SUNDAY MONDAY

PB Open Play

TN: Open Play/Basketball

Garden Club Meeting

TN: Open Play

PB Open Play

Yoga/Low Impact Fit/Pilates Reformer \*6 classes

Full Body Fit/Agua Fit (Strength & Conditioning)

Creating Collages with Rose Diem/Craft and Chat

Barre Fusion/Medium Impact Fit /Power Hour/Mat

Core & More/Boxing Fit/Aqua Fit (Level 1)

Pilates/Basketball/Aqua Fit/Spin/Zumba

/Pan Seared Halibut with Chef Deedra/

Open Court Basketball/Yoga/Low Impact Fit/

Boxing Fit/Aqua Fit (Level 1)/Stretch & Tone/

Full Body Fit/Aqua Fit (Strength & Conditioning)

Barre Fusion/Medium Impact Fit/Power Hour/

Nutrition Seminar/Pour Painting with Rose Diem

Soulful Networking Club with Dana and Debbie

PB Open Play/PB: Drill & Play with Rene/

Open Court Basketball/Yoga/Low Impact Fit/

Pilates Reformer \*6 classes/Core & More/Boxing Fit/

Gold/Full Body Fit/Agua Fit (Strength & Conditioning)

Pilates/Open Court Basketball/Aqua Fit/Spin/Zumba,

Barre Fusion/Medium Impact Fit /Power Hour/Mat/

Body Fit/Aqua Fit (Strength & Conditioning)/Barre

Fusion/Medium Impact Fit/Power Hour/Mat Pilates

Open Court Basketball/Aqua Fit/Spin/Zumba/Indoor

Aqua Fit (Level 1)/Stretch & Tone/Stretch/Zumba

PB: Dink for Pink/TN: Open Play

Craft and Chat/Surprise Chef's Choice Hpliday Dinner

Mat Pilates/Open Court Basketball/Agua Fit/

Spin/Zumba /Indoor Stick Ball

with Chef Deedra

Trivia/Bingo/Singo

Indoor Stick Ball

Craft and Chat

**Guitar Circle** 

2

Palette Knife with Rose Diem

PB Open Play/TN: Open Play

Creating Collages with Rose Diem

Craft and Chat

Roast Beef Tenderloin with Chef Robin

Stretch/Free Nutrition Seminar/Zumba Gold

Pilates Reformer \*6 classes/Core & More/

Stretch & Tone/Stretch/Zumba Gold

TN: Women's 2.5 RR/PB Open Play PB: 101 Academy/PB: 102 Academy (2.5-2.9)

Open Court Basketball/Pilates Reformer\*4 classes

Lower Body Blast (Advanced)/Medium Impact Fit

PB: 3.0 Mini Clinic/TN: Open Play

Pound/Aqua Aerobics (Level 2)

Upper Body Attack /Bootcamp

(2.5+)/PB: DUPR Nights

Tone Up/Stability Ball Strength & Tone

Aqua Dance/Open Court Basketball

PB: Madi's Mini (2.5+)/PB: DUPR Nights

5 PB Open Play TN: Open Play

PB: RIVERLAND INVITATIONAL

Open Court Basketball

Pilates Reformer \*3 classes

Stomp It Out - Line Dancing

Pops on the Plaza Holiday Extravaganza

Mat Pilates \*2 classes

Vinyasa Flow Yoga

Ping Pong Club

Veterans Meeting

Aqua Dance

Low Impact Fit

**Full Body Fit** 

Open Court Basketball/Agua Dance

Low Impact Fit/Pilates Reformer \*3 classes

Full Body Fit /Stomp It Out - Line Dancing

Mat Pilates \*2 classes/Vinyasa Flow Yoga

Ping Pong Club/Ping Pong Open Table

Holiday Ornaments with Asia Westbrook

## FUNTIMES

LEGEND

Sports & Racquet Club

Arts & Culture

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Valencia Social Club

(2.5+)/PB: DUPR Nights Fitness & Wellness

> Full Body Fit/Aqua Fit (Level 2)/Chair Yoga/Low Impact Fit/Stretch & Tone/Bungee Fitness/Open Court Basketball/Line Dancing

New Beginnings/Wheel 101 with Melisha Santiago

TN: Women's 2.5 RR/PB Open Play

PB: 3.0 Mini Clinic/TN: Open Play

Wheel 101 with Melisha Santiago

Lobster Benedict with Chef Deedra

Bird Watching Club with Paul Salazar

TN: Women's 2.5 RR/PB Open Play/

PB: Madi's Mini (2.5+)/PB: DUPR Nights

PB: 101 Academy/PB: 102 Academy (2.5-2.9)

