

RIVERLAND

PLAYBOOK

TUNNEL TO TOWERS TOURNAMENT

Join us August 29 for a day of
competition and remembrance

127 FITNESS CLASSES EACH WEEK

Find your next favorite workout

DISCOVER SOMETHING NEW

Arts, culinary, fitness, and wellness
programs for every interest

SPORTS COMPLEX SOUTH OPENING SOON

Resident feedback inspires exciting
new reservation technology

VOLUME 13 • Summer 2026



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VALENCIA RIVERLAND SALES CENTER

12320 SW Calm Pointe Court
Port St. Lucie, FL 34987

(772) 226-9000 | www.glhomes.com

Office Hours: Open Daily: 9 am - 5 pm

VALENCIA WALK SOCIAL CLUB

11675 SW Sea Jewel Rd.
Port Saint Lucie FL. 34987
(772) 742-6620

VALENCIA GROVE SOCIAL CLUB

12827 SW Brookside Falls Way
Port Saint Lucie FL. 34987
(772) 212-8206

VALENCIA CAY SOCIAL CLUB

11251 SW Winding Ridge Rd.
Port Sair Lucie FL. 34987
(772) 882-4950

VALENCIA PARC SOCIAL CLUB

12900 SW Midnight Stream Blvd
Port St Lucie, FL 34987
(772) 280-3048

RIVERLAND DIRECTORY

RIVERLAND ARTS & CULTURE CENTER

12067 SW Community Boulevard
(772) 271-7272 - Option 1

Office Hours:

Monday - Friday: 9 am - 6 pm
Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 9 pm | 7 days a week

RIVERLAND MANAGEMENT AND LIFESTYLE OFFICE

12129 SW Riverland Blvd
(772) 271-7272 - Option 6

Office Hours:

Monday - Friday | 9 am - 5:30 pm

RIVERLAND SPORTS & RACQUET CLUB

12001 SW Riverland Boulevard
(772) 271-7272 - Option 2

RIVERLAND WELLNESS & FITNESS CENTER

12001 SW Riverland Boulevard
(772) 271-7272 - Option 3

Office Hours:

Open Daily: 8 am - 6 pm

PULSE FIT STUDIOS

12001 SW Riverland Boulevard
(772) 271-7272 - Option 5

Office Hours:

Open Daily: 7 am - 5:30 pm

For info on all Riverland Amenities, call **(772) 271-7272** | Download the **Riverland App**
Follow us on Facebook: **Riverland Lifestyle**

A MESSAGE FROM
TERE MUÑIZ



Tere Muñiz
VP Riverland Lifestyle

Dear Riverland Residents,

As we move into the summer and fall season, I continue to be inspired by the energy, engagement, and strong sense of community that make Riverland such a special place to call home.

Our Lifestyle Team remains committed to creating exceptional experiences that bring neighbors together and enhance the vibrant lifestyle our residents enjoy. This season, we are proud to offer an exciting lineup of concerts, themed events, educational workshops, culinary experiences, sports programs, wellness initiatives, and community gatherings throughout Riverland. Alongside many of the resident-favorite events that have become cherished community traditions, we will also be introducing new shows, festivals, and signature experiences designed to elevate the Riverland lifestyle and create even more opportunities for connection, entertainment, and fun.

A MESSAGE FROM YOUR
BOARD OF DIRECTORS

We are thrilled to announce that Riverland's fifth neighborhood is now officially open for sales. In June, sales launched for Valencia Vista, and the grand opening event was a tremendous success, with many future homeowners committing to joining the Riverland family.

Valencia Vista is approved for up to 2,061 homes and will feature a blend of Classical, Resort, and Modern elevations. At the heart of the neighborhood will be a 54,000+ square foot Social Club, designed to bring residents together and enhance the vibrant lifestyle Riverland is known for. We are excited to welcome this exceptional addition to our ever-growing community.

With the introduction of Valencia Vista, several new master-planned amenities were announced to support Riverland's continued growth. These include an expansion of the Arts & Culture Center, as well as a new Sports and Wellness Club to be located just west of Valencia Grove and Parc. For more information on these expansion plans, we invite you to visit the sales center.

Many residents may have noticed that the expansion of the existing sports courts is nearing completion and is expected to open later this quarter. This exciting addition will include eight covered pickleball courts, eight open pickleball courts, five new tennis courts, and twelve bocce

As our community continues to grow, so does our commitment to enhancing the resident experience. One of the most exciting milestones this season is the upcoming opening of the Sports Complex South, which will expand recreational opportunities and further enrich the active lifestyle that makes Riverland unique. In preparation for its opening, and based on valuable resident feedback, we are introducing the Chelsea reservation platform, which will provide greater flexibility for court reservations, streamlined group scheduling, and improved access through the Riverland App. We will also be launching a new Court Check-In System for pickleball, tennis, and bocce to help enhance court operations and improve the overall resident experience. These enhancements reflect our ongoing commitment to growing with our community and implementing innovative solutions that increase convenience, accessibility, and enjoyment for all residents.

Thank you for your continued support, enthusiasm, and involvement. It is a privilege to serve this remarkable community, and we look forward to creating and sharing many memorable experiences with you in the months ahead.

Warm regards,
 Tere

E: tere.muniz@glhomes.com | P: (772) 271-7272

courts, further enhancing the community's recreational offerings. In addition, the expansion will include additional golf cart parking and the Ember & Salt Spa and Nail Salon, which is estimated to be completed mid-2027. Please be on the lookout for additional information regarding the grand opening dates and programing for these new courts.

Progress on the Wellness & Fitness Center expansion continues to move forward on schedule. We anticipate completion in the third quarter of this year. We sincerely appreciate our residents' patience as we work to bring this refreshed and expanded space to life. As previously shared, this project will increase the gym's footprint by 50%, creating an even more dynamic and enjoyable fitness environment.

Sales and closings in Riverland remained strong throughout the second half of the year, with the community now approaching 3,800 closed homes across its current four Neighborhoods. We would like to extend our congratulations to all new homeowners who have closed since our last publication and thank everyone for their continued support of the Riverland community.

Sincerely,

Your Board of Directors,
 Riverland Community Association, Inc.

A LETTER FROM THE LIFESTYLE DIRECTOR



Andrina Nobili
Lifestyle Director

Dear Riverland Residents,

It's hard to believe that six months have already passed since I joined Riverland as your Lifestyle Director. From day one, you have welcomed me with open arms, and I am truly grateful for the kindness, support, and friendships I have experienced throughout this wonderful community.

Over the past six months, we've shared many memorable events, and it has been a privilege to help create opportunities for neighbors to connect, celebrate, and have fun together. The energy and enthusiasm of our residents make every event special, and I look forward to many more exciting experiences ahead.

This fall promises to be especially exciting with several signature events on the horizon. Join us on Saturday, August 29 for our **Never Forget: 9/11 Remembrance Pickleball Tournament** benefiting the Tunnel to Towers Foundation. On Saturday, November 7, don't miss our **Fall Festival** featuring Battle of the Bands, Community Chili Cook-Off, Oktoberfest Biergarten, food, and games. Finally, mark your calendar for **A Motown Holiday** with The Jewel Tones on Saturday, December 12. Celebrate the holiday seasons with soulful Motown favorites and unforgettable evening of Motown magic.

Thank you for making Riverland such a special place. I look forward to seeing you at our upcoming events.

Andrina

Riverland App Training Class

July

7th | 4 pm
21st | 10 am

August

4th | 4 pm
18th | 10 am

September

1st | 4 pm
22nd | 10 am

NEVER FORGET 9/11 REMEMBRANCE 25th ANNIVERSARY 2001-2026
25 YEARS LATER — WE REMEMBER. WE HONOR. WE NEVER FORGET.

HONORING THE 2,977 INNOCENT LIVES LOST ON SEPTEMBER 11, 2001
THE VICTIMS OF THE WORLD TRADE CENTER, THE PENTAGON, AND FLIGHT 93,
AND THE BRAVE FIRST RESPONDERS WHO ANSWERED THE CALL.

