pm.

This year’s event promises to be a momentous occasion, uniting our community in support of breast cancer awareness and honoring the resilience of our Riverland Survivors.

Participants will embark on a meaningful journey along the picturesque Paseo, symbolizing our collective commitment to the cause. The walk will culminate in an after-party at the Events Plaza, where attendees can enjoy the camaraderie and celebration. Expect refreshments, lively music, and a sea of pink, embodying the spirited atmosphere of solidarity.

Join us in making a difference and contributing to the well being of our community. Your presence and support are invaluable as we come together to embrace the spirit of Riverland and champion this noble cause. Proceeds from the Walk will be donated to Lynn Cancer Institute.

To participate in the Walk for Breast Cancer visit RiverlandCAI.com.

With Warm Regards,
Tere Muñiz, Riverland Lifestyle Director
 E: tere.muniz@glhomes.com | P: 772-226.9000

A MESSAGE FROM YOUR
BOARD OF DIRECTORS

The wait is finally over! In January, GL Commercial broke ground on the Long-awaited Riverland Town Center, a new Publix-anchored retail and commercial center located in the heart of the Riverland master-planned community. The Town Center spans approximately 35 acres and will be completed in multiple phases. The first phase will consist of three commercial buildings, with the largest structure containing a 48,000-square-foot Publix Super Market and an adjacent Publix Liquor Store. The second building will offer approximately 12,000 square feet of retail and restaurant space, and a third will have approximately 3,800 square feet of standalone restaurant space. Phase 1 is expected to open in the second quarter of 2025.

We are also thrilled to see the next expansion of the Riverland Wellness & Fitness Center get off the ground. Construction started in March on the first of two planned buildings that are being added to the center. The first is the highly anticipated RiverFresh Café, Riverland’s first healthy café. The café will offer both indoor and outdoor seating, a to-go walk-up window, Grab & Go station, and a menu featuring healthy options. The second building will add a 12,000 sq. ft Group Fitness Studio facility and will include five studios for group classes, featuring Yoga and dance fitness, Pilates with Reformer Machines, Spinning, Circuit Training, and many more exciting classes. Upon the completion of this next phase, the Wellness & Fitness Center will encompass an impressive 51,000 square feet!

The excitement is building as the completion of the first Riverland city park nears. The Riverland Paseo Park will feature 3 different

sized dog parks where residents and their furry friends will be able to have some fun in the sun! The park will also feature open play / soccer fields and a softball field. We anticipate the park will be completed later this year.

In our last publication, we revealed the grand opening of Valencia Parc. We are happy to announce that the interest in the neighborhood has been overwhelmingly positive and we reached our first 100 sales early in the year. We anticipate starting our first homes in Summer of 2024.

As expected, sales have been very strong throughout the peak of the season, and we expect this trend to continue into the future. Total sales in Riverland are now approaching 3,200 homes sold! Since our last publication, we have also welcomed 150 new homeowners to Riverland. The total closed homes, project to date, have reached 2,650 closings! We want to congratulate those who have recently closed and hope to see you around the community taking part in all that Riverland has to offer.

We thank all our residents for their continued support and belief in the vision of Riverland. We look forward to continuing the tradition of offering the best active adult lifestyle anywhere!

Sincerely,
 Your Board of Directors, Riverland Community Association, Inc.



Heather Storm
Lifestyle Manager

As spring beckons, anticipation builds for the array of Riverland events spread across our sprawling 4,000 Acres of Fun! Whether it's lively concerts, festive dance soirées, browsing through the Artisan & Green Market, or joining in on annual traditions like the Walk for Breast Cancer, our aim is to foster opportunities for you to

connect with friends and neighbors while savoring everything that Riverland has in store.

Discover the Riverland Artisan & Green Market

Each month, the residents of Riverland are treated to a world of artisanal wonders and delicious delights at the Riverland

Artisan & Green Market! Our monthly gathering, which debuted with great success last November, has been steadily gaining momentum. Whether you're in search of locally grown produce, handcrafted specialty foods, or handmade candles and soaps – our market offers something for everyone.

Indulge in the freshest fruits and vegetables, sourced from nearby farms, or explore the array of specialty products such as olive oils, balsamic vinegars, spice blends, hot sauces, and even treats for your furry friends. And let's not forget the delectable assortment of sweets and breads from five different local bakers. There is even live music for a festive feel.

Join us on April 11th and May 9th from 4:00 to 7:00 pm at the Events Plaza of the Arts & Culture Center to experience the charm of our market firsthand – and get to know our local vendors who make this event so special.

Sincerely,
Heather Storm, Riverland Lifestyle Manager
E: Heather.Storm@glhomes.com | P: 772-226-9000



ARTISAN & GREEN MARKET

ARTISAN & GREEN MARKET

THURSDAYS ON THE EVENTS PLAZA
April 11 | 4:00-7:00 pm
May 9 | 4:00-7:00 pm
MARKETS WILL PAUSE FOR THE SUMMER BUT RESUME IN OCTOBER

- LOCAL PRODUCE
- ARTISANS
- FOOD TRUCKS
- LIVE MUSIC
- FREE ENTRY ON THE EVENTS PLAZA

RIVERLAND
ARTS & CULTURE CENTER

RIVERLAND
Walk
FOR BREAST CANCER
MAY 11, 2024 | 4PM

HOSTED BY:
Women's Clubs of
Valencia Cay & Valencia Grove
& Volunteers from
Valencia Walk

BLOOMS COMMUNITY GARDEN



Meet Kathleen Ann Montagnino DeMatteo BS, MS - Volunteer Master Gardener

Growing up on the Westside of Buffalo, New York, Kathleen Ann Montagnino DeMatteo cultivated a lifelong passion for botany, landscaping, horticulture, and agriculture. Her city home and seasonal country cottage served as classrooms, where valuable farming and landscaping skills were honed. Sustainability became her way of life.

In 1979, Kathleen embraced South Florida's diverse vegetation in Broward, Palm Beach, and St. Lucie Counties. As an educator and administrator for 36 years, she championed environmental beauty through grants for the state initiative "Keep Broward and Palm Beach Counties Beautiful". Schools thrived with Florida native plants and trees, enhancing landscapes for generations.

Beyond teaching, Kathleen has co-authored science textbooks, mentored educators, and bridged language gaps as an ESOL Endorsement online teacher. Her love for world travel and the cultural arts has enriched her perspective.

RIVERLAND BLOOMS COMMUNITY GARDEN

April 4th | 10:00 am – 11:00 am
Pruning Demo (UF/IFAS) with Kathleen

May 9th | 11:00 am – 1:00 pm
Companion Gardening
and Space Management with Kathleen

May 23rd | 11:00 am – 1:00 pm
End of Year Wrap Up with Kathleen

June 6th | 11:00 am – 1:00 pm
Revival – Solarization Preparation

July 1st
Solarization begins

August 1st
Blooms Community Garden Lottery
for the New Year

THE GOOD DEEDS OF THE RIVERLAND QUILTING CLUB

By Pamela Jacobsen | Photo by Harvey Hager

I started the Quilt group at Valencia Cay in 2021 with five members. We moved to the Arts and Culture Center in 2022 and opened our membership to all of Riverland. We now have 20 members in our young group but are always looking for anyone who has a love of quilting. Our members bring all levels of skills to our group and enjoy mentoring the very new to this "hobby." We enjoy showing our newest projects.



