

SAWMILL LAKE FITNESS CENTER

2025

DECEMBER

12

GROUP FITNESS

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



PRICING:

\$50/PER MONTH,
PER RESIDENT\$30 PRORATED
AFTER THE 14TH

\$15 DROP-IN

RESIDENT MUSTHAVE
SIENNA ID/APP
TO ACCESS ALL
AMENITIESCLASSES
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!

Scan here
to
register!

Age is just a number!

