

# VALENCIA AT RIVERLAND®

# FUNTIMES

<p><b>LEGEND:</b></p> <ul style="list-style-type: none"> <li>• Sports &amp; Racquet</li> <li>• Fitness &amp; Wellness</li> <li>• Arts &amp; Culture</li> <li>• Valencia Social Club</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>• HIIT (High Intensity Interval Training) • Aqua Dance</li> <li>• Vinyasa Flow Yoga • Zumba Gold</li> <li>• Aqua Fit Level 2</li> <li>• Full Body Fit Camp</li> <li>• Heart Disease - Part 1 • Stretch</li> <li>• Low Impact Fit • Mat Pilates</li> <li>• Piloga • Tone Up</li> <li>• Express Yourself Open Studio</li> <li>• Sound Bath Meditation</li> <li>• Cheese Making with Chef Deedra</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>• Aqua Fit Level 1 • Barre</li> <li>• Zumba Toning • Aqua Fit Level 2</li> <li>• Full Body Fit Camp</li> <li>• Low Impact Fit • Mat Pilates</li> <li>• Stretch • Yin Yoga</li> <li>• Full Body Fit Camp</li> <li>• Beginning Stained Glass</li> <li>• Watercolor Painting</li> <li>• Pastels</li> <li>• Make Osso Bucco with Chef Robin</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>• Abs 360</li> <li>• Aqua Fit Level 1</li> <li>• Pound Fit • Stretch</li> <li>• Aqua Fit ( Strength and Conditioning)</li> <li>• Full Body Fit • Zumba Gold</li> <li>• Step &amp; Sculpt</li> <li>• Vinyasa Flow Yoga</li> <li>• Recovery and Pain Relief Seminar</li> <li>• Aqua Fit • Tone Up</li> <li>• Acrylic Painting</li> <li>• Diamond Art</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>• Barre</li> <li>• Aqua Fit • Boxing Fit</li> <li>• Piloga • Dance Fit</li> <li>• Mat Pilates • Low Impact Fit</li> <li>• Herbs and Spices • Yin Yoga</li> <li>• Drawing 101</li> <li>• Oil Painting</li> <li>• Beginning Stained Glass</li> <li>• Make Paella with Chef Robin</li> <li>• Sip &amp; Paint</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>• Zumba Gold</li> <li>• Aqua Aerobics</li> <li>• Full Body Fit</li> <li>• Pound Fit</li> <li>• Tone Up</li> <li>• Pottery Open Studio</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB101 • PB102</li> <li>• Welcome to Riverland Pickleball</li> <li>• Aqua Dance • Boxing Fit</li> <li>• Mat Pilates</li> <li>• Full Body Fit Camp</li> <li>• Vinyasa Flow Yoga</li> <li>• Muffulettas with Chef Robin</li> <li>• Sip n' Pour</li> </ul> <p>Bee Gees Tribute</p>
<p>7</p> <p>Doubles DUPR DAY (Intermediate)</p> <p>Sunday Friday</p>	<p>8</p> <ul style="list-style-type: none"> <li>• PB Open Play • Tennis League Team Clinic</li> <li>• DUPR DAY (Beginner)</li> <li>• PB: Blakes Play of the Week</li> <li>• HIIT (High Intensity Interval Training)</li> <li>• Aqua Dance • Vinyasa Flow Yoga</li> <li>• ZUMBA GOLD • Aqua Fit (Level 2)</li> <li>• Heart Disease - Part 1</li> <li>• Full Body Fit Camp • Stretch</li> <li>• Low Impact Fit • Mat Pilates • Piloga</li> <li>• Tone Up</li> <li>• Express Yourself Open Studio</li> <li>• Salads with Chef Deedra</li> </ul> <p>Bingo</p>	<p>9</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB: Small Group Skills &amp; Drills: Women</li> <li>• Tennis League Team Clinic</li> <li>• Doubles DUPR DAY (Advanced