

Classes are subject to change						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>30</b> HIIT – 5:00 a.m.  Circuit & Core – 8:30 a.m.	<b>1</b> Low Impact Strength, