



SIGN UP NOW BEFORE IT'S TOO LATE!

Pilates

Tuesdays | 9:30 am

Circuit & Core

Tuesdays | 8:30 am

Wednesdays | 8:30 am

Fridays | 8:30 am

Low Impact Strength, Stretch & Tone

Thursdays | 8:30 am

Cardio Strength & Kickboxing

Mondays | 8:30 am

Zumba

Mondays & Wednesdays | 6:00 pm

Yoga

Mondays | 9:30 am

Thursday Sept 1st & 8th | 9:30 am

Fridays | 9:30 am

Saturdays & Sundays | 9:30 am

HIIT

Wednesdays | 5:00 am

Fridays | 5:00 am

LABOR DAY WEEKEND

NO CLASSES 9/3 - 9/5



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