HIIT (High Intensity Interval Training)/Barre/Spin

Chair Yoga/Low Impact Fit/Stretch & Tone/Bungee

Fitness/Open Court Basketball/Line Dancing/Open

TN: Women's 2.5 RR/PB Open Play/ PB: 101 Academy/PB: 102 Academy (2.5-2.9)

PB: 3.0 Mini Clinic/TN: Open Play/PB: Madi's Mini

Pilates Reformer \*7 classes/HIIT (High Intensity/

Full Body Fit/Aqua Fit (Level 2)/Chair Yoga/Low/

Basketball/Line Dancing/Open Court Basketball

Interval Training)/Barre/Spin /Tai Chi/Yoga Stretch/

Impact Fit/Stretch & Tone/Bungee Fitness/Open Court

Tai Chi/Yoga Stretch/Full Body Fit/Aqua Fit (Level 2)/

Mentor Monday

Soundbath Meditation

(2.5+)/PB: DUPR Nights

Open Court Basketball/

Mentor Monday

Mentor Monday

Book Club

wheel 101 with Melisha Santiago

Surf and Turf with Chef Robin

Soundbath Meditatioin

Law Enforcement Club

Wheel 101 with Melisha Santiago

Bob Hope USO Tribute Show

Filet Mignon with Lobster with Chef Deedra

Open Court Basketball/Pilates Reformer \*7 classes

Chi/Yoga Stretch/Full Body Fit/Aqua Fit (Level 2)/

Chair/Yoga/Low Impact Fit/Stretch & Tone/Bungee/ Fitness/Open Court Basketball/Line Dancing/Open

HIIT (High Intensity Interval Training)/Barre/Spin /Tai

Open Court Basketball Ping Pong Open Table Aqua Dance Yoga

Sunday Funday

PB Open Play

TN: Open Play

Open Court Basketbal Ping Pong Open Table Aqua Dance

Pilates Reformer \*2 classes

PB Open Play TN: Open Play

PB Open Play

Aqua Dance

TN: Open Play

Open Court Basketball

Ping Pong Open Table

Ping Pong Open Table

Riverland Kids Week

Pilates Reformer \*2 classes

Open Court Basketball Ping Pong Open Table Aqua Dance Pilates Reformer \*2 classes

TN: Women's 2.5 RR/PB Open Play 29 PB: 101 Academy/PB: 102 Academy (2.5-2.9)/PB: 3.0 Mini Clinic/TN: Open Play/ PB: Madi's Mini (2.5+)/PB: DUPR Nights

Open Court Basketball/Pilates Reformer \*7 classes/HII7 (High Intensity Interval Training)/Barre/Spin/Tai Chi/ Yoga Stretch/Full Body Fit/Aqua Fit (Level 2)/Chair Yoga/Low Impact Fit/Stretch & Tone/Bungee Fitness/ Open Court Basketball/Line Dancing/Open Court

Family Trivia Riverland Kids Week

Mentor Monday

TN: Women's 2.5 RR/PB Open Play PB: 101 Academy/PB: 102 Academy (2.5-2.9) PB: 3.0 Mini Clinic/TN: Open Play/PB: Madi's Mini

Pilates Reformer \*7 classes/HIIT (High Intensity Interval Training)/Barre/Spin /Tai Chi/Yoga Stretch/

Mentor Monday/Pan Seared Branzino with Chef Deedra

PB Open Play /BB: Fall Bocce League/
TN Drills, Skills & Strategy with Coach Bill - 3.0+/ PB Open Play /BB: Fall Bocce League/ TN: Open Play/TN: Fundamentals w/ Bill Open Court Basketball/Pilates Reformer \*7 classes

the way with Rita the Artista

Open Court Basketball/Pilates Reformer \*7 classes/ Low Impact Fit/Step & Sculpt /Aqua Fit (Pilates)/ Foam Roll & Stretch/Dance Fit/Bootcamp Aqua Fit (Core & Cardio)/Stretch & Tone/ Tone Up/Chair Yoga/Spin/Bungee Fitness/Equipment Clinic/Ping Pong Club/Ping Pong Open Table/Yin Yoga /Corn Hole Open Play

PB Open Play /BB: Fall Bocce League
TN Drills, Skills & Strategy with Coach Bill - 3.0+