Last October we started on our first Veterans quilt with a whole day sewing. Each member completed one or two flags, which turned into a twin-size quilt when finished. By January '24 we had completed our quilt along with six adult bibs that were donated to the Ardie R. Copas State Veterans' Nursing Home. Also, this past fall, several members from the quilt group in conjunction with Helping Hands helped sew stockings for service members deployed during the holidays. The Riverland Quilt Group is now in the process of designing a second quilt for a veteran. Since there are many steps in creating a quilt, completion day will be determined later. More projects are also under consideration now. Because of the cost of making these quilts, we are always looking for donations of quality all cotton material. If you would like to see the progress of our next quilt, please come visit us at the Arts and Culture Center on the 2nd and 4th Thursdays from 1:00 PM to 4:00 PM. We love sharing our work.



RIVERLAND BOCCE CLUB

Meeting Date: Mon & Tues 5:00 pm and Sat 10:00 am
Frank Murgo: Riverlandbocce@yahoo.com
Location: Sports & Racquet Club

RIVERLAND CAR CLUB

Meeting Date: First Sunday of Each Month | 8:30-10:30 am
Stephen Labargo: RiverlandCarClub@gmail.com

RIVERLAND CORN HOLE CLUB

Meeting Date: Fridays at 8:00 am
Joseph Esposito: joseespo31@yahoo.com
 203-887-5684

RIVERLAND CYCLING CLUB

Meeting Dates: Wednesday and Sunday Rides
Steven Heinrich: sheinric440@gmail.com

RIVERLAND GARDEN CLUB

Meeting Date: Third Monday of the Month
Joann Munro: 561-602-4049
Amy Bridges: 931-698-0063

PHOTOGRAPHY CLUB OF RIVERLAND

Meeting Date: Third Tuesday of Every Month
Phil Schafer: Phildxln@aol.com
Harvey Hager: baldharv@aol.com

RIVERLAND PING PONG CLUB

Meeting Date: Tuesdays & Thursdays | 1:00-3:30 pm
David Bedford: Call 843-696-4224
Location: Indoor Sports Court

RIVERLAND POTTERS CLUB

Meeting Date: TBD
Lorin Dibenedetto: lorinbeth@aol.com
Paula Scorpio: paulascorpio@me.com

RIVERLAND QUILT CLUB

Meeting Date: 2nd & 4th Thursday of Each Month
Pam Jacobsen: Peterpam74.PJ@gmail.com
Sandy Naval: Snaval2@yahoo.com

RIVERLAND RIDERS CLUB

Meeting Date: Contact Mark for dates & times
Mark Hansen: me.hansen@comcast.net

RIVERLAND THEATER CLUB

Meeting Date: Every other Monday 7:00 pm
Barbara Bleich: bableich@yahoo.com

VETERANS CLUB OF RIVERLAND

Meeting Date: 2nd Saturday of Each Month
Francis Corrigan: comets050911@aol.com
Harvey Hager: baldharv@aol.com

VOICES OF VALENCIA

Meeting Dates: Tuesdays | 4:00-6:00 pm
Marlene Weiss: 561-702-4202

RIVERLAND VOLLYBALL CLUB

Meeting Date: Thursday Evenings | 6:30-8:00 pm
Joel M. Bedor: 954-397-8797
 or Email: Joelbedor54@gmail.com
Location: Indoor Sports Court

RIVERLAND WINE CLUB

Meeting Date: 2nd Thursday of Each Month
Mike Hoppes: bell.company@att.net
Location: Arts & Culture Center

INTERESTED IN STARTING A CLUB?

Email Nicole at lifestyle@riverlandcai.com
 and request an application.



Katelyn Anne Johnson
 Arts & Culture Director
 artsdirector@riverlandcai.com



Susan Prahl
 Arts Assistant
 artsassistant@Riverlandcai.com

12067 SW Community Blvd.
 (772) 242-9473
www.riverlandcai.com/classes

Office Hours:

Monday - Friday: 9 am - 5 pm
 Saturday: 9 am - 2 pm

Creativity Hub Hours:

7 am - 8 pm | 7 days a week



A NOTE FROM THE
ARTS & CULTURE DIRECTOR

Happy Spring!

As the world around us bursts into color and life, we at the Riverland Arts and Culture Center are equally thrilled to unveil a vibrant selection of new classes, workshops, and programming designed to inspire and enrich our community's creative spirit.

This season, immerse yourself in the unique world of textiles with our Rug Tufting Art class, or bring a burst of color into your life with Tie Dye and Upcycle Fashion. For those captivated by the tactile and the visual, our Palette Knife Painting Classes and Texture Painting sessions offer a chance to explore the depths of expression through dynamic techniques and materials.

Art enthusiasts will revel in our Paint the Masters and Fine Art Studio offerings, diving deep into the techniques that shaped art history. Our new Culinary Arts programs, including the innovative Cocktail University, promise an adventure for your taste buds and an expansion of your culinary skills.

With even more on the horizon, such as Creative Writing workshops that provide a sanctuary for words to flow, Photography workshops that await those looking to capture the world through their lens, and our Educational Lectures that promise to expand minds on a plethora of intriguing subjects, join us this spring to discover, explore, and create.

The Riverland Arts and Culture Center is where your creativity knows no bounds.

Warmest regards,

Katelyn Anne Johnson
 Arts & Culture Director

To sign up for Arts & Culture Classes and Events, go to: www.riverlandcai.com
 Then, click on Arts & Culture Classes.

Need help? If you cannot access the Riverland website for any reason, please stop into the Arts & Culture Center or call (772) 242-9473 and a staff member will assist.

Meet the Newest Artist-Instructors at the Arts & Culture Center – **Caryl Pomales** and **Joycelyn Cooper**!



Caryl Pomales, an expressionist and abstract artist from Sewall's Point, Florida, has honed her artistic skills across oils, acrylics, watercolors, and mixed media through lifelong learning – from early lessons to studies at Simmons College and international workshops.

As an educator since 2019, she teaches both online and in-person workshops in acrylics and mixed media, sharing her passion and techniques with students. Her art, rich in personal and emotional depth, reflects her experiences, including travels and her mother's battle with Alzheimer's, inviting viewers into a silent, vibrant dialogue through her canvases.

Caryl's work, celebrated for its connection and communication, has earned accolades such as an Honorable Mention at the Lighthouse Arts Center Members Show in 2017, and she was the Featured Artist at the 33rd

Annual All Florida Arts Juried Art Show in early 2024. Her creations are a staple at The Palm Room Gallery and Artisans Boutique in Stuart, symbolizing her emotional journey and the intimate bonds her art fosters.



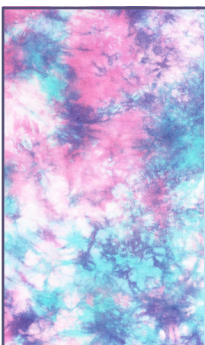
At the Riverland Arts and Culture Center, Caryl leads palette knife painting workshops, guiding both new and seasoned artists through the exploration of light, nature's beauty, and abstract expression. Her classes go beyond technique; they're an invitation to embrace art's emotional resonance, encouraging personal expression through every stroke. Caryl's workshops are a journey into self-discovery, urging students to unleash their creativity and find their unique voice in art.