RIVERLAND PICKLEBALL TOURNAMENT
SUPPORTING OUR HEROES AND THEIR FAMILIES
ALL PROCEEDS BENEFIT THE TUNNEL TO TOWERS FOUNDATION.

SATURDAY AUG. 29 8:00 AM
RIVERLAND SPORTS & RACQUET CLUB
12001 SW RIVERLAND BLVD
PORT ST. LUCIE, FL

DIVISIONS
Men's
Women's
Skill / Age Brackets
\$50 PER PERSON

FUN FOR ALL
Prizes | Raffles
Food | Music

REGISTER NOW!

NEVER FORGET: 9/11 Remembrance Riverland Pickleball Tournament, benefiting the Tunnel to Towers Foundation.

Join us on Saturday, August 29, 2026, at 8:00 am for a day of remembrance, community, and purpose as we honor the heroes and innocent lives lost on September 11, 2001. This special event brings our community together through friendly pickleball competition, patriotic tributes, live demonstrations, and heartfelt moments of reflection. Whether you are a seasoned player or picking up a paddle for the first time, your participation helps support the extraordinary mission of the Tunnel to Towers Foundation, which continues to assist first responders, military heroes, and their families. Together, we'll celebrate the spirit of service, sacrifice, resilience, and unity that defines both our nation and the Riverland community.



Can't participate but would still like to support the cause? Be sure to scan the QR code to visit our dedicated Riverland Tunnel to Towers fundraising page, where donations of any size help make a meaningful difference.

We look forward to coming together as a community to remember, honor, and never forget.

RIVERLAND CLUBS

To register for membership in a Riverland Club, visit the **Riverland App**

INTERESTED IN STARTING A CLUB?

Email lifestylemanager@riverlandcai.com and request an application.

BIRDING CLUB

Meetups: 2nd Monday of Each Month | 3 pm
Location: Arts & Culture Center
Paul Salazar: psalazar1@icloud.com

BOCCE CLUB

Date: Monday 6 pm | Tuesday and Thursday 8 am
 Thursday Eve 6 pm (Ladies' Night) | Sunday 6:30 pm
Location: Sports & Racquet Club
Lois Astern: Lastern4u@aol.com
Joe Esposito: joeespo31@yahoo.com | 203-887-5684
Neil Halprin: neilpaula@verizon.net | 516-236-4879
Phil Verderosa: Square0374@aol.com | 561-703-8656 (Sundays only)

BOWLING CLUB - MIXED

Date: Meet Ups Thursdays | 12:30 pm
 Women's League - Thursdays | 12:30 pm
Paul Block: pblock80@gmail.com

BREAST CANCER SUPPORT CLUB

Date: 2nd Wednesday of Each Month | 6 pm
Patricia Rothenbacher: Riverland.BCSC@gmail.com
Location: Arts & Culture Center

CAR CLUB

Date: 1st Sunday of Each Month | 8:30 - 10:30 am
Stephen Labargo: RiverlandCarClub@gmail.com

CAREGIVERS CIRCLE

Email: Riverlandcaregivers@gmail.com

CORN HOLE CLUB

Date: Tuesday | 6 pm
Joseph Esposito: Joeespo31@gmail.com | 203-887-5684
Neil Halprin: neilpaula@Verizon.net | 516-236-4879

CYCLING CLUB

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



Craft and Chat - Making Hats for the Derby

CRAFT & CHAT GROUP

Date: Every Wednesday 1 - 3 pm
 @ Riverland Arts & Culture Center
Gerry Franklin: gerryfranklin@verizon.net
Mabel Santiago: heykidd40@yahoo.com

DIY AFTER 5

Date: Thursdays | 6 - 8:30 pm
Donna Eberly: deberly326@gmail.com

FIRST RESPONDERS CLUB

Date: 4th Saturday of the Month | 10 am - 12 pm
President Steven Kuhr: skuhr.em@gmail.com
Vice President Howard Stitch: myclubsv@gmail.com
Secretary Michael Cundle: mcundle@comcast.net
Treasurer Eugene Roos: roosgene71@gmail.com
Sergeant-at-Arms: Richard Samolowicz: rich916@comcast.net

FISHING CLUB

Date: TBD
Joe Oster: josephjudeoster@gmail.com

FURRY FRIENDS OF RIVERLAND

Myrna Sadowsky: myrnasadowsky99@gmail.com

GARDEN CLUB

Meet Ups: 3rd Monday of the month at 1 pm
Karma Thomson: 801-414-1532
Becky Bazemore: 970-406-8150
Karen Miller: 513-675-2308

GET UP & GO TRAVEL CLUB

Lou Brawer: loubrawer@yahoo.com

GOLF CLUB

Meet Ups: Tuesdays & Thursdays | 7:30 am
 @ Riverland Arts & Culture Center
Bruce McKay: mckay.bc@gmail.com

GUITAR CIRCLE

Hosted by Ed Arnold: edarnold2@comcast.net



Garden Club



Quilt Club

HEALTHSPAN CLUB

Meet Ups: 4th Wednesday of each Month | 6 pm
 @ Riverland Arts & Culture Center
Tony DeAngelo: adeangelony@gmail.com

LA DOLCE VITA AT RIVERLAND

Club Leader: Rosa Mattina
 Ladolcevitariverland@gmail.com

MUSICIANS CLUB

Art Pearlstein: enclavartp@gmail.com

NEW BEGINNINGS CLUB

Date: First Monday Every Month | 6:30 pm
Russell Breiter: russellbreiter@gmail.com
Location: Arts & Culture Center

PHOTOGRAPHY CLUB OF RIVERLAND

Date: 3rd Tuesday of Every Month
Phil Schafer: Phildxln@aol.com

PING PONG CLUB

Date: Tuesday, Thursday & Saturday | 1 - 3:30 pm
Ed Zitovsky: ezitovsky@gmail.com | 516-633-7780
Location: Indoor Sports Court

POTTERS CLUB

Date: TBD
Chair: Lorin Dibenedetto: lorinbeth@aol.com
 631-831-4032
Co-Chair: Karen Rosenberg: Akarenrosenberg@gmail.com
 com 516-840-1111

QUILT CLUB

Date: 2nd & 4th Thursday of Each Month
Time: 1 - 4 pm
Margi Rude: Peterpam74.PJ@gmail.com
Sandy Naval: mrude370@gmail.com

RIDERS CLUB

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

SINGLES CLUB

Monthly Meetings: TBD
Elaine Levrant: mlev9582@gmail.com

SOULFUL NETWORKING CLUB

Meet-Ups: 2nd Monday of Each Month | 6 pm
Location: Riverland Arts & Culture Center
Debbie Heaven: debbie11021@verizon.net
Dana Stroman: dana1077@gmail.com

SWIM CLUB

Date: Sunday, Tuesday and Thursday | 9 am
 and Tuesday and Thursday | 12 pm
Location: Wellness & Fitness Center - Pool #2
John Carini: Johncarini2@gmail.com

THEATER CLUB

Meet-Up 3rd Thursday of Each Month | 5 - 7:30 pm
Location: Arts & Culture Center
Barbara Bleich: bableich@yahoo.com 954-864-6784

VOICES OF VALENCIA

Date: Tuesdays | 4 - 6 pm
Marlene Weiss: 561-702-4202

VETERANS CLUB

Date: 2nd Saturday of each month
Kent Hansen: hansen112@aol.com

VOLLEYBALL CLUB

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

WINE CLUB

Date: 2nd Thursday of Each Month | 5 - 7 pm
Mike Hoppes: bell.company@att.net
Location: Arts & Culture Center



IG: el_aquarell_art



Kelly Tiger
 Arts & Culture Director
 artsdirector@riverlandcai.com

A NOTE FROM THE

ARTS & CULTURE CENTER

Welcome Riverland Residents

We hope you all had a wonderful spring! We were thrilled with the success of our 2026 World Art Day and hope you enjoyed a day filled with talented artists and performers. Thank you to all of our Riverland residents who participated and performed at this annual event. We thoroughly enjoyed the music, dance performances, art show, and the Japanese drumming troupe, Fushu Daiko.