Basketball/Pilates Reformer \*7 classes/Low Impact Fit/

Step & Sculpt /Aqua Fit (Pilates)/Foam Roll & Stretch,

Dance Fit/Bootcamp/Aqua Fit /Stretch & Tone/Tone

Up/Chair Yoga/Spin/Bungee Fitness/Ping Pong Club/

Ping Pong Open Table/Yin Yoga /Corn Hole Open Play

Intro to Pottery with Lorin and Karen/Intro to Drawing

with Rose Diem/Open Art Studio with Rose Diem/Voices

of Valencia/BBQ Shrimp with Chef Robin/Flamingo all

TN: Open Play/TN: Fundamentals w/ Bill

Intro to Drawing with Rose Diem Riverland App Training Class Open Arts Studio with Rose Diem Furry Friends with Myrna Sadowsky

Holiday Makers Market

PB Open Play /TN Drills, Skills & Strategy with Coach Bill - 3.0+/TN: Open Play/ TN: Fundamentals w/ Bill Open Court Basketball/Pilates Reformer \*7 classes/Low Impact Fit/Step & Sculpt/Aqua Fit (Pilates)/Foam Roll & Stretch/Dance Fit/Bootcamp/Aqua Fit (Core & Cardio)/Stretch & Tone/Tone Up/Chair Yoga/Spin/ Bungee Fitness/Ping Pong Club/Ping Pong Open Table/

Intro to Drawing with Rose Diem Riverland App Training Class Open Arts Studio with Rose Diem Photography Club Voices of Valencia Wine Braised Brisket of Beef with Chef Robin

Yin Yoga /Corn Hole Open Play

TN: Women's 2.5 RR/PB Open Play/ PB Open Play/TN Drills, Skills PB: 101 Academy/PB: 102 Academy & Strategy with Coach Bill - 3.0+/ (2.5-2.9)/PB: 3.0 Mini Clinic/TN: Open Play/ TN: Open Play/ TN: Fundamentals w/ Bill PB: Madi's Mini (2.5+)/PB: DUPR Nights

Singo

PB Open Play

TN: Open Play

BB: Fall Bocce League

Riverland Kids Week

Open Court Basketball/Pilates Reformer \*7 classes/Low Impact Fit/Step & Sculpt/Aqua Fit (Pilates)/Foam Roll & Stretch/Dance Fit/Bootcamp/Aqua Fit (Core & Cardio)/Stretch & Tone/Tone Up/Chair Yoga/Spin/ Bungee Fitness/Ping Pong Club/Ping Pong Open Table/ Yin Yoga/Corn Hole Open Play

Intro to Drawing with Rose Diem Open Art Studio with Rose Diem Voices of Valencia Christmas Dinner with Chef Robin Healthspan with Tony Deangelo

30 PB Open Play TN Drills, Skills & Strategy with Coach Bill - 3.0+

TN: Fundamentals w/ Bill Open Court Basketball/Pilates Reformer \*7 classes/Low Impact Fit/Step & Sculpt/Aqua Fit (Pilates)/Foam Roll & Stretch/Dance Fit/Bootcamp/Aqua Fit (Core & Cardio)/Stretch & Tone/Tone Up/Chair Yoga/Spin/ Bungee Fitness/Ping Pong Club/Ping Pong Open Table/ Yin Yoga/Corn Hole Open Play

Intro to Drawing with Rose Diem Open Art Studio with Rose Diem Lobster and Mushroom Risotto with Chef Robin PB: Drill & Play with Rene TN: Open Play

Open Court Basketball/Yoga/Low Impact Fit/Pilates/ Reformer \*6 classes/Core & More/Boxing Fit/Aqua Fit (Level 1)/Stretch & Tone/Stretch/Zumba Gold/Full Body Fit/Aqua Fit (Strength & Conditioning)/Barre Fusion/Medium Impact Fit/Power Hour/Mat Pilates/ Open Court Basketball/Aqua Fit/Spin/Zumba Indoor Stick Ball

Craft and Chat New Years Eve with Chef Robin and Donna Cocktails and Appetizers

NYE - Frequency Band NYE Party

PB Open Play/TN: Open Play/TN: Fundamentals w/ Bill/PB 101 Beginner Pickleball

Basketball/HIIT (High Intensity Interval Training), Yoga/Spin \*3 classes/Low Impact Fit \*2 classes/ Barre/Pilates Reformer/Dance Fit/Aqua Fit (Level 2)/ Mat Pilates/Aqua Fit (B3)/ISO 60/Chair Yoga/Bungee Fitness/Chair Zumba/Ping Pong Club/Ping Pong Open Table/Open Court Basketball/Ping Pong/Yin Yoga Aqua Dance