Joycelyn Cooper is an engaging art instructor with a flair for creativity and a vibrant personality. As an educator and mother, she infuses warmth and a rich arts background into her work at Riverland. Inspired by her upbringing in Stuart, surrounded by beautiful landscapes, Joycelyn has always been passionate about art.

Outside the classroom, Joycelyn enjoys family time, travel, and DIY projects, sharing her zest for life and creativity with everyone around her. In 2021, she founded Splatter&Sip, a mobile art initiative, and by 2022, opened a studio in Hobe Sound to foster community and creativity. Her aim is to make art accessible, fun, and therapeutic, creating a welcoming space for self-expression.

Joycelyn's approach is fun and uplifting. Her classes at Riverland Arts and Culture Center, including innovative workshops like Texture Painting, Upcycle Fashion, and Rug Tufting are designed to be joyful and creative experiences. She's committed to making each class memorable, encouraging students to explore and express their creativity freely. With Joycelyn, participants are guaranteed a journey that celebrates the joy and exploration of art.



JOYCELYN COOPER'S CLASSES

TIE DYE

T Shirts | Monday, April 1 | 4 pm
Silk Scarves | Saturday, May 18 | 11 am

UPCYCLE FASHION

Saturday, April 27 | 1 pm
Saturday, June 15 | 11 am

TEXTURE PAINTING

Monday, May 6 | 4 pm
Wednesday, June 5 | 11 am

CLASSES AT THE CREATIVITY HUB

Register at www.riverlandcai.com/classes

FINE ART STUDIO WITH ROSE DIEM

Tuesdays and Thursdays | 12:30-3:30 pm

Choose your medium – pastels, watercolors, drawing, acrylics, oil painting – learn techniques from intro to advanced – to complete any projects you desire. All levels welcome and all materials supplied.

PAINT THE MASTERS WITH ROSE DIEM

Paint along with Rose to replicate a masterpiece.

Van Gogh | Friday, April 26 | 1 pm

Cezanne | Saturday, May 25 | 1 pm

Picasso | Wednesday, June 26 | 1 pm

STAINED GLASS WITH GLORIA DAVIS

Stained Glass 101 Workshop

Tuesday, April 2 & Wednesday, April 3 | 9 am

Stained Glass 102 Workshop

Tuesday, April 9 & Thursday, April 11 | 9 am

POP-UP WORKSHOP

Stained Glass 101 Workshop

Tuesday, May 7 & Thursday, May 9 | 9 am

Stained Glass 102 Workshop

Tuesday, June 11 & Thursday, June 13 | 9 am

Stained Glass 103 Workshop

Tuesday, June 18 & Thursday, June 20 | 9 am

MOSAICS WITH ASIA BOOTH OF FRACTURED BRILLIANCE

Palm Tree Suncatcher

Saturday, April 6 | 1:00 pm

Flower Pendant

Friday, April 19 | 9:30 am

Glass on Glass Treefrog

Saturday, May 4 | 1:00 pm

Microbead Pendant

Friday, May 17 | 9:30 am

Sea Turtle Paver

Saturday, June 8 | 1:00 pm

Beaded Pendant

Friday, June 21 | 9:30 am

RESIN ART WORKSHOP WITH CHRISTINE'S COASTAL TREASURES!

Lighthouse | Wednesday, April 24 | 1 pm

Mermaid or Fish | Wednesday, May 22 | 1 pm

PALETTE KNIFE PAINTING WITH CARYL POMALES

Advanced Class

Wednesday, April 17 | 10:30 am

Beginner Class

Wednesday, May 15 | 10:30 am

Advanced Class

Wednesday, June 19 | 10:30 am

SOUND BATH MEDITATION WITH DENISE CARRARO

Every Other Monday

Arts & Culture Center | 6:45 pm

April 1 | April 15 | April 29 | May 13 | June 3 | June 17

PHOTOGRAPHY WORKSHOPS

Photo Walk with Luxe Fine Art Photography

Tuesday, April 9 | 10 am

Editing Your iPhone Photos with Mark Stall

Wednesday, April 10 | 4 pm

INTEREST GROUPS

DIAMOND ART

Every Wednesday | 1 pm

The Diamond Ladies of Riverland meet to work on their diamond art projects together. Participants must purchase their own kits. RSVP is required.

GUITAR SONG CIRCLE

Wednesdays Monthly | 5:30-7:30 pm

April 17 | May 15 | June 19

CAREGIVERS CIRCLE

Meet & Greet Coffee Hour | 10:00 am

April | May | June

ARTS & CULTURE



POTTERY AT RIVERLAND

April 11

Intro to Pottery: Flower Bowl | \$40
9AM - 12PM

April 25

Intro to Pottery: Intro Owl Herb Planter | \$40
9AM - 12PM

May 9

Intro to Pottery: Wine Holder | \$40
9AM - 12PM

May 21 & June 4

Advanced Class – Vase Class
Includes 2 Sessions
9AM - 12PM | \$45

Part 1: Includes instruction and creation of large sea life bowl.

Part 2: Glaze your vase: which includes specialty glazes and glaze instruction.

Must have taken two intro classes to take this class.

June 3 & June 17

Intro to Pottery: Flutter Bowl
1PM - 4PM | \$69

Part 1: Building | Part 2: Glazing
Includes instruction and creation of a beautiful flower vase

Guided Open Studios | \$5 per session

(Includes two glazes)

Fridays 9 am - Noon

Please note: All Intro Classes include the construction of your clay piece. Glazing is done during a separate session, approximately 2-3 weeks after, at a cost of \$12. This cost includes the specialty glazes for that project plus instructional guidance. Additional glazes may be purchased during open studio times. Effective as of 01/01/24 – Clay \$40

CELEBRATE WORLD ART DAY at Riverland Arts and Culture Center



The Riverland Arts and Culture Center invites the community to the 2nd Annual World Art Day celebration on Saturday, April 13, 2024, from 12 to 4 pm. This year features the inaugural Resident Artist Juried Art Exhibition, showcasing Riverland artists selected through a blind jury process, highlighting the community's talent in a month-long exhibit. The event promises diverse attractions for all, including live performances, open art studios, and interactive experiences, ensuring a memorable day filled with art, creativity, and community spirit. Join us for this free event to celebrate the enriching power of art. For event details and to register for workshops, visit our RiverlandCAI.com.

