

**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**



# 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 PARTICIPANT

**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**





**BRUSHY LAKE**  
Fitness Center

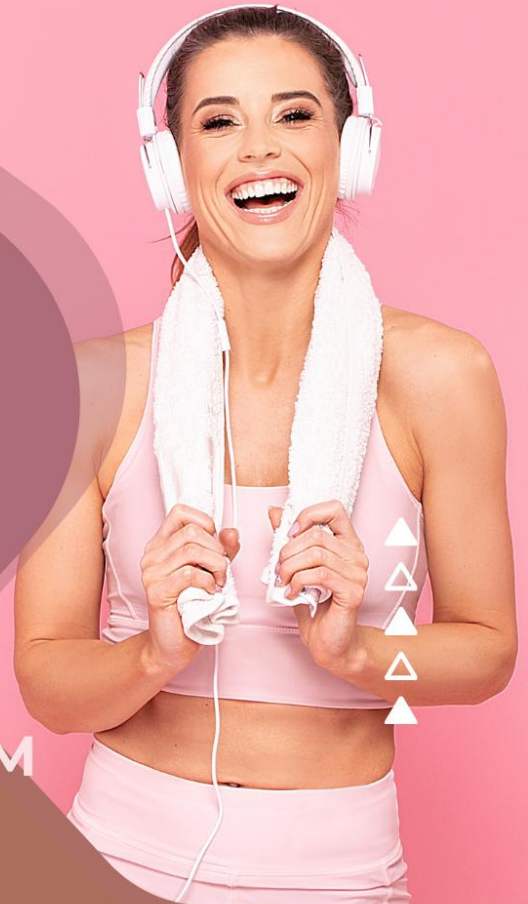
# WOMEN ON WEIGHTS!

**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 PARTICIPANT



**RISHER**  
MANAGEMENT