Beginner)</li> <li>• 3.0 Tennis Live Ball • Aqua Fit (Level 1)</li> <li>• Barre • ZUMBA TONING</li> <li>• Aqua Fit (Level 2) • Full Body Fit Camp</li> <li>• Low Impact Fit • Mat Pilates</li> <li>• Stretch • Yin Yoga • Full Body Fit Camp</li> <li>• Adv Beginner Stained Glass</li> <li>• Watercolor Painting</li> <li>• Pastels</li> </ul> <p>Bunco</p>	<p>10</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• Tennis Teach &amp; Play</li> <li>• Women Only Wednesdays PB Clinic</li> <li>• Women Only Wednesdays PB Clinic</li> <li>• Abs360 • Aqua Fit (Level 1)</li> <li>• POUND- Rockout. Workout</li> <li>• Stretch • Aqua Fit (Strength &amp; Conditioning)</li> <li>• Zumba Gold • Full Body Fit Camp</li> <li>• Vinyasa Flow Yoga • Step &amp; Sculpt</li> <li>• Equipment Clinic • Aqua Fit • Tone Up</li> <li>• Acrylic Painting</li> <li>• Diamond Art</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB Strategy w/Joey</li> <li>• Bocce Basics • PB Men's Workout</li> <li>• Barre • Aqua Fit (Level 2)</li> <li>• Boxing Fit • Piloga • Dance Fit</li> <li>• Mat Pilates • Low Impact Fit</li> <li>• Grilling: Health Risk?</li> <li>• Yin Yoga</li> <li>• Adv Beginner Stained Glass</li> <li>• Drawing 101</li> <li>• Oil Painting</li> <li>• Medicare 101</li> </ul> <p>Friday Comedy Night</p>	<p>12</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB: Small Group Skills &amp; Drills: 3.0+ Men</li> <li>• ZUMBA GOLD</li> <li>• Aqua Aerobics (Level 2)</li> <li>• Full Body Fit Camp</li> <li>• POUND - Rockout.Workout</li> <li>• Tone UP</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB101 • PB102</li> <li>• Welcome to Riverland Pickleball 10:30AM</li> <li>• Aqua Dance • Boxing Fit</li> <li>• Full Body Fit Camp</li> <li>• Mat Pilates</li> <li>• Vinyasa Flow Yoga</li> <li>• Riverland Walk for Breast Cancer</li> </ul>
<p>14</p> <p>Doubles DUPR DAY (Intermediate)</p>	<p>15</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• Tennis League Team Clinic</li> <li>• DUPR DAY (Beginner)</li> <li>• PB: Blakes Play of the Week</li> <li>• HIIT (High Intensity Interval Training)</li> <li>• Aqua Dance • Vinyasa Flow Yoga</li> <li>• ZUMBA GOLD • Aqua Fit (Level 2)</li> <li>• Full Body Fit Camp • Stretch • Low Impact Fit</li> <li>• Mat Pilates • Piloga • Tone Up</li> <li>• Tofu Tikka Masala with Chef Deedra</li> <li>• Express Yourself Open Studio</li> <li>• Sound Bath Meditation • Open Pottery Studio</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB: Small Group Skills &amp; Drills: Women</li> <li>• Tennis League Team Clinic</li> <li>• Doubles DUPR DAY (Advanced Beginner)</li> <li>• 3.0 Tennis Live Ball</li> <li>• Aqua Fit (Level 1) • Barre</li> <li>• ZUMBA TONING • Aqua Fit (Level 2)</li> <li>• Full Body Fit Camp • Low Impact Fit</li> <li>• Mat Pilates • Stretch • Yin Yoga</li> <li>• Full Body Fit Camp</li> <li>• Intermediate Stained Glass</li> <li>• Watercolor Painting • Pastels</li> <li>• Make Lamb Chops with Chef Robin</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>• PB Open Play • Tennis Teach &amp; Play</li> <li>• Women Only Wednesdays PB