SCHEDULE OF EVENTS:

- 12:00 – 4:00 pm: Reception for the Riverland Artists participating in the Spring Juried Art Exhibition
 - 12:00 – 3:00 pm: Performing Arts on the Plaza - Hosted by Mic McGann of Legends Radio
 - Performances by Voices of Valencia, The Riverland Theatre Club, an interactive Karaoke Party, and an appearance by the Riverland Guitar Circle.
 - 1:00 – 3:00 pm: An Outdoor Splatter Paint Activity in Splatter Tent with a BIG reveal at the end of the day!
 - 12:00 – 4:00 pm: All Day Open Studio Project in Studios 2 & 3
 - Riverland Rocks – Rock Painting
 - Decoupage Shell Ring Dish
 - Mosaic Coasters with Asia
 - Adult Coloring
 - 1:00 and 3:00 pm: Musical Canvas Sessions
 - 12:00 – 2:30 pm: Battle of the Brushes in Multipurpose Room – Team Collaborative Painting in a Timed Format
 - 12:00 – 4:00 pm: Pottery Open Studio
- *Schedule subject to change. Please contact the Arts & Culture Center for more information.*



STIRRING UP CREATIVITY AT RIVERLAND ARTS AND CULTURE CENTER: Introducing Cocktail University

Classic Old Fashioned
Wednesday, April 3 | 4:30 pm

Classic Moscow Mule
Wednesday, April 17 | 4:30 pm

Classic Margarita
Wednesday, May 1 | 4:30 pm

Gin & Tonic
Wednesday, May 15 | 4:30 pm

Espresso Martini
Wednesday, May 29 | 4:30 pm

Choose Your Recipe
Wednesday, June 12 | 4:30 pm



CULINARY ARTS

APRIL CLASSES

Roasted Snapper

Monday, April 1 | 4pm | Chef Deedra

Lobster Wellington

Tuesday, April 2 | 4pm | Chef Robin

Pistachio Crusted Halibut

Thursday, April 4 | 4 pm | Chef Deedra

BBQ Ribs

Friday, April 5 | 4pm | Chef Robin

Crab Stuffed Salmon

Monday, April 8 | 4pm | Chef Deedra

Bouillabaisse with Seafood

Tuesday, April 9 | 4pm | Chef Robin

Mushroom Cooking Class

Wednesday, April 10 | 4pm | Chef Kelly

Lemon & Herb Chicken

Thursday, April 11 | 4pm | Chef Deedra

Coq au Vin

Friday, April 12 | 4pm | Chef Robin

Comfort Food: BBQ Brisket and Ribs

Monday, April 15 | 4pm | Chef Deedra

Pistachio Crusted Fish

Tuesday, April 16 | 4pm | Chef Robin

Steak Diane

Thursday, April 18 | 4pm | Chef Deedra

Lobster Mushroom Risotto

Friday, April 19 | 4pm | Chef Robin

Soup Class

Monday, April 22 | 4pm | Chef Kelly

Taco Night!

Tuesday, April 23 | 4pm | Chef Robin

Focaccia Bread Art

Wednesday, April 24 | 4pm | Chef Kelly

Lemon Caper Chilean Sea Bass

Thursday, April 25 | 4pm | Chef Deedra

Seafood Stuffed Shrimp

Friday, April 26 | 4pm | Chef Robin

Seared Grouper

Monday, April 29 | 4pm | Chef Deedra

Veal Piccata with Angel Hair Pasta

Tuesday, April 30 | 4pm | Chef Robin

MAY CLASSES

Tacos

Thursday, May 2 | 4pm | Chef Deedra

Osso Bucco with Mushroom Risotto

Friday, May 3 | 4pm | Chef Robin

Chef's Dinner: Cinco de Mayo

Saturday, May 4 | 4pm | Chef Deedra

Sweet Potato Crusted Fish

Tuesday, May 7 | 4pm | Chef Robin

Seafood Stuffed Shells

Wednesday, May 8 | 4pm | Chef Deedra

Greek Night

Friday, May 10 | 4pm | Chef Robin

Chef's Dinner: Mother's Day

Saturday, May 11 | 5pm | Chef Deedra

Mahi Mahi with Pineapple Salsa

Monday, May 13 | 4pm | Chef Deedra

Oysters Class!

Tuesday, May 14 | 4pm | Chef Robin

Chicken Pomodoro & Pasta

Thursday, May 15 | 4pm | Chef Deedra

Seafood Boil

Friday, May 17 | 4pm | Chef Robin

Plant Based Cooking

Tuesday, May 21 | 4pm | Chef Kelly

Prime Rib

Wednesday, May 22 | 4pm | Chef Robin

Charcuterie

Thursday, May 23 | 4pm | Chef Kelly

Seared Sea Scallops

Friday, May 24 | 4pm | Chef Robin

Crab & Shrimp Stuffed Flounder

Monday, May 20 | 4pm | Chef Deedra

Stuffed Beef Tenderloin

Tuesday, May 28 | 4pm | Chef Robin

Bread Baking

Thursday, May 30 | 4pm | Chef Kelly

Crab & Shrimp Stuffed Flounder

Friday, May 31 | 4pm | Chef Robin

JUNE CLASSES

Jumbo Lump Crab Cakes

Monday, June 3 | 4pm | Chef Deedra

Pompano En Papillote

Tuesday, June 4 | 4pm | Chef Robin

Chicken Francese

& Eggplant Parmesan

Wednesday, June 5 | 4pm | Chef Deedra

Mushroom Cooking Class

Thursday, June 6 | 4pm | Chef Kelly

Herb Roasted Lamb Chops

Friday, June 7 | 4pm | Chef Robin

Red Snapper

with Lobster Cream Sauce

Monday, June 10 | 4pm | Chef Deedra

Lobster Rolls on Brioche

Tuesday, June 11 | 4pm | Chef Robin

Learn to Make Potato Gnocchi

Thursday, June 13 | 4pm | Chef Deedra

Chef's Dinner: Father's Day

Saturday, June 15 | 4pm | Chef Deedra

Seafood Pasta with Clams,

Mussels & Shrimp

Monday, June 17 | 4pm | Chef Deedra

Green Chili Chicken Enchiladas

Tuesday, June 18 | 4pm | Chef Robin

Fruit Tasting

Thursday, June 20 | 4pm | Chef Kelly

Marinated & Grilled London Broil

Friday, June 21 | 4pm | Chef Robin

Salmon & Couscous Chili

Monday, June 24 | 4pm | Chef Deedra

Sesame Crusted Ahi Tuna

Tuesday, June 25 | 4pm | Chef Robin

Sauces

Thursday, June 27 | 4pm | Chef Kelly

Sushi Night

Thursday, June 27 | 4pm | Chef Deedra

Surf & Turf

Friday, June 28 | 4pm | Chef Robin

**Wine is Included with all menus. Schedule is subject to change.*



Paul Palermo, Sports Director
sportsdirector@riverlandcai.com



Courtney Palermo, Pro Shop Manager
proshop@riverlandcai.com

12001 SW Riverland Blvd.
(772)-348-4561
Proshop@riverlandcai.com

Pro Shop Hours:

Monday - Friday: 8 am - 7 pm
Saturday - Sunday: 8 am - 1 pm
Sunday - Sunday: 8 am - 12 pm

Court Hours:

7 am - 11 pm | 7 days a week

A MESSAGE FROM THE SPORTS DIRECTORS

Hello Riverland Residents!

We are happy you are part of the community! We are a husband/wife team of directors at the Sports & Racquet Club. Here you can find your competitive spirit, learn a new sport or dust off old equipment to reignite your love for tennis, pickleball, bocce or pop tennis! We are happy to help you in your journey. There are many opportunities to get involved at the courts. To list a few opportunities, we have social events for each sport, open play for pop tennis and pickleball, level specific tennis round robin, leagues, lessons, clinics, tournaments and more! We aim to provide all Riverland residents with fun, athletic activities. We do ask that you protect yourselves out on the courts: wear the proper attire; court shoes and breathable clothing. Even when you feel invincible, drink water and electrolytes. Help us, help you!

Our exceptional team consists of: Courtney and Paul as your directors, Will Schneider as the Head Tennis Pro, instructors include: Max Rebol (tennis), Bill Perrin (tennis), Madi Gonzales (pickleball), Blake Casino (pickleball) & Rene Smit (pickleball). Pro shop attendants: Heather Tangney, Christine Berly and Elizabeth Frawley. Our team is here to help you achieve your sporting aspirations.

THE COMPETITIVE EDGE - PROS & TIPS



PAUL PALERMO
PICKLEBALL/BOCCE

“Keep it simple” As humans we like to make things more complicated than it has to be. Adding spin at times we don’t need to or going for a putaway on the line instead of down the middle. Most of our errors come from poor shot selection, keep it simple by going for the high percentage shots. Not only will this make us more consistent, but it will help win more points also.



RENE SMIT - PICKLEBALL

Coming to a balanced “stand still” will enhance shot execution. Of course, you want to progress to the NVZ as quickly as possible but being a moving, unbalanced target is not to your advantage. Try to come to a split-step as your or your partner’s shot crosses the net.



COURTNEY PALERMO
TENNIS/PICKLEBALL/BOCCE

My advice to all my students comes from teachings from my parents growing up. My mom would always tell me, “Don’t start something you don’t want me to finish!” I use that in pickleball and tennis when deciding to attack certain shots and where I should place the ball. If I start the battle, I better be ready to finish it!



MADI GONZALES
PICKLEBALL

Focus on “point of contact” when playing! That is one main thing I focus on while playing. Naturally thinking of making contact with the ball in front of our bodies will ensure a higher probability of quality shots, apply more pressure to your opponents by taking time away from them and hit the ball at a higher angle that allows us to hit the ball on a high to low trajectory.



WILL SCHNEIDER - TENNIS

Ground strokes - the deeper the leg load and earlier racquet take back will allow players to maximize their control and power into each shot. The leg load allows the arm to drop the racquet below the ball instead of players bending at their back to reach lower balls. An early racquet preparation allows players



BILL PERRIN - TENNIS

Having trouble getting a good toss on your serve? Instead of “tossing” the ball up on your serve from your wrist, arm and or legs, lift the toss from your shoulder, letting go at eye level. That will keep it in front of you at a proper distance. Tosses that accidentally go behind you come from too high a release or more commonly from arm bends and

to make adjustments on body spacing, and contact timing with maximum arm extension.

wrist flicks. Tosses going too far forward, come from low (below eye level) releases. Happy Serving!



BLAKE CASINO - PICKLEBALL

Communication. When you and your partner are hesitating on shots or balls being popped up and any other issues we face, glancing and making eye contact is not enough. Talk, “I’ll cover middle” or “Let’s try some drives.” Even when winning, talking between points to share weaknesses or an area to target,

could even be just words of encouragement to each other. As with everything that involves a partner, communication is a key factor!



HOW TO MAKE A PRIVATE LESSON

1. Go to RiverlandCAI.com website. From there click on the Sports & Racquet Club tab, a drop-down list will show, click on the sport you’re looking for.
2. Choose your instructor.
3. You will be taken to a new site called SimplyBook.me. Choose the option for how many students there will be with your instructor.
4. You can pay online or pay prior to your lesson in the Pro Shop!
5. **Have a great time!**

Stay hydrated! Plain water won’t cut it, drink electrolytes which comes in many forms and flavors. Hydrate the night before a day of play and you will feel much better while on the court. Stay happy, stay healthy and stay active this summer!

WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

Residents have access to classes through the riverlandcai.com website.

MONDAY

PB: Cardio	9:00 am - 10:00 am	\$20
PB: Court's Mini Clinic (3.5+)	10:00 am - 11:00 am	\$25
TN: Drill & Play w/ assessment (all levels)	10:00 am - 11:30 am	\$25
PB: Beginner to Beyond	5:00 pm - 6:00 pm	\$20
PB: Beyond Beginner (2.5-2.9)	6:00 pm - 7:00 pm	\$20

TUESDAY

PB: Doubles Domination – (Strategy & Positioning)	9:00 am - 10:00 am	\$20
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WEDNESDAY

TN: Cardio (2.5-3.4)	9:00 am - 10:30 am	\$20
TN: Cardio (3.5+)	10:30 am - 12:00 pm	\$20
PB: Intermediate/Advanced (3.0-3.9)	5:00 pm - 6:00 pm	\$20
PB: 101 Beginner Pickleball	6:00 pm - 7:00 pm	\$20
PB: 3.5+ Drill & Play with the Pros	6:00 pm - 7:30 pm	\$25

THURSDAY

PB: Court's Mini Clinic (3.0)	8:30 am - 9:30 am	\$25
PB: 3.5+ Queen of the Court	9:00 am - 10:00 am	\$25
PB: 3.5+ King of the Court	10:00 am - 11:00 am	\$25
TN: Drills, Skills & Strategy w/ Bill	8:30 am - 10:00 am	\$30
BB: 101 Bocce Basics (30 min)	10:30 am - 11:00 am	\$5

FRIDAY

PB: Drill & Play Skills Assessments 2.5 - 4.0	8:30 am - 10:00 am	\$20
TN: Skills, Drills & Strategy with Coach Bill Level: 2.5-3.5	10:30 am - 12:00pm	\$30

SATURDAY

PB/TN: Welcome to Riverland (1st Saturday of the month)	11:00 am - 12:00 pm	FREE
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SUNDAY

TN: Drill & Play w/ Assessment	8:30 am - 10:00 am	\$25
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*PB = Pickleball - TN = Tennis - BB = Bocce Ball

SPORTS & RACQUET CLUB



SOCIAL EVENTS AND TOURNAMENTS

End of Season Bash - Pickleball, Tennis & Bocce | Thursday, April 25 at 6:00 pm.
Fun for all, end the season with your friends, neighbors, and the Sports & Racquet Club.

Dink ONLY Tournament - Pickleball | Thursday, June 13 at 5:30 pm.
Tired of playing against bangers all the time? Sign up for the Dink ONLY Tournament! In this Round Robin format, you will be separated by level and have randomly drawn partners. Join in on the action at this summertime dinking tournament.

Summer Series of Pickleball Tournaments | Dates: TBD

This summer compete amongst Riverland residents! Series will include: Men's Doubles, Women's Doubles, Mixed Doubles, Wacky Doubles (random partner draw) & Skinny Singles! Keep your competitive edge alive in the summer time.

Cheer for your Pros at the Pickleball US Open April 13-20

Paul and Courtney have won several medals together at the US Open in the 5.0 skill bracket over the years! The US Open is a very special tournament, as it is one of the original majors of pickleball. Pros that have come to Riverland to teach, such as Simone Jardim and Kyle Yates, have won Gold in the US Open several times. This year Paul and Courtney's US Open schedule is as followed:

Courtney's US Open Schedule:

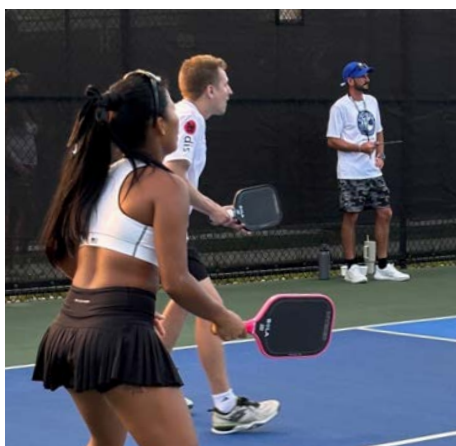
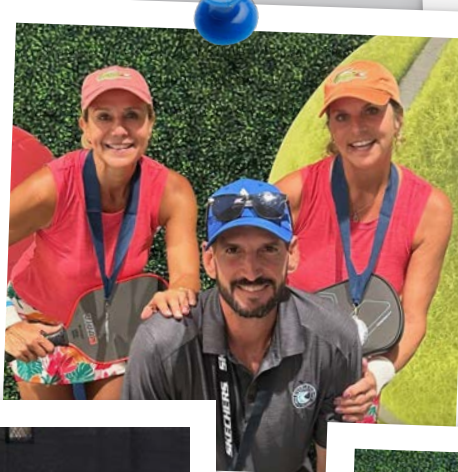
Monday, April 15 - Women's Doubles 30+