We are excited to announce new summer programming! We have added additional instructors and a new chef to our lineup. This edition of the Playbook highlights a new art instructor, Bridget Bresser, and a new Greek chef, Stella with Think Greek. We are also pleased to welcome another art instructor, Elizabeth Milton, who is offering “Christmas in July” sea glass projects. These fun indoor projects are a perfect way to stay creative and cool this summer.

Don’t forget to check out our Monthly Featured Riverland Artist, this program started this year featuring Brenda Donovan, Sharon Churchill, Paul Grady and David Schneider. Check your email for July, August & September Riverland artists!

We’re already looking forward to the fall season and have an exciting lineup of creative programs and community events planned, including our Second Annual Holiday Makers Market this December.

Fall also marks the beginning of an exciting new chapter for the Arts & Culture Center. Construction will soon begin on our new outdoor market and event space, as well as our beautiful new building, an exciting milestone that will expand opportunities for creativity, connection, and community.

As we prepare for this expansion, garden bed leases for the 2026–2027 season will not be available, as the site will be under construction.

We invite you to stop by the Arts & Culture Center and discover all the creative activities, classes, and events we have to offer. We look forward to seeing you!

12067 SW Community Blvd.
 (772) 271-7272
 www.riverlandapp.com

Office Hours:

Monday - Friday: 9 am - 6 pm
 Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 9 pm | 7 days a week

Kelly

To sign up for Arts & Culture Classes and Events, go to on the Riverland App then, click on Arts & Culture Classes.

Need help? If you cannot access the Riverland App for any reason, please stop into the Arts & Culture Center or call (772) 271-7272 and a staff member will assist.

ARTBEAT SPOTLIGHT



Meet Bridget Bresser

After spending 30 years working in quality control and business management with companies like Motorola and Google, Bridget decided it was finally time to follow the creative passion that had always been calling her.

What started as a small booth at the B&A Flea Market quickly grew into Beachy Crafts by Bridget, a colorful business built on creativity, connection, and community.

Along the way, Bridget discovered

something even more rewarding than making art herself. She found a true passion for teaching others how to create it too.

Today, she hosts fun, beginner friendly workshops where people can relax, laugh, connect, and surprise themselves with what they can make. From resin art and paint pouring to beach inspired décor, her classes are known for their welcoming atmosphere, positive energy, and supportive approach that makes everyone feel creative.

Beachy Crafts by Bridget is more than an art business. It is a creative community where people come together, have fun, and leave feeling inspired and proud of what they created.



Bridget Bresser | Pour Painting Sunflower

FUN ART STUDIO

with Bridget Bresser,
Arts Instructor

Resin Art -

Beach Wave Inspired

July 13 | 1 pm to 2:30 pm

August 14 | 1 pm to 2:30 pm

Pour Painting

July 27 | 1 pm to 2:30 pm

Resin Art-Desk Light Class

August 28 | 1 pm to 2 pm



May Artist of the Month **Paul Grady**



Cupcake Flower Decorating
with Amira

ARTS & CULTURE CENTER CLASS REFUND & CANCELLATION POLICY:

We value your commitment to our classes and understand that sometimes plans change. To ensure a smooth experience for both our instructors and participants, please review our refund and cancellation policy.

To qualify for a refund, cancellations must be made at least 48 hours in advance of the scheduled class time. This policy allows us

to manage our resources effectively and offer the best experience possible to all participants.

Our instructors often purchase materials specifically tailored for each class session. These materials are necessary to provide a comprehensive and personalized learning experience.

Therefore, cancellations made on the day of the class or after the class has commenced are non-refundable.

CLASSES AT THE CREATIVITY HUB

Register at www.riverlandcai.com/classes



Pour Painting with Rose Diem



Intro to Drawing with Pastels
with Rose Deim



Spanish Class with Sonia Wheelock

FINE ART STUDIO

WITH ROSE DIEM, FINE ARTS INSTRUCTOR

INTRO TO DRAWING WITH PASTELS

Tuesdays | 10 am - 12 pm

Learn fundamental concepts of drawing including line quality. Basic shapes and basic perspective. Light mastery shading secrets, control of values and edges. Develop skills to make drawing three dimensional and exciting.

OPEN ARTS

Tuesdays and Thursdays | 12:30 - 4 pm

Individualized instruction from Beginner to Pro. Advance at your own pace and choose subject matter you wish to pursue. Select from drawing, pastels, acrylic, mixed media, watercolors and water oils.

CREATING COLLAGES WITH ROSE DIEM

Wednesdays | 12:30 pm - 4 pm

July 8 & 29 | August 19 | September 9 & 30
Create an imaginative work of art by utilizing various mediums and subject materials. Choose from photos, magazines, images, cloth, foil, beads, paint and doilies. Start with an idea, memory, pet, place, person, shape or color.

PALETTE KNIFE PAINTING WITH ROSE DIEM

Wednesdays | 12:30 pm - 4 pm

July 1 & 22 | August 12 | September 2 & 23
Students will learn how to manipulate acrylic paint with a palette knife and other tools to produce various effects from subtle blending to bold strokes. Creating color harmony throughout your painting is an additional highlight of this class.

POUR PAINTING WITH ROSE DIEM

Wednesdays | 12:30 pm - 4 pm

July 15 | August 5 & 26 | September 16
Pour painting, also known as fluid art, is a technique where paint is poured onto a surface, like a canvas, to create a flowing, abstract design. Instead of applying paint with a brush, artists allow the paint to spread naturally, creating unique patterns and textures.

WATER COLOR PAINTING WITH ROSE DIEM

Thursdays | 10 am - 12 pm

July 9 & 23 | August 6 & 20 | September 3 & 17
Watercolor painting is a technique where pigments mixed with water are applied to a surface, typically paper, to create artwork. It's known for its transparent, delicate washes of color, though it can also be made opaque with the addition of white paint. The interplay of water and pigment creates unique effects, and artists utilize various techniques to achieve desired results.

BEGINNER OIL PAINTING WITH ROSE DIEM

Thursdays | 10 am - 12 pm

July 2, 16 & 30 | August 13 & 27 | September 10 & 24
Oil painting is a versatile, long-lasting artistic medium using pigments bound with drying oils (e.g., linseed), favored for its rich colors, slow drying time, and ability to blend seamlessly.

PAINT THE MASTERS WITH ROSE DIEM

Paint along with Rose to replicate a masterpiece

Saturday, July 25 | 1 pm | *Georgia O'Keefe*

Saturday, August 29 | 1 pm | *Claude Monet*

Saturday, September 19 | 1 pm | *Pierre Auguste Renoir*

MOSAICS ART WITH ASIA WETSBROOK OF FRACTURED BRILLIANCE

Suncatcher Peacock or Flamingo Sunset Suncatcher:

Friday, July 10 | 1 pm

Framed Art Seahorse or Sunflower:

Saturday, July 18 | 1 pm

Beachy Mosaic Jewelry: Friday, July 31 | 1 pm

Garden Paver Seahorse: Friday, August 7 | 1 pm

Hummingbird or Flamingo Suncatcher:

Saturday, August 15 | 1 pm

Framed Art Flamingo or Toucan: Friday, August 21 | 1 pm

Garden Paver Ocean Wave or Butterfly:

Friday, September 4 | 1 pm

Abstract Mosaic Jewelry: Saturday, September 19 | 1 pm

Suncatcher Sea Turtle or Pineapple:

Friday, September 25 | 1 pm

ARTS & CULTURE

MOSAIC OPEN ART STUDIO WITH ASIA WESTBROOK

July 30 | 11 am - 3 pm

August 20 | 11 am - 3 pm

September 17 | 11 am - 3 pm

This 4-hour open studio session is designed for students who already have a project in mind and want dedicated time to work. Participants bring their own mosaic project and primary materials, while shared tools and a small selection of glass will be available to supplement your design. This is a relaxed, self-guided studio environment, with the instructor on hand to offer guidance, answer questions, and help troubleshoot as you work at your own pace.