Watercolor Painting with Rose Diem/Open Art Studio with Rose Diem/Craft and Chat after 5 DIY

Riverland Green Market

PB Open Play
TN: Open Play TN: Fundamentals w/ Bill PB 101 Beginner Pickleball

Open Court Basketball/HIIT (High Intensity Interval Training)/Yoga/Spin \*3 classes/Low Impact Fit \*2 classes/Barre/Pilates Reformer /Dance Fit/Aqua Fit (Level 2)/Mat Pilates/Aqua Fit (B3)/ISO 60/Chair Yoga/Bungee Fitness/Chair Zumba/Ping Pong Club/ Ping Pong Open Table/Open Court Basketball/Ping Pong Open Table/Yin Yoga /Aqua Dance

Watercolor Painting with Rose Diem Riverland Quilting Club Wine Club Craft and Chat after 5 DIY

Singo Holiday Edition/Riverland Green Market

17 PB Open Play/TN: Open Play/ TN: Fundamentals w/ Bill PB 101 Beginner Pickleball/ PB: Jingle Balls Social/BB: Jingle Balls Social Open Court Basketball/HIIT (High Intensity Interval/ Training)/Yoga/Spin \*3 classes/Low Impact Fit \*2 classes/Barre/Pilates Reformer/Dance Fit/Aqua Fit (Level 2)/Mat Pilates/Agua Fit (B3)/ISO 60/Chair

Yoga/Bungee Fitness/Chair Zumba/Ping Pong Club/

Ping Pong Open Table/Open Court Basketball

Ping Pong Open Table/Yin Yog/Aqua Dance

Watercolor Painting with Rose Diem/Open Art Studio with Rose Diem/Healthier Happy Hour Event/Advanced Pottery: Composite Vase with Sharon P/Theatre Club/

Craft and Chat after 5 DIY/Riverland Fishing Club

Thirsty Thursday Sunset Spritzers

PB Open Play
TN: Open Play TN: Open Play Open Court Basketball/Yoga/Low Impact Fit/Pilates Reformer \*6 classes/Core & More/Boxing Fit/Aqua Fit CHRISTMAS DAY (Level 1)/Stretch & Tone/Stretch/Zumba Gold/Ful NO GROUP FITNESS

31

Christmas Office Closed

PB Open Play
TN: Open Play

Open Court Basketball/Pilates Reformer\*4 classes/ Lower Body Blast (Advanced)/Medium Impact Fit/ Pound/Aqua Aerobics (Level 2)/Upper Body Attack/ Bootcamp/Tone Up/Stability Ball Strength & Tone/Aqu Dance/Open Court Basketball

Christmas Office Closed

Riverland Kids Week

TN: Open Play

Paella with Seafood with Chef Robin **Boss Project Holiday Party** 

Open Court Basketball/Pilates Reformer\*4 classes/ Lower Body Blast (Advanced)/Medium Impact Fit/ Pound/Aqua Aerobics (Level 2)/Upper Body Attack/ Bootcamp/Tone Up/Stability Ball Strength & Tone/ Aqua Dance/Open Court Basketball

PB: 3.0 Mini Clinic/TN: Open Play/PB: Madi's Mini

TN: Women's 2.5 RR/PB Open Play/PB: 101 Academy/PB: 102 Academy (2.5-2.9)/ 12 TN: Open Play

**Holiday Pavers** Voices oF Valencia Holiday Sing Along at the Meditation | Ping Pong Open Table

Petite Beef Wellington with Chef Robin Sip and Paint with Rita the Artista

Sarge

TN Drills, Skills & Strategy with

Coach Bill - 3.0+/PB Open Play/ TN: Open Play/PB: Madi's Mini Clinic (3.0+) Open Court Basketball/Pilates Reformer\*4 classes Lower Body Blast (Advanced)/Medium Impact Fit/ Pound/Aqua Aerobics (Level 2)/Upper Body Attack/ Bootcamp/Tone Up/Stability Ball Strength & Tone/Aq Dance/Open Court Basketbal

**New Parc Orientation** Cardinal Suncatcher with Asia Westbrook Prosciutto Wrapped Roast Tenderloin of Beef with Chef Soundbath Meditation with Denise Carraro