Thursday, April 18 - Women's Doubles 5.0/30+

Paul's US Open Schedule:

Monday, April 15 - Men's Doubles 30+

Wednesday, April 17 - Men's Doubles 5.0/30+



RESIDENT TESTIMONIAL

KEVIN AND SHEILA STEHLIN



“Kevin and I have been playing pickleball for a few years and we have experienced many clubs and pb communities. We were renting in Riverland to be sure it was right for us. Courtney and Paul single-handedly sold us with their amazing pb program. It’s not just courts and players but also their careful attention to the balance of player development and access to courts at player-appropriate levels. They organize fantastic clinics, and each have excellent teaching styles. Their access to the best players in the blooming world is incredible and those players come here and teach regularly! They are willing to make difficult decisions to make sure play is skill-level appropriate. They always have smiles on their faces, and they are constantly coming up with cool and fun tournaments or pb activities that are both engaging and challenging. Their staff of pros is deep, accessible and committed. All this comes at the most affordable price point we have found anywhere. We are sold and def staying!”



RiverFresh Café

RiverFresh Café

The Wellness & Fitness Center has broken ground on the RiverFresh Cafe. Soon, after a good workout, residents will walk right over from the gym to the café to enjoy quick and easy healthy options from a grab-and-go station or relax and refresh while refueling in the indoor or covered outdoor seating areas. Plus, for those running right along to their next appointment, the walk-up-to-go window will be a terrific way to speed up the day.

Sports & Racquet Club

The club will be undergoing a substantial expansion and growing to a total of 24 acres. This includes the addition of 16 more pickleball courts, bringing the count to 53 including 8 covered courts, and 7 more tennis courts, totaling 15. Bocce enthusiasts will now find 16 extra courts, making it 20 in total. Additionally, the facility will include covered seating and a hydration station for enhanced comfort and enjoyment.

Group Fitness Studios

This new 12,000 sq. ft. facility will offer five specialized fitness studios, including yoga, dance, Pilates with reformers, spinning, and cross-training. The program is introducing the innovative Bungee Fitness adding a versatile and dynamic fitness experience for all.

Gym Expansion & Spa Addition

The gym is expanding by 50%, offering more space and equipment for workouts. Additionally, a new full-service spa will feature amenities like a nail salon, a lounge & relaxation area, and a hydrotherapy zone. There will also be single and couples massage rooms and scrub and body treatment rooms for relaxation and rejuvenation.

SERVICES

How the facilities operate on a day-to-day basis:

Tennis

Open Play is Monday-Friday on court 8 from 8:30 -10am, court reservations are required if you wish to play any time other than open play. The ball machine can be rented for \$12/hour after 10am. Weekly classes include: Monday Instructional 3.0-4.0+ Clinic @ 8:30am, Wednesday Drill & Play Round Robin @ 5pm, Thursday TN101: Teach and Play @4pm and Thursday Intermediate LIVE BALL @5pm.

Pickleball

Open Play is every day on courts 6-13 & 22-29 from 8:30 -10am and in the evenings on courts 6-13 from 5:30-8:30pm. Court reservations are required for non-open play courts and times. The ball machine can be rented for \$12/hour after 10am. Classes are held on courts 1-5 next to the pro shop.

Bocce

Court reservations are required; the Bocce Club meets on Mondays and Tuesdays at 5pm and on Saturdays at 10am. Our Bocce Basics class is perfect for new Bocce players wanting to learn the game! The pro shop has an assortment of paddles, tennis racquets,



Vanessa Waite, Fitness Director
fitnessdirector@riverlandcai.com



Jeffrey White, Business Director,
Ethos Wellness & Fitness



Athena Williams, Fitness Manager
fitnessmanager@riverlandcai.com

12105 SW Riverland Blvd.
(772) 200-2773
www.riverlandcai.com

Office Hours:

Open Daily: 8 am - 6 pm

Fitness Center:

24 hours a day | 7 days a week

Pool Hours:

Open Daily: Dawn to Dusk

UPDATE FROM THE FITNESS DIRECTOR

Spring is a wonderful time of year to enjoy outdoor activities. With temperatures beginning to heat back up, our pool classes and swim instruction moved from our indoor pool to outdoors on March 1. If you have not already, this is the perfect time to try out one of our Aqua Fitness classes.

Here at the Riverland Wellness & Fitness Center, we are dedicated to helping all residents achieve their healthiest and happiest selves. With warmer weather and longer days ahead, there is no better time to recommit to your wellness and fitness journey than now.

Our team of passionate wellness and fitness professionals are thrilled to offer an array of invigorating classes and programs designed to energize your body and uplift your spirit. From challenging boot camps to rejuvenating yoga sessions, we have something for every fitness level and interest. Stretch class and 1:1 Stretch Therapy have become one of the most sought-after modalities at the facility and because of its popularity, we continue to add more highly certified staff to our team, to keep up with this great demand.

In March we introduced two new Group Fitness Classes focused on elevating your energy levels. Step & Sculpt is a cardio based Step Aerobics format combined with Strength Training to give you a complete total body workout. Set up your step platform, grab some weights and be prepared to sweat as you strengthen your entire body! Each week in Power Hour, we keep it fresh with a rotation of assorted workouts and formats being presented but will always prep the body with a dynamic warmup and mobility stretches, followed by heart pumping full body and core work – concluding with a cool down series to end class.

In February, Riverland selected a new company to manage the high-quality wellness and fitness services that you have experienced over the past several years. Jeffrey White, the Business Director of Ethos Wellness, brings decades of experience in healthcare, wellness, and team leadership. You probably have not even noticed the change, as the day-to-day management team, fitness trainers and wellness staff are still the same. They are here providing Personal Training, more than 220 group fitness classes each month, massage and nutrition services.

Whether you have already experienced our services or are considering coming in for the first time, we invite you to embrace the spirit of spring and embark on a journey toward a healthier, happier you. Together, let us make this season one of growth, renewal, and endless possibilities.

Thank you for allowing us to be a part of your health and wellness journey. We look forward to seeing you at the Riverland Wellness & Fitness Center soon.