SIP 'N PAINT CLASSES WITH RITA THE ARTISTA

July 17 | 6 - 8:30 pm

August 14 | 6 - 8:30 pm

September 25 | 6 - 8:30 pm



CHRISTMAS IN JULY - MAKE A CHRISTMAS TREE

WITH ELIZABETH MILTON

July 20 | 1:00 - 2:30 pm

SPANISH CLASSES WITH SONIA WHELOCK

Fridays | 10:00 - 11:00 am

July 3, 10, 17, 24 & 31

August 7, 14, 21 & 28

September 4, 11, 18 & 25

SOUND BATH MEDITATION WITH DENISE CARRARO

Mondays and Fridays | 6 - 7:15 pm

July 13 & 27

August 10 & 24

September 14, 25 & 28

For more information and to register for classes, visit the Riverland Lifestyle App.

Class schedules are subject to change. With new programs, classes, workshops, and lectures being added all the time, be sure to stay connected for all the latest info.

POTTERY AT RIVERLAND

Please note the Pottery Studio is not open while a class is in session.

Introduction and Orientation To Pottery

Residents you only need to take this class one time, allowing you to learn about the studio, tour the studio and learn about the clay and glaze types and how to roll and wedge clay.

July 16 | 9 am - 12 pm

August 20 | 9 am - 12 pm

September 17 | 9 am - 12 pm

Mentor Mondays Glazing or Handbuilding

July 6, 13, 20 & 27 | 9 am - 12 pm

August 3, 10, 17, 24 & 31 | 9 am - 12 pm

September 14, 21 & 28 | 9 am - 12 pm

Beginner Class: Make a Bowl

July 9 | 9 am - 12 pm

Advanced Class: Make a Flower Garden Stake

July 15 | 9 am - 12 pm

Beginner Class: Make a Mug

July 30 | 9 am - 12 pm

Advanced Beginner Class: Cala Lily Bowl

August 8 | 9 am - 12 pm

Beginner Class: Make a Tealights or Ring Holders

August 14 | 6 - 9 pm

Wheel 101 with Melisha Santiago

June 29, July 6, 13 & 27 | 3 - 6 pm

August 3, 10, 17 & 31 | 3 - 6 pm

September 3, 10, 17 & 24 | 3 - 6 pm

Introduction to Wheel

with Eric Olson

July 14, 21, 28

9 am - 12 pm

August 4, 11 & 18

9 am - 12 pm

Wheel 2

with Eric Olson

July 14, 21 & 28

1:30 - 4:30 pm

August 4, 11 & 18 | 1:30 - 4:30 pm



Not all of our Pottery classes are listed here, please continue to check the APP for classes.

Class schedules are subject to change. Please be sure to stay connected on the www.riverlandapp.com for all the latest info.



CULINARY SPOTLIGHT

Chef Stella Koufalis

Chef Stella Koufalis is the award-winning chef and owner of Think Greek® in Port St. Lucie, Florida. Inspired by her Greek heritage, family recipes, and years spent living in Greece, she is known for combining authentic Greek flavors with innovative fusion cuisine.

Chef Stella earned national recognition after winning Food Network's *Best Bite in Town* with her signature Gyropitakia® (Greek Wontons™), a multi-award-winning creation. Through Think Greek® and Think Greek® by Chef Stella Creates, she shares her passion for exceptional food and hospitality through restaurant dining, catering, and mobile culinary experiences.

World Art Day



CULINARY ARTS

Whether you're helping to prep the meal, socializing with friends, or making new connections, the choice is always yours!

Our chefs offer stations where you can actively participate, while sometimes our chefs may prep in advance to keep things running smoothly. While we don't have individual cooking stations yet, we plan to introduce them in the future.

