

BRUSHY LAKE FITNESS CENTER

DECEMBER 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 & SATURDAYS

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

STRETCH & CORE

WEDNESDAYS

🕒 8:30 AM - 9:30 AM

SUNSET SWEAT

MONDAYS & WEDNESDAYS

🕒 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



DECEMBER
2nd - 18th



AGES 9-15



YOUTH FITNESS FOUNDATIONS



DECEMBER 2ND - 18TH

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

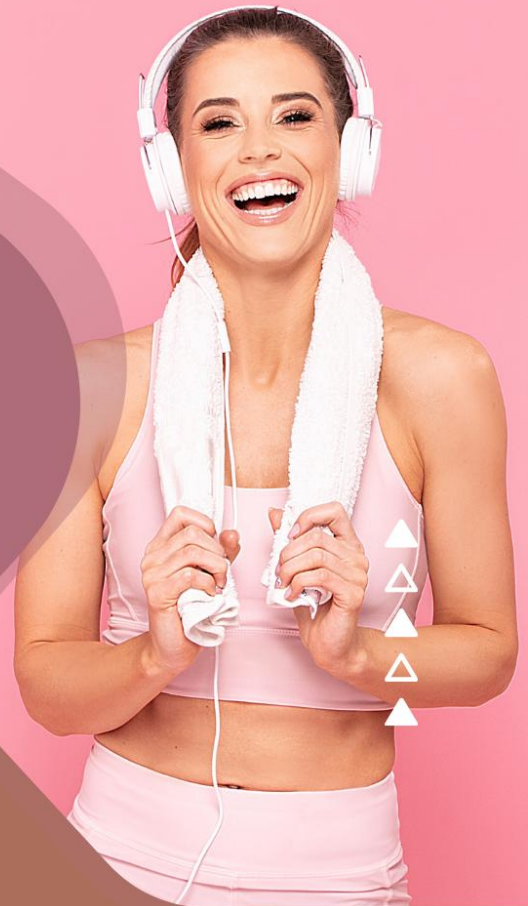
WOMEN ON WEIGHTS!

MONDAYS & SATURDAYS

DECEMBER 1st - 20th

MON | 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!**

**DECEMBER 3RD - 17TH
WEDNESDAYS
8:30 AM - 9:30 AM**





UNSET SWEAT



BRUSHY LAKE FITNESS CENTER



MONDAYS & WEDNESDAYS

6:45 PM - 7:30 PM

- Burn Calories & Build strength
- Boost Energy & Endurance
- Fun, Motivating Group Environment
- All Fitness Levels Welcome

DECEMBER 1ST - 17TH



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.

DECEMBER 1st – 15th

10:30 AM – 11:15 AM



BRUSHY LAKE FITNESS CENTER



\$35 PER PARTICIPANT



RISHER
MANAGEMENT