



SAWMILL LAKE FITNESS CENTER

2026 JANUARY 1

GROUP FITNESS

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

PRICING:

**\$50/PER MONTH,  
PER RESIDENT**

**\$30 PRORATED  
AFTER THE 14TH**

**\$15 DROP-IN**

RESIDENT MUST

**HAVE  
SIENNA ID/APP  
TO ACCESS ALL  
AMENITIES**

GYM HOURS:

**5AM -11PM,  
7 DAYS A WEEK**

CLASSES  
ARE SUBJECT TO CHANGE



# 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!*