10 TN: Open Play

26

Aqua Dance Low Impact Fit **Full Body Fit** Mat Pilates \*2 classes Vinyasa Flow Yoga Ping Pong Club

Moon Vase with Lorin and Karen

Open Court Basketball Pilates Reformer \*3 classes Stomp It Out - Line Dancing Ping Pong Open Table

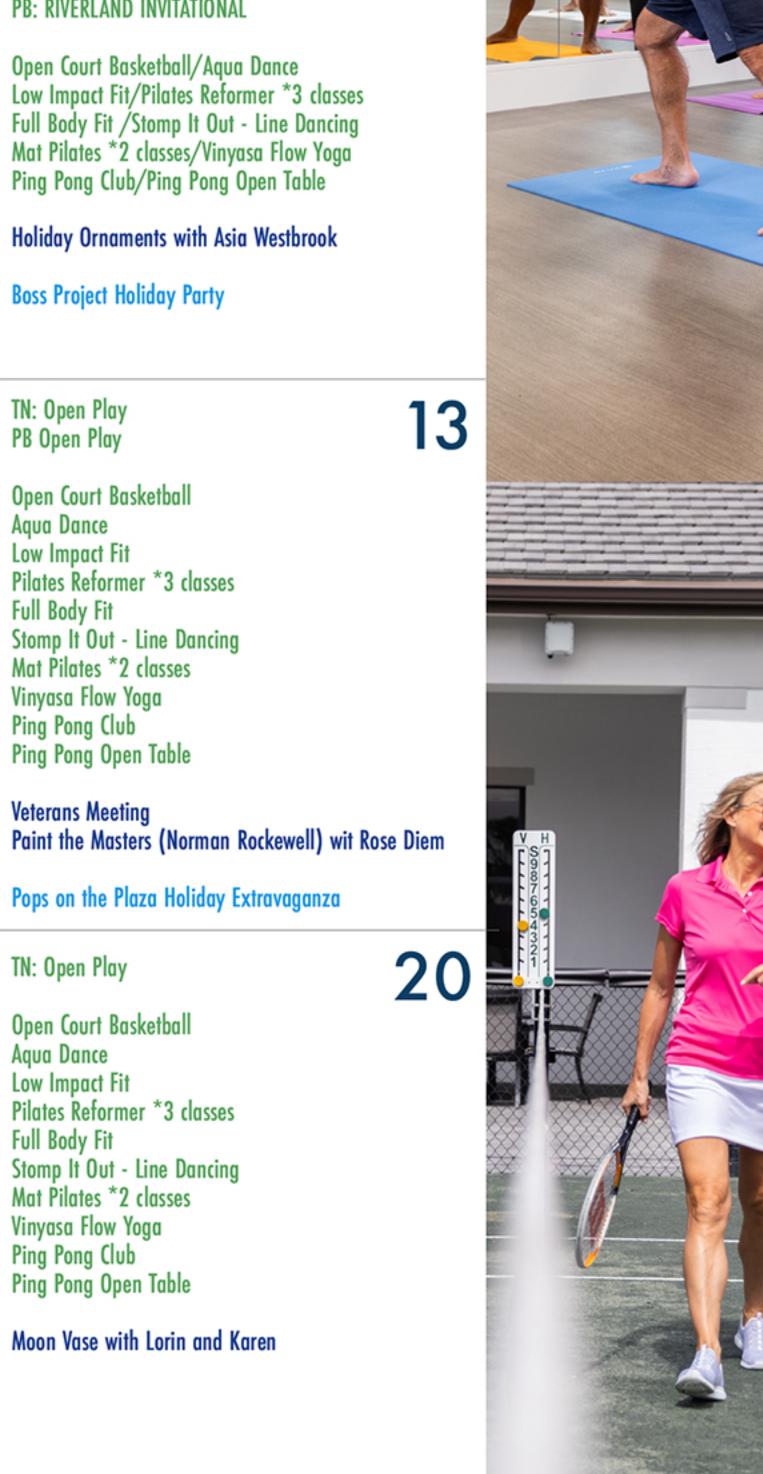
Open Court Basketball Aqua Dance Low Impact Fit Pilates Reformer \*3 classes Full Body Fit Stomp It Out - Line Dancing Mat Pilates \*2 classes Vinyasa Flow Yoga

Riverland Kids Week

Ping Pong Open Table

Ping Pong Club

13



27