JULY CLASSES

Pecan-Crusted Flounder with Meuniere Sauce

Friday, July 3 | 5 pm | Chef Robin

Cocoa Nib Crusted Tenderloin with Bordelaise Sauce

Tuesday, July 7 | 5 pm | Chef Robin

Texas BBQ & Southern Smokehouse Kitchen

Wednesday, July 8 | 5 pm | Chef Deedra

Think Greek-Cooking Horiatiki

Thursday, July 9 | 5 pm | Chef Stella

Blackened Ahi Tuna Steaks

Friday, July 10 | 5 pm | Chef Robin

Think Greek-Cooking Moussaka

Thursday, July 11 | 5 pm | Chef Stella

Mahi Mahi, Tropical Chicken Tacos & Margaritas

Monday, July 13 | 5 pm | Chef Deedra

Pappardelle Bolognese

Tuesday, July 14 | 5 pm | Chef Robin

Homemade Garlic Butter Shrimp Pasta & Aperol Spritz

Wednesday, July 15 | 5 pm | Chef Deedra

Think Greek- Cooking Pastitsio

Thursday, July 16 | 5 pm | Chef Stella

Lobster Bisque

Friday, July 17 | 5 pm | Chef Robin

Think Greek-Cooking Roasted Chicken Thighs and Potatoes

Saturday, July 18 | 5 pm | Chef Stella

Smash Burgers & Elevated Backyard BBQ

Monday, July 20 | 5 pm | Chef Deedra

Grilled Hanger Steak

with Chimichurri Sauce

Tuesday, July 21 | 5 pm | Chef Robin

**Branzino & Mediterranean
Summer Entertaining**

Wednesday, July 22 | 5 pm | Chef Deedra

**Think Greek-Cooking Chicken
Souvlaki Sandwich**

Thursday, July 23 | 5 pm | Chef Stella

Butternut Squash and Shrimp Bisque

Friday, July 24 | 5 pm | Chef Robin

Think Greek- Cooking Lamb Chops

Saturday, July 25 | 5 pm | Chef Stella

Steak, Handmade Empanadas & Sangria

Monday, July 27 | 5 pm | Chef Deedra

Bacon Wrapped Filet with Lobster Sauce

Tuesday, July 28 | 5 pm | Chef Robin

Macadamia Crusted Cod

& Tropical Cocktails

Wednesday, July 29 | 5 pm | Chef Deedra

Sauteed Veal Scalopini

with Crawfish Sauce

Friday, July 31 | 5 pm | Chef Robin

AUGUST CLASSES

Mediterranean Chicken & Lamb Skewers

Monday, August 3 | 5 pm | Chef Deedra

**Snapper Almondine with Sweet Potato
and Apple Hash**

Tuesday, August 4 | 5 pm | Chef Robin

Sushi & Sake

Wednesday, August 5 | 5 pm | Chef Deedra

Pan Seared Chilean Sea Bass

Friday, August 7 | 5 pm | Chef Robin

Classic Brunch Class

Saturday, August 8 | 11 am | Chef Justin

Halibut & Coastal Vineyard Dinner

Monday, August 10 | 5 pm | Chef Deedra

Chicken Cordon Blue

Tuesday, August 11 | 5 pm | Chef Robin

Crab, Shrimp & Stuffed Shells Supper Club

Wednesday, August 12 | 5 pm | Chef Deedra

Herb Roasted Lamb Chops

with Goat Cheese and Pinot Noir Sauce

Friday, August 14 | 5 pm | Chef Robin

Chimichurri Chicken & Steak

Argentine Fire Dining

Monday, August 17 | 5 pm | Chef Deedra

**Halibut and Lobster with Beurre Blanc
with Sweet Corn Saute**

Tuesday, August 18 | 5 pm | Chef Robin

**Grouper, Rose & French Riviera
Coastal Summer**

Wednesday, August 19 | 5 pm | Chef Deedra

**Pistachio Crusted Ribeye
with Bordelaise Sauce**

Thursday, August 20 | 5 pm | Chef Robin

Fried Chicken with Hot Honey

Friday, August 21 | 5 pm | Chef Robin

Caribbean Three Course Dinner

Saturday, August 22 | 5 pm | Chef Justin

**Brazilian Steak, Chicken
& Rio Fire Dining**

Monday, August 24 | 5 pm | Chef Deedra

**Lobster Risotto with English Peas
and Pecorino**

Friday, August 25 | 5 pm | Chef Robin

**Black Cod & Pacific Northwest
Coastal Summer**

Wednesday, August 26 | 5 pm | Chef Deedra

**Filet of Beef with Herbed Cream Cheese
Filling and Red Wine Sauce**

Friday, August 28 | 5 pm | Chef Robin

A Classic French Dinner

Saturday, August 29 | 5 pm | Chef Justin

SEPTEMBER CLASSES

Lobster and Corn Bisque

Tuesday, September 1 | 5 pm | Chef Robin

Oysters & Steakhouse Supper Club

Wednesday, September 2 | 5 pm | Chef Robin

**Grilled Steak Sandwiches with
Portabella Mushrooms and Grilled Onions**

Friday, September 4 | 5 pm | Chef Robin

Fried Whole Branzino with Cheesy Grits

Tuesday, September 8 | 5 pm | Chef Robin

**Chicken, Eggplant Parmesan
& Prosecco**

Wednesday, September 9 | 5 pm | Chef Deedra

Chinese Spare Ribs Teriyaki Style

Friday, September 11 | 5 pm | Chef Robin

**Filet and Swiss Fondue Alpine
Bistro Night**

Monday, September 14 | 5 pm | Chef Deedra



Cooking with Chef Robin

Lobster Wonton Soup

Tuesday, September 15 | 5 pm | Chef Robin

Korean BBQ Beef & Soul Street Food

Wednesday, September 16 | 5 pm | Chef Deedra

Duck Breast Ala Orange

Thursday, September 17 | 5 pm | Chef Robin

Chicken and Steak Fajitas

Friday, September 18 | 5 pm | Chef Robin

**Lobster & Coastal New England
Supper Club**

Wednesday, September 21 | 5 pm | Chef Deedra

**Seared Sea Scallops
with Blue Crab Fettuccine**

Tuesday, September 22 | 4PM | Chef Robin

Snapper & Marrakech Spice Market

Wednesday, September 23 | 5 pm | Chef Robin

Beef Bourguignon with Parsnip Puree

Friday, September 25 | 5 pm | Chef Robin

**Pan Seared Orange Roughy
with Shrimp Creole and Fried Okra**

Tuesday, September 29 | 5 pm | Chef Robin

**Wine is complimentary with some menus. See course description for details. Schedule is subject to change.*

To qualify for a refund, cancellations must be made at least 48 hours in advance of the scheduled class time. This policy allows us to manage our resources effectively and offer the best experience possible to all participants. Our instructors often purchase materials specifically tailored for each class session. These materials are necessary to provide a comprehensive and personalized learning experience. Therefore, cancellations made on the day of the class or after the class has commenced are non-refundable.



Paul Palermo, Sports Director
sportsdirector@riverlandcai.com



Courtney Palermo, Pro Shop Manager
proshop@riverlandcai.com

12001 SW Riverland Blvd.
Port St. Lucie, FL 34987
(772) 271-7272
Proshop@riverlandcai.com

Pro Shop Hours:

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

Court Hours:

7 am - 11 pm | 7 days a week

A MESSAGE FROM THE SPORTS DIRECTORS

As we move through the summer months and into early fall, we are excited to bring another season of fun, fitness, and friendly competition to the Sports & Racquet Club. Whether you're joining us on the pickleball, tennis, or bocce courts, there are plenty of opportunities to stay active and connect with fellow residents.

Throughout July, August, and September, residents can enjoy a variety of lessons, clinics, leagues, and special events, along with a complimentary social event each month for tennis, pickleball, and bocce. These free socials are a great opportunity to meet new players, enjoy friendly competition, and experience everything our sports programs have to offer.

One of the highlights of the season will be the **Tunnel to Towers Pickleball Tournament** on August 29. This special event will benefit the Tunnel to Towers Foundation and help honor the sacrifices of our nation's first responders and military heroes ahead of the 25th anniversary of September 11th. We look forward to bringing our community together for a meaningful day of competition, remembrance, and giving back.

The hottest months of the year are upon us, and we encourage all residents to make safety a priority while participating. Staying hydrated begins before you step onto the courts. Drinking water and electrolytes at least two hours prior to activity can help your body retain fluids more effectively and improve performance in the Florida heat. We also recommend wearing lightweight, breathable athletic clothing, proper sun protection, and court-specific footwear to help keep you comfortable and reduce the risk of injury.

Our team is here to help you make the most of your experience at the Sports & Racquet Club. Tennis programming is led by Jeff Wilson and Bill Perrin, while Blake, Madi, Zach, and Samuel provide instruction and programming for our pickleball community. In the Pro Shop, Heather, Liz, Lexi, and Michelle are available to assist with registrations, answer questions, and help you find the equipment and apparel you need.

Thank you for being part of the Riverland Sports & Racquet Club. We look forward to seeing you on the courts and bocce greens this summer.

See you on the courts,
Paul & Courtney

WEEKLY CLASS SCHEDULE JULY/AUGUST/SEPTEMBER

MONDAY

PB: Madi's Mini Clinic (2.5+)	8:00 am - 9:00 am	\$30
PB: Court's Mini Clinic (3.0+)	8:30 am - 9:30 am	\$30
PB: 101 Academy with Blake (4-weeks)	5:00 pm - 6:00 pm	\$25/each
PB: 102 Academy with Blake (4 Weeks)	6:00 pm - 7:00 pm	\$25/each

TUESDAY

PB: Level Up with Zach (open skill) (4-weeks)	9:30 am - 10:30 am	\$25
PB: Advanced Beginner with Zach (2.5-2.9)	6:00 pm - 7:00 pm	\$25

WEDNESDAY

PB: Specialty Shot Clinic with Zach (3.0+)	8:30 am - 9:30 am	\$25
PB: Kitchen Offense Series with Zach (3.0+)	9:30 am - 10:30 am	\$30

THURSDAY

PB: Intro to Pickleball with Sam	8:30 am - 9:30 am	\$25
PB: Advanced Beginner Mini with Sam (2.5-2.9)	9:30 am - 10:30 am	\$30
PB: Drill & Play with Sam (3.0+)	6:00 pm - 7:00 pm	\$25

FRIDAY

TN: Drills Skills & Strategy with Bill (3.0+)	8:30 am - 10:00 am	\$30
PB: Drill Your Skills with Zach (open skill)	9:00 am - 10:00 am	\$10
PB: Madi's Mini Clinic (3.0+)	9:30 am - 10:30 am	\$30

SATURDAY

BB: Welcome to Riverland Bocce	9:30 am - 10:00 am	FREE
PB: Welcome to Riverland Pickleball	10:00 am - 11:00 am	FREE

SPECIAL CLASSES

PB: Road to 4.0 Series with Paul (4-sessions - June 30, July 2, 7, 9)	9:00 am - 10:30 am	\$200
PB: Road to 3.5 Series with Paul (4-sessions - July 1, July 2, 8, 10)	9:00 am - 10:30 am	\$200

(Subject to change based on popularity, availability and necessity!)

*PB = Pickleball | TN = Tennis | BB = Bocce Ball | POPTN = POP Tennis

THE COMPETITIVE EDGE - PROS & TIPS



COURTNEY PALERMO | PICKLEBALL

The return of serve is the most important shot in pickleball because it allows your team to gain control of the point and move toward the non-volley zone, plus if you miss it's a point for the opposing team!

Position yourself about two feet behind the baseline with your paddle held low around waist height, allowing you to move forward easily if your opponent hits a shorter serve. Focus on making every return and keeping it deep by punching through the ball with a compact forward swing rather than taking a large backswing. Consistent, controlled returns will put pressure on your opponents and set your team up for success.



PAUL PALERMO | PICKLEBALL

One of the biggest mistakes players make is retreating after hitting a drop shot. Instead, move forward and hold your ground in the transition zone. Every step backward gives your

opponents more court to work with and puts you on defense. Trust your drop, stay balanced, and continue working your way to the kitchen line.

Remember: The goal isn't to hit a perfect drop – it's to hit a good enough drop that lets you move forward.



