SAWMILL LAKE FITNESS CENTER

2026

OCTOBER 10

GROUP FITNESS

MON	TUE	WED	THU	FRI	SAT	SUN
	PILATES 8:30AM YOGA 9:30AM BARRE 10:30AM BOLLYX 7:00PM	HIIT 5:00AM CIRCUIT& CORE 8:30AM ZUMBA 7:00PM	1 LOW IMPACT STRENGTH, STRETCH,& TONE 8:30AM BARRE 9:30AM BOLLYX 7:00PM	2 HIIT 5:00AM CARDIO & ABS 8:30AM	3 YOGA 10:30AM	4 YOGA 10:30AM
5 CIRCUIT& CORE 8:30AM BOLLYX 6:00PM CIRCUIT& CORE 7:00PM	6 PILATES 8:30AM YOGA 9:30AM BARRE 10:30AM BOLLYX 7:00PM	7 HIIT 5:00AM CIRCUIT& CORE 8:30AM ZUMBA 7:00PM	8 LOW IMPACT STRENGTH, STRETCH,& TONE 8:30AM BARRE 9:30AM BOLLYX 7:00PM	9 HIIT 5:00AM CARDIO & ABS 8:30AM	10 BOLLYX 9:15AM YOGA 10:30AM	11 YOGA 10:30AM
12 CIRCUIT& CORE 8:30AM BOLLYX 6:00PM CIRCUIT& CORE 7:00PM	13 PILATES 8:30AM YOGA 9:30AM BARRE 10:30AM BOLLYX 7:00PM	14 HIIT 5:00AM CIRCUIT& CORE 8:30AM ZUMBA 7:00PM	15 LOW IMPACT STRENGTH, STRETCH,& TONE 8:30AM BARRE 9:30AM BOLLYX 7:00PM	16 HIIT 5:00AM CARDIO & ABS 8:30AM	17 YOGA 10:30AM	18 YOGA 10:30AM
19 CIRCUIT& CORE 8:30AM BOLLYX 6:00PM CIRCUIT& CORE 7:00PM	20 PILATES 8:30AM YOGA 9:30AM BARRE 10:30AM BOLLYX 7:00PM	21 HIIT 5:00AM CIRCUIT& CORE 8:30AM ZUMBA 7:00PM	22 LOW IMPACT STRENGTH, STRETCH,& TONE 8:30AM BARRE 9:30AM BOLLYX 7:00PM	23 HIIT 5:00AM CARDIO & ABS 8:30AM	24 BOLLYX 9:15AM YOGA 10:30AM	25 YOGA 10:30AM
26 CIRCUIT& CORE 8:30AM BOLLYX 6:00PM CIRCUIT& CORE 7:00PM	27 PILATES 8:30AM YOGA 9:30AM BARRE 10:30AM BOLLYX 7:00PM	28 HIIT 5:00AM CIRCUIT& CORE 8:30AM ZUMBA 7:00PM	29 LOW IMPACT STRENGTH, STRETCH,& TONE 8:30AM BARRE 9:30AM BOLLYX 7:00PM	30 HIIT 5:00AM CARDIO & ABS 8:30AM	31 YOGA 10:30AM	

PRICING:

$50/PER MONTH, PER RESIDENT

$30 PRORATED AFTER THE 14TH

$15 DROP-IN

NON- RESIDENTS ARE SUBJECT TO ADDITIONAL CHARGES

RESIDENTS MUST HAVE SIENNA ID/APP TO ACCESS THE GYM AREA OF THE FITNESS CENTER.

CLASSES ARE SUBJECT TO CHANGE

GYM HOURS:

5AM -11PM, 7 DAYS A WEEK







ACTIVE ADULTS 50+

STRENGTH & CONDITIONING PROGRAM

This program will improve mobility and cardiovascular health, as well as help build strength. This program will be tailored to each individual's fitness level. So let's live longer, stronger, and remember age is truly just a number!

Age is just a number!

Scan here to register!