Clinic</li> <li>• Women Only Wednesdays PB Clinic</li> <li>• BB Event: Bocce Red &amp; Black</li> <li>• Abs360 • Aqua Fit (Level 1)</li> <li>• POUND- Rockout • Stretch</li> <li>• Aqua Fit (Strength &amp; Conditioning)</li> <li>• Zumba Gold • Full Body Fit Camp</li> <li>• Free Nutrition Seminar : Food Cravings</li> <li>• Vinyasa Flow Yoga • Step &amp; Sculpt</li> <li>• Aqua Fit • Tone Up</li> <li>• Acrylic Painting</li> <li>• Diamond Art</li> </ul> <p>Thirsty Thursday</p>	<p>18</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB Strategy w/Joey</li> <li>• Bocce Basics</li> <li>• PB Men's Workout</li> <li>• Abs360 • Aqua Fit (Level 2)</li> <li>• Boxing Fit • Piloga</li> <li>• Dance Fit • Mat Pilates</li> <li>• Low Impact Fit • Yin Yoga</li> <li>• Intermediate Stained Glass</li> <li>• Drawing 101 • Oil Painting</li> <li>• Chef Paul Dinner</li> <li>• Medicare 101</li> </ul> <p>Thirsty Thursday</p>	<p>19</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB: Small Group Skills &amp; Drills: 3.0+ Men</li> <li>• PB Event: Dirty Dinkin</li> <li>• ZUMBA GOLD</li> <li>• Aqua Aerobics (Level 2)</li> <li>• Full Body Fit Camp</li> <li>• POUND - Rockout.Workout</li> <li>• Tone UP</li> <li>• Learn to Make Seared Tuna with Chef Robin</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>• TN Event: Tennis Tournament</li> <li>• PB Open Play</li> <li>• PB101 • PB102</li> <li>• Welcome to Riverland Pickleball</li> <li>• Aqua Dance</li> <li>• Boxing Fit</li> <li>• Full Body Fit Camp</li> <li>• Mat Pilates</li> <li>• Vinyasa Flow Yoga</li> </ul>
<p>21</p> <p>Doubles DUPR DAY (Intermediate)</p> <p>Sunday Friday</p>	<p>22</p> <ul style="list-style-type: none"> <li>• PB Open Play • Tennis League Team Clinic • DUPR DAY (Beginner)</li> <li>• PB: Blakes Play of the Week</li> <li>• HIIT (High Intensity Interval Training)</li> <li>• Aqua Dance • Vinyasa Flow Yoga</li> <li>• ZUMBA GOLD • Aqua Fit (Level 2)</li> <li>• Full Body Fit Camp</li> <li>• Lower Calorie Mocktails &amp; Cocktails</li> <li>• Stretch • Low Impact Fit • Mat Pilates</li> <li>• Piloga • Tone Up</li> <li>• Taste of Italy with Chef Deedra</li> <li>• Sound Bath Meditation</li> <li>• Make a Mug Open Pottery Studio</li> <li>• Express Yourself Open Studio</li> </ul> <p>Bingo</p>	<p>23</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB: Small Group Skills &amp; Drills: Women</li> <li>• Tennis League Team Clinic</li> <li>• Doubles DUPR DAY (Advanced Beginner)</li> <li>• 3.0 Tennis Live Ball</li> <li>• PB: Women's Doubles Ladder League</li> <li>• Aqua Fit (Level 1) • Barre</li> <li>• ZUMBA TONING • Aqua Fit (Level 2)</li> <li>• Full Body Fit Camp • Low Impact Fit</li> <li>• Mat Pilates • Stretch • Yin Yoga</li> <li>• Full Body Fit Camp</li> <li>• Watercolor Painting</li> <li>• Pastels • Photography Club</li> <li>• Taco Night with Chef Robin</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>• PB Open Play • Tennis Teach &amp; Play</li> <li>• Women Only Wednesdays PB Clinic</li> <li>• Women Only Wednesdays PB Clinic</li> <li>• PB: Men's Doubles Ladder League</li> <li>• Abs 360 • Aqua Fit (Level 