FEATURED TRAINERS



Tammy Ossa

- Athletics and Fitness Association of America
- American Sports and Fitness Association
- Expert Rating
- Certified Personal Trainer
- Certified Women's Health & Fitness
- Certified Nonlinear Periodization Training
- Certified Advanced Strength Training
- Certified Stretch Therapist
- Certified Water Aerobics Instructor
- 16 Years Experience



Matt Egitto

- National Academy of Sports Medicine
- Certified Personal Trainer
- Performance Enhancement Specialist
- Trigger Point Therapy
- 6 Years Experience



Jessica Grinnan

- Akasha Yoga Academy
- American Sports & Fitness Association
- Mira Costa College
- Pacific College of Oriental Medicine-MS
- Kriya Yoga Immersion Training
- Ashtanga Yoga Immersion Training with Adjustment, Stretching, and Mobility Techniques
- Akasha Yoga Academy-RYT 200-Hatha Yoga
- Awakening Vinyasa Specialization Training-20hr
- Certified Group Fitness Instructor
- Certified Personal Trainer
- Registered/Certified Yoga Instructor
- 19 Years Experience



Chris Harboldt

- Certified Personal Trainer
- Certified Nutrition Coach
- Certified Stretch and Flexibility Coach
- 6x Nationally Qualified Mens Physique Bodybuilder
- Amateur Olympian
- CPR/AED Certified
- 5 years experience



Calli Daniels

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- National Strength & Conditioning Association, Certified Strength & Conditioning Specialist (NSCA-CSCS)
- NASM Fitness Nutrition Specialist (NASM-FNS)
- Sports Nutrition & Plant Based Sports Nutrition
- Neuroscience of Behavior Change
- Knee Protection Techniques
- Silver medal Powerlifting USAPL
- Silver medal NGA Figure Bodybuilding
- Full rehabilitation for ACL & meniscus knee surgery, and back disc herniation
- Competitive basketball and pickleball awards
- 10+ years experience



Jennifer Figueroa

- American Red Cross
- Swimming Instructor
- Certified Water Safety Instructor
- 10 Years Experience

HOW TO SCHEDULE CLASSES AND SERVICES AT THE FITNESS CENTER

- Download the Riverland App
- Create an account using the email you have on file with the HOA
- Call or stop by the fitness center to purchase your services or group fitness packages (772) 200-2773
- Now you can schedule all your classes or services on your phone
- Once you have completed these steps you can also schedule or request services through the Riverlandcai.com website

WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

MONDAY

HIIT / High Intensity Interval Training Room 1	8:00 am - 8:45 am
Aqua Dance	9:00 am - 9:45 am
Barre Room 1	9:00 am - 9:45 am
Zumba Gold Indoor Sports Court	9:00 am - 9:45 am
Aqua Fit - Level 2	10:00 am - 10:45 am
Chair Yoga Indoor Sports Court	10:00 am - 10:45 am
Full Body Fit Room 1	10:00 am - 10:45 am
Stretch Room 2	11:00 am - 11:45 am
Low Impact Fit Room 1	11:00 am - 11:45 am
Mat Pilates Room 2	11:00 am - 11:45 am



TUESDAY

Abs 360 Room 1	8:00 am - 8:45 am
Step & Sculpt Room 2	8:00 am - 8:45 am
Aqua Fit	9:00 am - 9:45 am
Barre Room 1	9:00 am - 9:45 am
Zumba Toning Room 2	9:00 am - 9:45 am
Aqua Fit - Level 2	10:00 am - 10:45 am
Full Body Fit Bootcap Indoor Sports Court	10:00 am - 10:45 am
Low Impact Fit Room 2	10:00 am - 10:45 am
Zumba Room 2	10:00 am - 10:45 am
Mat Pilates Room 1	11:00 am - 11:45 am
Stretch Room 2	11:00 am - 11:45 am
Yin Yoga Room 2	5:00 pm - 5:45 pm
Full Body Fit Bootcamp Room 1	6:00 pm - 6:45 pm
Pound Rockout Workout Indoor Sports Court	6:00 pm - 6:45 pm



WEDNESDAY

Lower Body Blast Room 2	8:00 am - 8:45 am
Aqua Fit - Level 1	9:00 am - 9:45 am
Pound Rockout Workout Indoor Sports Court	9:00 am - 9:45 am
Stretch Room 1	9:00 am - 9:45 am
Aqua Fit - Strength & Conditioning	10:00 am - 10:45 am
Full Body Fit Room 1	10:00 am - 10:45 am
Zumba Gold Indoor Sports Court	10:00 am - 10:45 am
Stretch Room 2	10:00 am - 10:45 am
Equipment Clinic (1 x per month)	12:30 pm - 1:15 pm
Aqua Fit	6:00 pm - 6:45 pm



THURSDAY

Step & Sculpt Room 2	8:00 am - 8:45 am
Aqua Fit (Level 2)	9:00 am - 9:45 am
Boxing Fit Room 1	9:00 am - 9:45 am
Barre Room 1	10:00 am - 10:45 am
Mat Pilates Room 2	10:00 am - 10:45 am
Zumba Gold Indoor Sports Court	10:00 am - 10:45 am
Chair Yoga Indoor Sports Court	11:00 am - 11:45 am
Low Impact Fit Room 1	11:00 am - 11:45 am
Yin Yoga Room 2	5:00 pm - 5:45 pm
Zumba Room 2	6:00 pm - 6:45 pm

FRIDAY

Yo-Chi Room 2	9:00 am - 9:45 am
Zumba Gold Indoor Sports Court	9:00 am - 9:45 am
Full Body Fit Indoor Sports Court	10:00 am - 10:45 am
Aqua Aerobics (Level 2)	10:00 am - 10:45 am
Pound Rockout Workout Room 2	10:00 am - 10:45 am
Tone Up Indoor Sports Court	11:00 am - 11:45 am

SATURDAY

Aqua Dance	9:00 am - 9:45 am
Boxing Fit Room 1	9:00 am - 9:45 am
Full Body Fit Room 1	10:00 am - 10:45 am
Mat Pilates Room 2	10:00 am - 10:45 am
Vinyasa Flow Yoga Room 2	11:00 am - 11:45 am



RESIDENT TESTIMONIAL

JANICE WEBER

About a year ago I walked into my first Zumba class with Renee, apprehensive after 15 years with my last instructors. A year later I am in three Zumba classes and one POUND- Rockout Workout class every week. Renee is a joy to work with and the best Zumba instructor, ever.

This picture shows me with my daughter and granddaughter. I didn't have one before, but in this picture we all look similar sizes and that was NOT the case last year!

By the way, they took Renee's pound class with me and have a new respect for their elder!

NEW CLASSES & SERVICES AT THE FITNESS CENTER



Continue to build your strength and stability in our NEW 1-hour Group Fitness class at Riverland - **POWER HOUR**. Each week we keep it fresh with a different focus and format, but will always prep the body with a dynamic warmup and mobility stretches, followed by a heart pumping full body workout and core work – concluding with a cool down series to end class.

Challenge Level: Intermediate – Advanced



Are you ready for heart pumping Step Aerobics routines combined with Strength Training to give you a complete total body workout?

Set up your step platform, grab some weights and be prepared to sweat as you strengthen your entire body!

For more information on Power Hour or Step & Sculpt, please call the Front Desk at 772-200-1773



Pauline Forshee
Dietician



NUTRITION CORNER

Tuesday, April 9 | 10 am - 11:00 am

Topic: Forms of Vegetarian Diets

Explore vegetarianism! Learn about popular forms, nutrition, and transitioning to a plant-based diet in our one-hour seminar.

Tuesday, May 7 | 10 am - 11:00 am

Topic: Living and Managing Type 2 Diabetes

Recently diagnosed with insulin resistance, pre-diabetes, or diabetes? Learn to manage your condition through nutrition and lifestyle in our one-hour seminar. Sign up today!