BILL PERRIN | TENNIS

For the best results in tennis get in position for the next shot constantly! In front of the service line (closer to the net) "shadow" the hitter. Gradually slide, sidestep, moving in the same direction centering on and facing the hitter. Behind

the service line (back court) reverse shadow moving away from (opposite direction) as the hitter. Additionally, adjust up and back with the depth of each shot. Don't be a statue on the court! Reposition with every ball the opponent is about to hit.



JEFF WILSON | TENNIS

The overhead smash is one of the toughest shots in the game of tennis. Biggest mistake most players make is positioning for the ball with their legs and forgetting about the racquet. Ball drops your brain says swing and

your racquet is late SHANK!!! Please reverse that thought, as soon as you recognize the ball is going up. Whether you let it bounce or hit it in air. With your racquet prepared in the back scratch position you can now start your feet. Now when your brain says swing your arm can release upwards towards the ball. Keep those legs working until swing.



MADI GONZALEZ | PICKLEBALL

Placement beats power. You don't have to hit the ball harder to win more points. Instead, focus on smart placement by targeting the middle to create confusion between partners, aiming at your opponents' feet to

make the ball harder to attack, and moving your opponents before placing the ball into open court space. Remember, a well-placed shot often wins more points than a hard shot.



BLAKE CASINO | PICKLEBALL

Here's how to survive the transition zone with a soft reset. When you're caught in the transition zone facing hard drives at your feet, resist the urge to swing hard – use a loose grip to absorb the pace

and soften the ball. Keep your paddle out front, stay low, and simply block the ball back with no backswing. The goal is to drop the ball into the kitchen, buying yourself time to move forward and establish position at the non-volley zone line.



ZACH HIGGINSON | PICKLEBALL

You can spend countless hours drilling and playing, but if your technique, positioning, and decision-making are flawed, your improvement will be limited. Make sure you're training with intent and

working with a coach who has a legitimate plan for your development. The right guidance can save months – or even years – of frustration.



SAMUEL HIGGINSON | PICKLEBALL

One of the biggest doubles mistakes is treating the center line like a wall. It isn't.

The court belongs to the team, not to each player. Instead of staying glued to your side, move with the ball. As the ball shifts,

you should shift too. When both partners follow the ball, they naturally cover the middle better and fill in the holes that allow easy balls to slip through.

Don't be afraid to cross the center line when the play calls for it. The goal is to take away open space, not defend an imaginary boundary.



HOW TO MAKE A PRIVATE LESSON?

You can book a private lesson with any of our instructors by calling the Pro Shop: (772) 271-7272

PRIVATE LESSONS

You can book a private lesson with any of our instructors by calling the Pro Shop: (772) 271-7272

SERVICES

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

Tennis Woman's Round Robin is offered on Monday and Wednesday mornings at 8 am, check with the pro shop to sign up Open play will be available when courts 9 and 10 are completed. 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 10 am. Our instructors: Jeff and Bill are eager to help you improve your tennis skills.

Pickleball Court Operations: There are dedicated courts to open play to play with like-skill leveled players in the morning from 8-11 am or social open play open to all levels in the evening from 5-8 pm. Open play enables you to meet your neighbors or if you've met some fun people you can form your own group and book a court any day/any time! Want to learn new strategies and techniques in pickleball? Ask one of our many Pickleball Pros who are always on their A-game and ready to make you a better player! Then the ball machine can be rented for \$12/ hour after 11 am. Classes are held on courts 1-5 next to the pro shop.

Bocce Court Operations: The Bocce Club meets Monday evenings from 6-8 pm, (when no league play) Tuesday mornings 8-10 am, Thursday mornings 8-10 am, Thursday evenings (ladies' night!) 6-8 pm & Sunday evenings 5-8 pm. Outside of those time frames and special events the courts are available for booking! Learn to play bocce in Welcome to Riverland Bocce the 1st Saturday of the month at 9:30 am and get introduced to our bocce program!

Equipment We have pickleball paddles and tennis racquets available to demo, borrow and purchase in the pro shop. We have a stringing machine and can string your tennis racquet in the pro shop! If you need a Riverland shirt, visor, hat, or cooling towel we have that as well to keep you cool this summer on the courts.

The Sports & Racquet Club takes payment for classes and events upon signup. We operate on a 24-hour cancellation policy to receive a full refund. No refunds for cancellations within 24-hours of the start or no-shows without a doctor's note.

SOCIAL EVENTS AND TOURNAMENTS

JULY

- 2 **PB: Party in the USA Pickleball Social**
- 4 **TN: 4th of July Round Robin**
- 6 **BB: Party in the USA Bocce Social**

AUGUST

- 1 **TN: Summer Sizzler Mixed Doubles RR**
- 8 **PB: Championship Showdown**
- 11 **PB: Dink ONLY Social with the pros**
- 29 **Tunnel to Towers Pickleball Tournament**

SEPTEMBER

- 17 **PB/BB/TN Tri Sport Cup**



Our 3.0 Chicks with Sticks enjoying their end of season awards lunch with coach Bill.

RESIDENT TESTIMONIAL

LIZ MURPHY

The pickleball program at Riverland Sports and Racquet Club has had a tremendous impact on my game. Through the dedication, expertise, and passion of the coaching staff, I have developed skills and strategies that have elevated my level of play far beyond what I thought possible.

A special thank you goes to Courtney, Paul and Madi for the incredible opportunities they provide. Courtney's Level Up programs have been outstanding for more advanced players. These sessions create the perfect environment to learn new skills, refine existing ones, and immediately put those concepts into practice through structured group play. The programs are challenging, engaging, and thoughtfully designed to help players continue progressing.

Madi is an exceptional teaching professional whose individualized approach has been instrumental in my development. Whether working in a small group setting or one-on-one, she has an incredible ability to identify specific areas for improvement and provide practical instruction that translates directly to better



Liz, Paul and Madi

performance on the court. Her attention to detail, encouragement, and personalized coaching have made a significant difference in my game.

Thanks to the instruction, programs, and on-court opportunities provided through Riverland Sports and Racquet Club, my pickleball skills, strategy, confidence, and overall level of play have improved dramatically. I am grateful to be part of such a supportive and high-quality pickleball community.

SPORTS & RACQUET CLUB





Chair Yoga



Athenia Williams, Fitness Director
fitnessdirector@riverlandcai.com



Uroy Williams, Assistant Fitness Director
fitnessmanager@riverlandcai.com

**WELLNESS & FITNESS CENTER
HOURS OF OPERATION**

Gym and Stretch Zone: Open 24 Hours
 Outdoor Fitness Pools/Spa/Resistance Pool:
 Dawn till Dusk
 Indoor Sports Court/Indoor Fitness Pool
(Lap Lane Reservation Required):
 6:00 am - 10:00 pm
 Group Fitness Classes *(Group Fitness Class
 Membership Required):* 7 Days a Week

PULSE FIT STUDIOS

Studio Hours:
 Monday - Friday 7 am - 8 pm
 Saturday 9 am - 5 pm
 Sunday 8 am - 1 pm

UPDATE FROM THE
FITNESS DIRECTOR

Summer is here, and we are excited to continue supporting your health, movement, and wellness goals throughout the season. With longer days, warmer weather, and renewed motivation, there is no better time to prioritize your well-being with us.

Our team has grown to 50 dedicated professionals, including Massage Therapists, Group Fitness Instructors, Personal Trainers, Stretch Professionals, and a Registered Dietitian – all committed to helping you feel your best.

Have you met our Personal Training Manager, Calli Daniels? After nearly three years with our team, her leadership, expertise, and connection to the community have earned her this role. Whether you are beginning a wellness journey or looking to elevate your routine, Calli is here to help.

Just over a year ago, we offered 79 Group Fitness classes per week. Today, we proudly offer 127 classes weekly, including recent additions like Kardio Drumming and Suspension Training. Our membership community is also approaching 1,000 strong.

