

## **BRUSHY LAKE FITNESS CENTER**

# **JANUARY FITNESS OFFERINGS**

### **LOW IMPACT PLUS**

TUESDAYS & THURSDAYS

⌚ 10:30 AM - 11:15 AM

### **YOUTH FITNESS FOUNDATIONS**

TUESDAYS & THURSDAYS

⌚ 6:30 PM - 7:30 PM

### **WOMEN ON WEIGHTS**

MONDAYS, WEDNESDAYS, & SATURDAYS

⌚ MON - 6:00 PM - 6:45 PM | SAT - 9:30 AM - 10:15 AM

### **STRETCH & CORE**

WEDNESDAYS

⌚ 8:30 AM - 9:30 AM

### **HYROXFIT: UNLEASHED**

JAN 19<sup>TH</sup> & 21<sup>ST</sup> (FREE TRIAL)

⌚ 6:45 PM - 7:30 PM

### **CHAIR FIT & STRONG**

MONDAYS

⌚ 10:30 AM - 11:15 AM

### **JOIN NOW**

[SIENNAREC.COM](http://SIENNAREC.COM)



# LOW IMPACT PLUS

*Don't let joint pain hold  
you back. Elevate Your  
Fitness Journey with Us!*

## LOW IMPACT BENEFITS:

-  ENHANCED BALANCE
-  ENHANCED STABILITY
-  ENHANCED STRENGTH
-  EASY ON THE JOINTS

TUESDAYS/THURSDAYS | 10:30AM - 11:15AM  
\$50 PER PARTICPANT

**REGISTER NOW**



January  
6<sup>th</sup> - 29<sup>th</sup>



AGES 9-15



# YOUTH FITNESS FOUNDATIONS



JANUARY 6TH-29TH  
TUESDAY/THURSDAYS  
6:30PM-7:30PM  
BRUSHY LAKES  
FITNESS CENTER

HELP YOUR TEEN SPEND  
LESS TIME BEING  
STATIONARY AND MORE  
TIME BEING ACTIVE BUILD  
HEALTHY HABITS WITH  
OUR YOUTH FITNESS  
CLASSES



@SIENNAFITNESS  
[WWW.TEAMSIDELINE.COM/SIENNAREC](http://WWW.TEAMSIDELINE.COM/SIENNAREC)



**BRUSHY LAKE**  
Fitness Center



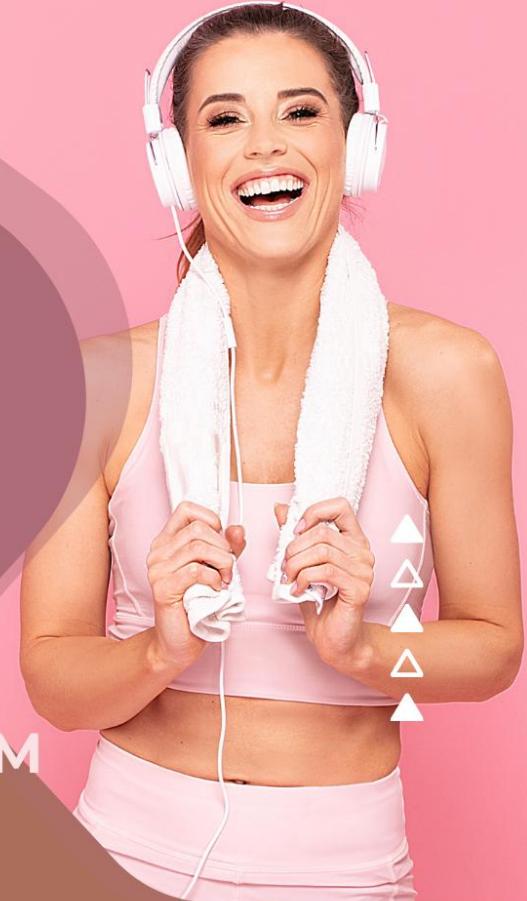
# WOMEN ON WEIGHTS!

MONDAYS, WEDNESDAYS. &  
SATURDAYS

JANUARY 5<sup>TH</sup> - 31<sup>ST</sup>

MON & WED | 6:00 PM - 6:45 PM

SAT | 9:30 AM - 10:15 AM



## BENEFITS

- BUILD STRENGTH & CONFIDENCE
- TONE
- IMPROVE CORE STRENGTH
- LEARN PROPER FORM
- PERFECT FOR ALL LEVELS!





# STRETCH & CORE



**BUILD A STRONGER CORE AND IMPROVE  
FLEXIBILITY IN THIS LOW-IMPACT, FULL-BODY  
SESSION. GREAT FOR ALL FITNESS LEVELS!**

**JANUARY 7<sup>TH</sup> - 28<sup>TH</sup>**  
**WEDNESDAYS**  
**8:30 AM - 9:30 AM**



# HYROXFIT UNLEASHED



 **MONDAY & WEDNESDAY**

 6:45 PM - 7:30 PM

JANUARY 19<sup>TH</sup> & 21<sup>ST</sup>

 BRUSHY LAKE FITNESS CENTER

- Combining functional strength, endurance, and conditioning, our workouts are inspired by the global HYROX competition format
- Designed to push limits, build resilience, and deliver real results
- Fun and Motivating Group Environment
- All Fitness Levels Welcome

WHETHER YOU'RE TRAINING FOR YOUR FIRST HYROX RACE OR SIMPLY LOOKING TO ELEVATE YOUR FITNESS, HYROX FITNESS OFFERS STRUCTURED PROGRAMMING, EXPERT COACHING, AND A SUPPORTIVE COMMUNITY THAT THRIVES ON INTENSITY, ACCOUNTABILITY, AND PROGRESS.



# Chair Fit & Strong



Improve strength, balance, and flexibility in a fun, supportive setting—all from the comfort of a chair! Perfect for seniors and anyone looking for a low-impact workout.

**JANUARY 5<sup>th</sup> – 26<sup>th</sup>**

10:30 AM – 11:15 AM

📍 BRUSHY LAKE FITNESS CENTER

💵 \$35 PER PARTICPANT