Tuesday, June 4 | 10 am - 11:00 am

Topic: Obesity: From Diagnosing to Management

More and more Americans are being diagnosed with the disease of obesity. If you're a part of this growing population, join Pauline, a registered dietician and nutritionist, for a one-hour seminar. Discover simple steps to manage your diagnosis!

INBODY

RIVERLAND RESIDENTS
**SCHEDULE YOUR FREE
FITNESS EVALUATION**

570



INDOOR SPORTS COURT

MONDAYS
6:30 PM
\$5 PP

LOCATION:
INDOOR SPORTS COURT

FEATURING:
International
Choreographer
LISA GROSE-JOHNS

RIVERLAND DANCING

FOR INFORMATION CONTACT: LIFESTYLE@RIVERLANDCAI.COM



SMALL GROUP TRAINING

GROUPS OF 3-6 PEOPLE

FOR MORE INFORMATION CALL THE FRONT DESK (772) 200-2773



DAILY SCHEDULE

- **Line Dancing**

Monday: 6:30 pm - 7:30 pm

- **Basketball Open Court**

Monday: 6:00 am - 7:00 am | 12:00 pm - 6:00 pm
8:00 pm - 10:00 pm

Tuesday: 6:00 am - 7:00 am | 12:30 pm - 10:00 pm

Wednesday: 6:00 am - 7:00 am | 3:00 pm - 6:30 pm

Thursday: 6:00 am - 7:00 am | 12:30 pm - 5:30 pm

Friday: 6:00 am - 7:00 am | 3:00 pm - 10:00 pm

Saturday: 6:00 am - 8:00 am | 12:30 pm - 10:00 pm

Sunday: 6:00 am - 10:00 pm

- **Ping Pong Open Table**

Tuesday: 3:30 pm - 5:30 pm

Thursday: 12:30 pm - 1:30 pm | 3:30 pm - 5:30 pm

Saturday: 12:30 pm - 5:30 pm

Sunday: 8:00 am - 5:30 pm

- **Ping Pong Club**

Tuesday, Thursday: 1:30 pm - 3:30 pm

- **Volleyball Open Court**

Wednesday, Friday: 12:30 pm - 2:30 pm

- **Volleyball Club**

Thursday: 6:00 pm - 8:30 pm

- **Corn Hole Open Play**

Tuesday: 6:00 pm - 8:00 pm

Friday: 8:00 am - 9:00 am

- **Indoor Stick Ball**

Wednesday: 7:00 pm - 10:00 pm

Come join us for our **Small Group Training!** Our Trainers will facilitate creating a group of 3 - 6 people to train together or create your own and we will guide you with our fitness expertise. For those of you who are looking to get fit, make friends and have fun this is for you! We offer 30 minutes or 60 minutes for our Small Group Training. Less cost, More Fun! More Fitness for all!



SEASON AT-A-GLANCE

Riverland Artisan & Green Market

April 11th

May 9th

October 5th

November 7th

December 5th

Walk for Breast Cancer

May 11th

Mrs. Roper Romp DJ Dance Party

June 28th

Riverland Connects Street Party

October 15th

November 19th

December 17th

Fall Festival

November 2nd

Riverland 5K

November 9th

Holiday Under the Stars

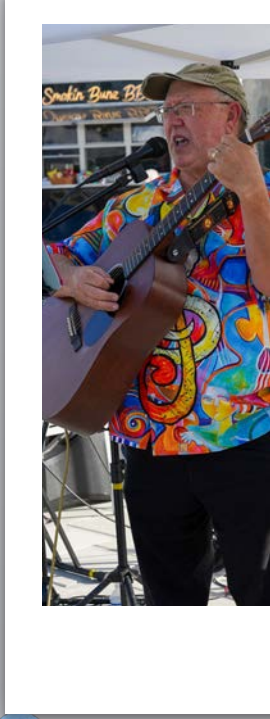
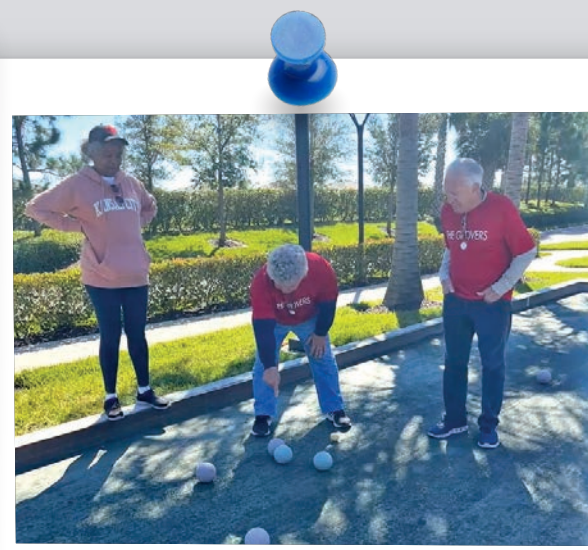
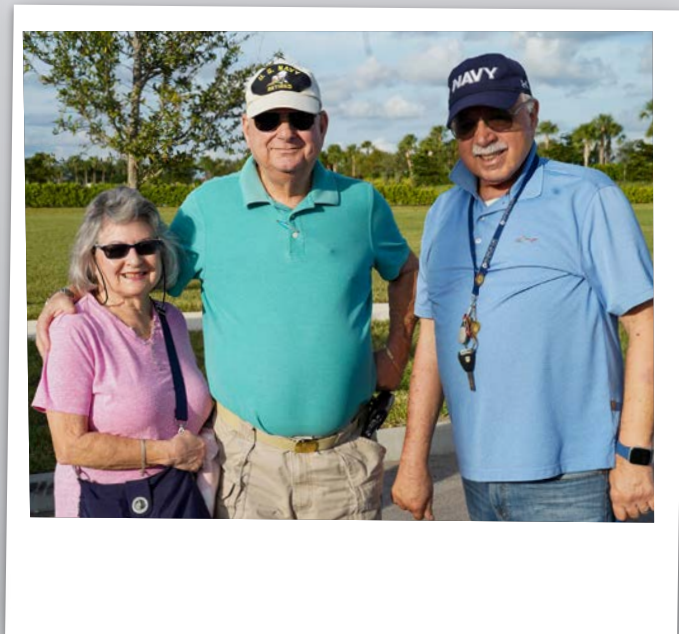
December 7th

Riverland Invitational

December 12-15th

Riverland Kids Week

December 26-30th



RIVERLAND

H A P P E N I N G S

SPORTS & FITNESS is EXPANDING!



MORE COURTS AT THE SPORTS & RACQUET CLUB!

Expanding to 24 Acres with 53 Pickleball courts including 8 covered, 15 tennis courts, and 20 Bocce courts



THE RIVERFRESH CAFÉ IS UNDERWAY!

Refuel and refresh lounging or on the go! Enjoy healthy menu options to stay on top of your nutrition goals



NEW FITNESS HUB IS COMING!

12,000 sq. ft. facility with 5 group fitness studios for Yoga & dance fitness, Pilates with reformers, Spinning, Cross Training, and Bungee Fitness



50% BIGGER GYM & SPA ADDITION!

More workout space and a new state-of-the-art spa to recharge and relax



RIVERLAND

Visit us at: www.riverlandcai.com | Follow us on Facebook: Riverland Lifestyle