



SIGN UP NOW BEFORE IT'S TOO LATE!

Pilates

Tuesdays | 9:30 am

Circuit & Core

Mondays | 8:30 am

Wednesdays | 8:30 am

Fridays | 8:30 am

Low Impact Strength, Stretch & Tone

Thursdays June 2nd -16th | 10:30 am

Wednesday June 22nd & 29th | 10:30
am

Zumba

Mondays & Wednesday June 8th &
15th | 6:00 pm

Yoga

Monday June 20th & 27th | 9:30 am

Thursdays | 9:30 am

Fridays | 9:30 am

Saturdays & Sundays | 9:30 am

HIIT

Wednesdays | 5:00 am

Fridays | 5:00 am



FOR THE OFFICIAL MONTHLY CALENDAR PLEASE VISIT
WWW.SIENNAREC.COM