

BRUSHY LAKE FITNESS CENTER

NOVEMBER 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 (TRIAL)

MONDAY, NOVEMBER 10TH

🕒 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



NOVEMBER
4TH - 25TH



AGES 9-15



YOUTH FITNESS FOUNDATIONS



NOVEMBER 4TH - 25TH

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

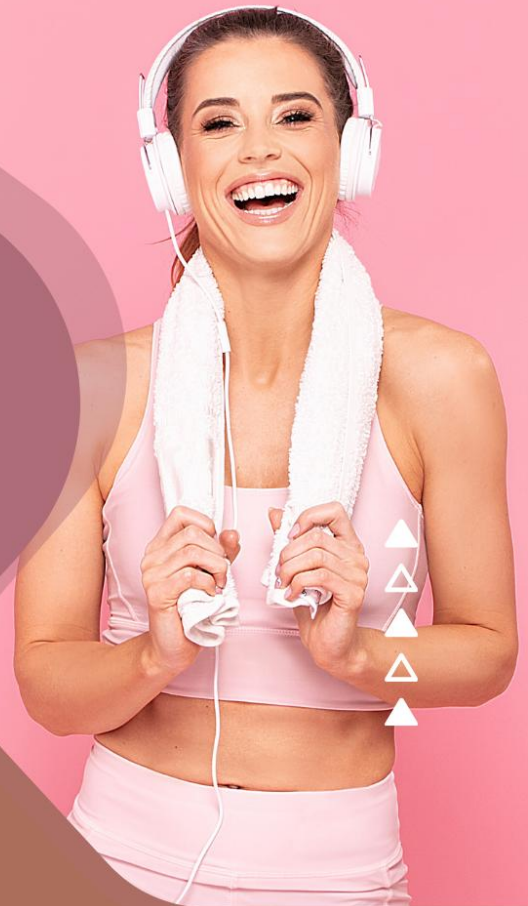
WOMEN ON WEIGHTS!

MONDAYS & SATURDAYS

NOVEMBER 3RD - 29TH

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!**

**NOVEMBER 5TH – 26TH
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

NOVEMBER 3RD - 26TH



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.

NOV 10TH

10:30 AM – 11:15 AM



BRUSHY LAKE FITNESS CENTER



\$5 PER PARTICIPANT



RISHER
MANAGEMENT