1)</li> <li>• POUND-Rockout.Workout • Stretch</li> <li>• Aqua Fit (Strength &amp; Conditioning)</li> <li>• Full Body Fit Camp • Zumba Gold</li> <li>• Vinyasa Flow Yoga • Step &amp; Sculpt</li> <li>• Equipment Clinic • Aqua Fit • Tone Up</li> <li>• Acrylic Painting</li> <li>• Diamond Art</li> <li>• Guitar Song Circle</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB Strategy w/Joey • Bocce Basics</li> <li>• PB Men's Workout • Barre</li> <li>• Aqua Fit (Level 2) • Boxing Fit</li> <li>• Piloga • Dance Fit</li> <li>• Mat Pilates</li> <li>• Low Impact Fit</li> <li>• Foodborne Illness: Summertime Awareness</li> <li>• Yin Yoga</li> <li>• Drawing 101</li> <li>• Oil Painting</li> <li>• Salsa Social</li> </ul> <p>Trivia New Resident Orientation</p>	<p>26</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• ZUMBA GOLD</li> <li>• Aqua Aerobics (Level 2)</li> <li>• PB: Small Group Skills &amp; Drills: 3.0+ Men</li> <li>• Full Body Fit Camp</li> <li>• POUND- Rockout.Workout</li> <li>• Tone UP</li> <li>• Learn to Make Coq a Vin with Chef Robin</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>• PB Open Play</li> <li>• PB101</li> <li>• PB102</li> <li>• Welcome to Riverland Pickleball</li> <li>• Aqua Dance</li> <li>• Boxing Fit</li> <li>• Full Body Fit Camp</li> <li>• Mat Pilates</li> <li>• Vinyasa Flow Yoga</li> </ul> <p>Majesty of Rock Show</p>
<p>28</p> <p>Doubles DUPR DAY (Intermediate)</p>	<p>29</p> <ul style="list-style-type: none"> <li>• PB Open Play • Tennis League Team Clinic</li> <li>• DUPR DAY (Beginner)</li> <li>• PB: Blakes Play of the Week</li> <li>• HIIT (High Intensity Interval Training)</li> <li>• Aqua Dance • Vinyasa Flow Yoga</li> <li>• ZUMBA GOLD • Aqua Fit (Level 2)</li> <li>• Full Body Fit Camp • Stretch</li> <li>• Low Impact Fit • Mat Pilates</li> <li>• Piloga • Tone UP</li> <li>• Express Yourself Open Studio</li> </ul> <p>Memorial Day Bash</p>	<p>30</p> <ul style="list-style-type: none"> <li>• PB Open Play • PB: Small Group Skills &amp; Drills: Women • Tennis League Team Clinic</li> <li>• Doubles DUPR DAY (Advanced Beginner)</li> <li>• 3.0 Tennis Live Ball</li> <li>• PB: Women's Doubles Ladder League</li> <li>• TN Event: Tennis Frenzy • Aqua Fit (Level 1) • Barre • ZUMBA TONING</li> <li>• Aqua Fit (Level 2) • Full Body Fit Camp</li> <li>• Low Impact Fit • Mat Pilates • Stretch</li> <li>• Yin Yoga • Full Body Fit Camp</li> <li>• Watercolor Painting</li> <li>• Pastels</li> <li>• Make Pork Tenderloin with Chef Robin</li> </ul> <p>Karaoke Night</p>	<p>31</p> <ul style="list-style-type: none"> <li>• PB Open Play • Tennis Teach &amp; Play</li> <li>• Women Only Wednesdays PB Clinic</li> <li>• Women Only Wednesdays PB Clinic</li> <li>• PB: Men's Doubles Ladder League</li> <li>• Abs360 • Aqua Fit (Level 1)</li> <li>• POUND-Rockout.Workout • Stretch</li> <li>• Aqua Fit (Strength &amp; Conditioning)</li> <li>• Full Body Fit Camp • Zumba Gold</li> <li>• Vinyasa Flow Yoga • Step &amp; Sculpt</li> <li>• Aqua Fit • Tone Up</li> <li>• Acrylic Painting</li> <li>• Diamond Art</li> <li>• Pop-Up Paella Party</li> </ul>			