We offer a wide variety of programs, including Bungee Fitness, Spin, Pilates Reformer, Boxing Fit, Tai Chi, Bootcamp, Strength Training, Stretch, Yoga, Chair Zumba, and more. And....speaking of Bungee Fitness, we are inviting all residents to join us on the Fourth of July for our BoGo Bungee Special. Buy one Class Pass for yourself and get one Free Class Pass for a guest. Don't forget to wear RED, WHITE, & BLUE to celebrate our nation's independence too! Contact the front desk for more information on this fun event.

From high-energy workouts to recovery and relaxation, there is truly something for everyone. We remain committed to introducing innovative programs and enhancing your experience.

For those who may not know us, we are a husband-and-wife team with backgrounds in luxury hospitality and large-scale entertainment. Serving this community is not only our profession – it is our passion.

If you have questions, suggestions, or would like to recognize one of our outstanding team members, please stop by our office. We value your feedback and enjoy hearing from you.

This is more than a fitness center – it is a community. We are grateful for your continued support and look forward to all that this summer season will bring.

One Love,
 Athenia and Uroy

FEATURED TEAM MEMBERS

Rinad Deeb



HIIT (High Intensity Interval Training)

Monday 8 am
Thursday 8 am

Donna Howard



Zumba Dance Fit (Combo Class)

Tuesday 10 am

Jessica Grinnan



Lower Body Blast

Friday 8 am
Stretch
Friday 9 am & 10 am

Whitney Martin



Licensed Massage Therapist #MA73353

Whitney is a dedicated and experienced Licensed Massage Therapist with over 10 years of experience in the field. At Riverland, Whitney offers a wide range of therapeutic

services, including Trigger Point Therapy, Deep Tissue Massage, Relaxation Massage, Lymphatic Drainage, Reflexology, and Cupping Therapy. Her extensive training and certifications enable her to provide personalized care tailored to meet each client's unique needs.

Christy Morano



Core & More

Wednesday 9 am

Yoga

Tuesday 9 am
Wednesday 8 am

Natalia Paredes-Alvarez



Aqua Aerobics

Monday 11 am
Friday 10 am

Aqua Fit

Monday 10 am
Thursday 10 am & 11 am

Chair Zumba

Thursday 12 pm

Dale Johnson



Yin Yoga

Tuesday 5 pm
Thursday 5 pm

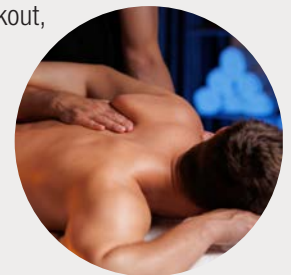
Whitney is deeply committed to serving the Riverland community. She collaborates closely with trainers to ensure clients remain healthy and active, emphasizing a holistic approach to wellness. Whitney takes pride in delivering exceptional massage therapy that supports overall well-being and enhances quality of life. Outside of her professional life, Whitney is a loving wife, a stepmother to two wonderful children, and a devoted mom to two fur babies. Whitney brings her caring spirit into her practice and looks forward to helping you achieve your wellness goals.

HOW TO SCHEDULE CLASSES AND SERVICES AT THE FITNESS CENTER

- Download the RiverlandFit 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) 271-7272
- 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

MASSAGE THERAPY

In the midst of busy schedules and active lifestyles, taking time to recharge is essential. Massage Therapy offers more than relaxation; it can help support physical recovery, reduce everyday stress, and promote overall well-being. Whether you're recovering from a workout, managing muscle tension, or simply seeking a moment of calm, massage therapy can be a valuable part of your wellness routine.



Benefits of Massage Therapy

- Relieves stress and promotes relaxation
- Helps reduce muscle tension and soreness
- Supports recovery from exercise and physical activity
- Improves circulation and flexibility
- Encourages better sleep and overall wellness
- Provides dedicated time for self-care and rejuvenation

A regular massage can leave you feeling refreshed, restored, and better prepared to enjoy the activities you love. It's a simple way to support both body and mind while maintaining a healthy, balanced lifestyle.

WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

MONDAY

- 8 am Pilates Reformer (Level 1)
HIIT
- 9 am Barre
Pilates Reformer (Level 1)
Spin
Tai Chi (Intermediate)
- 10 am Yoga Stretch
Pilates Reformer (Level 2)
Full Body Fit
Aqua Fit (Level 2)
Low Impact Fit (Bootcamp)
- 11 am Pilates Reformer (Level 1)
Spin
Low Impact Fit
Stretch & Tone
Aqua Aerobics (Level 2)
- 12 pm Mat Pilates Fusion
Chair Yoga
- 6 pm Pilates Reformer (Level 2)
Low Impact Fit

TUESDAY

- 8 am Pilates Reformer (Level 1)
Low Impact Fit
- 9 am Pilates Reformer (Level 2)
Aqua Fit (Pilates)
Yoga
- 10 am Foam Roll & Stretch
Pilates Reformer (Level 1)
Zumba Dance Fit (Combo Class)
Bootcamp
Aqua Fit (Core & Cardio)
- 11 am Stretch & Tone
Pilates Reformer (Level 2)



Pilates Reformer Class

- Tone Up
Chair Yoga
Kardio Drumming
- 1 pm Mat Pilates
- 2 pm Low Impact Fit
- 5 pm Yin Yoga
Pilates Reformer (Level 1)
Core & More
- 6 pm Pilates Reformer (Level 3)

WEDNESDAY

- 8 am Yoga
Pilates Reformer (Level 1)
Low Impact Fit
- 9 am Pilates Reformer (Level 2)
Core & More
Boxing Fit
Stretch & Tone
- 10 am Stretch
Pilates Reformer
Zumba Gold
Full Body Fit
Aqua Fit (Strength & Conditioning)
Spin
- 11 am Barre Fusion
Medium Impact Fit
Power Hour
Move, Groove & Dance
- 12 pm Bungee Fitness
- 5 pm Pilates Reformer
- 6 pm Aqua Fit & Dance
Pilates Reformer (Level 1)
Suspension Training

THURSDAY

- 8 am HIIT
Pilates Reformer (Level 1)
- 9 am Spin
Low Impact Fit
Pilates Reformer (Level 1)
Bootcamp
- 10 am Barre
Pilates Reformer (Level 1)
Dance Fit
Aqua Fit (Level 2)
Step Aerobics
- 11 am Mat Pilates
Low Impact Fit
ISO 60
Chair Yoga

- Aqua Fit (B3)
- 12 pm Chair Zumba
- 1 pm Low Impact Fit
- 5 pm Yin Yoga
Pilates Reformer (Level 2)
- 6 pm Pilates Reformer
Full Body Strong

FRIDAY

- 8 am Pilates Reformer (Level 1)
Lower Body Blast
- 9 am Stretch
Pilates Reformer (Level 2)
Pound
Medium Impact Fit
Move, Groove & Dance
- 10 am Stretch
Pilates Reformer (Level 3)
Upper Body Attack
Bootcamp
Aqua Aerobics (Level 2)
Sweat & Swagger
- 11 am Stability Ball Strength & Tone
Pilates Reformer (Level 1)
Tone Up
Aqua Dance
Tai Chi (Intermediate)
- 12 pm Yoga Stretch
Tai Chi (Beginners)

SATURDAY

- 9 am Low Impact Fit
Aqua Fit
Pilates Reformer (Level 1)
Cardio Kickboxing
- 10 am Mat Pilates
Full Body Fit
Stomp It Out (Line Dance)
Pilates Reformer (Level 2)
- 11 am Vinyasa Flow Yoga
Pilates Reformer (Level 1)
Bungee Fitness
HIIT
- 12 pm Mat Pilates

SUNDAY

- 9 am Aqua Dance
- 10 am Yoga
Sweat & Swagger
- 11 am Pilates Reformer (Level 1)

Schedule Subject To Change



Step Aerobics Class



Aqua Class



Pilates Reformer Class



Stability Ball Class

SIX WEEK TRANSFORMATION SUPERSTAR

Resident Larry G. joined our Six Week Transformation program this year with one goal in mind – Get Fit / Healthier / Stronger and he did just that! After working with Coach Glenn for two rounds of the program, Larry crushed his goal by losing 20 lbs and 6% body fat, while gaining 1.5lbs of solid muscle mass.

AMAZING JOB LARRY! YOU ARE OUR BIGGEST LOSER! And....we couldn't be more proud of that!



THE BIGGEST LOSER



NUTRITION CORNER



Courtney Sellers
Registered Dietitian Nutritionist

FOOD
for
THOUGHT
Nutrition for Brain Health

FREE NUTRITION SEMINAR
WEDNESDAY, AUGUST 19, 2026
10:00AM - 11:00AM

RESERVE ON THE RIVERLAND FIT APP
SPACE IS LIMITED

Reservations for August seminar opens on Monday, July 20th at 7 am.

BURGERS
BUNS &
BALANCE
COOKING UP A BETTER BBQ

FREE NUTRITION SEMINAR
WEDNESDAY JULY 15, 2026
10:00AM - 11:00AM

Reservations for July seminar opens on Saturday, June 20th at 7 am.

PROTEIN POWER
BUILDING STRENGTH
from the inside out

FREE NUTRITION SEMINAR
Wednesday, September 16, 2026
10:00AM - 11:00AM

RESERVE ON THE RIVERLAND FIT APP | SPACE IS LIMITED
Reservations for September seminar opens on Thursday, August 20th at 7 am.

INDOOR SPORTS COURT

TEMPORARY DAILY SCHEDULE (DURING FITNESS CENTER EXPANSION CONSTRUCTION)



Basketball Open Court

Monday: 1:00 pm - 5:00 pm
Wednesday: 1:00 pm - 5:00 pm
Saturday: 6:00 am - 9:00 am
Sunday: 6:00 am - 8:00 am

Ping Pong Open Table

Tuesday: 3:30 pm - 5:00 pm
Thursday: 3:30 pm - 5:00 pm
Saturday: 3:30 pm - 4:30 pm
Sunday: 1:00 pm - 3:00 pm

Ping Pong Club

Tuesday: 1:00 pm - 3:30 pm
Thursday: 1:00 pm - 3:30 pm
Saturday 1:00 pm - 3:30 pm

Corn Hole Open Play

Tuesday: 6:00 pm - 8:00 pm

Guest Policy

- Use of the exercise equipment is reserved for use by homeowners between the hours of 8:00 am to 11:00 am.
- Guests must be 16 years and over to use gym and pools, and must be accompanied by a homeowner.
- All guests must check in and sign a waiver at the Front Desk before using facility.
- Guests under 16 years may only use the Indoor Sports Court accompanied, and closely supervised by a homeowner.
- Up to 3 guests are permitted per household in facility.
- Group Fitness Classes: Homeowners can sign up a guest the day of a class if space is available. The homeowner must take the class with the guest.
- No food or beverages permitted on the pool decks.



EVENTS AT-A-GLANCE



Time and location subject to change

July

- 2 **Riverland Green Market | Arts & Culture Center**
- 10 Vic Dibitto Comedian | Cay
- 11 Flip Schultz Comedian | Walk
- 18 The Steely Dan Project | Grove
- 20 **Riverland Connects Block Party | Sports and Racquet Club**
- 24 The Wild Wild West Concert (Whiskey Trip) | Parc
- 31 Dance Party | Walk

August

- 6 **Riverland Green Market | Arts & Culture Center**
- 7 Journey Tribute | Grove
- 8 Chemistry 80's Dance Party | Cay
- 14 A Peace of Woodstock | Walk
- 17 **Riverland Connects Block Party | Sports and Racquet Club**
- 21 Shake, Rattle & Roll Concert (Rockabilly Kings) | Parc
- 22 Polynesian Poolside Luau | Grove
- 28 Never Forget 9/11 Remembrance Fundraiser | Parc
- 29 **Never Forget: 9/11 Remembrance Pickleball Tournament | Sports and Racquet Club**

September

- 3 **Riverland Green Market | Arts & Culture Center**
- 5 A Night in All White Party | Grove
- 11 **9/11 Ceremony Sports**
- 19 Edge Effect | Walk
- 21 **Riverland Connects Block Party | Sports and Racquet Club**
- 25 Disco Inferno & Funk Concert (RipTide) | Parc
- 26 She Will Rock You | Cay

October

- 1 **Riverland Green Market | Arts & Culture Center**
- 9 Yacht Rock | Grove
- 10 Queen Lives | Walk
- 17 Cheek to Cheek - Tribute to Lada Gaga & Tony Bennett | Cay
- 17 **Breast Cancer Walk | Sports**
- 19 **Riverland Connects Block Party | Sports and Racquet Club**
- 24 Murder Mystery Dinner | Walk
- 30 Uptown | Parc

November

- 5 **Riverland Green Market | Arts & Culture Center**
- 6 Dueling Pianos | Parc
- 7 **Fall Festival | Arts & Culture Center**
- 10 Dinner Show | Grove
- 14 James Taylor Tribute | Cay
- 16 **Riverland Connects Block Party | Sports and Racquet Club**
- 20 Seven Bridges Road | Walk
- 21 Jake and Elwood Blues Review | Grove

December

- 3 **Riverland Green Market | Arts & Culture Center**
- 3 American Sirens Holiday Show | Walk
- 11 The Turnstiles (Billy Joel Tribute) | Parc
- 12 **A Motown Holiday with the Jewel Tones | Arts & Culture Center**
- 14 **Riverland Connects Block Party | Sports and Racquet Club**
- 18 Josh Christina Tribute to Piano Men | Grove
- 22 Dinner Show | Grove





HOURS OF OPERATION | MONDAY - SATURDAY | 8:00 am - 4:00 pm

**Now Serving
Gelato
4 Flavors!**

**Sips & Scoops
Happy Hour
2 - 4 pm**

**Now Serving
Wine & Beer**

**Free Coffee
with Purchase
8 - 11 am**

ORDER ONLINE



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RIVERLAND

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VALENCIA

V I B E S

EVENT GUIDE

Your Social Calendar to FUN!

VOLUME 13

Summer 2026

Valencia Cay Show Series



July 10 Comedian Vic DiBitetto
August 8 Chemistry 80's Dance Party
Sept 26 She Will Rock You

Valencia Grove Show Series



July 18 The Steely Dan Project
August 7 Journey Tribute
August 22 Polynesian Poolside Luau
Sept 5 A Night in All White Party
Sept 18 Jeff Laub & Jaycee Driesen

Valencia Walk Show Series



July 11 Comedian - Flip Schultz
July 31 Dance Party
August 14 A Peace of Woodstock
Sept 19 Edge Effect

Valencia Parc Show Series



July 24 Whiskey Trip The Wild Wild West Concert
August 21 Rockabilly Kings
Shake, Rattle & Roll Concert
Sept 25 RipTide Disco Inferno & Funk Concert

Thirsty Thursday, Sunset Spritzers and Karaoke



Valencia Cay	Valencia Grove	Valencia Walk	Valencia Parc
July 16	July 14 (K)	July 23	July 9
Aug 20	Aug 11 (K)	Aug 20	Aug 20
Sept 17	Sept 8 (K)	Sept 24	Sept 3

(K) Karaoke

Sunday Funday



Valencia Cay	Valencia Grove	Valencia Walk	Valencia Parc
July 5	July 5	July 5	July 19
Aug 2	Aug 2	Aug 2	
	Sept 6		

Singo



Valencia Cay	Valencia Grove	Valencia Walk	Valencia Parc
July 23	July 22	July 21	July 16
Aug 27	Aug 26	Aug 28	Aug 13
Sept 24	Sept 23	Sept 25	Sept 10

Bingo



Valencia Cay	Valencia Grove
July 6 & 21	July 8
Aug 8 & 18	Aug 5
Sept 8 & 15	Sept 2



Outings and Celebrations

Valencia Cay

July 4 July 4th Celebration

Sept 7 Labor Day Celebration

Valencia Grove

July 4 July 4th Celebration

Sept 7 Labor Day Celebration

Valencia Walk

July 4 July 4th Celebration

Sept 7 Labor Day Celebration

Valencia Parc

July 4 July 4th Celebration

Sept 7 Labor Day Celebration

RIVERLAND SNAPSHOTS

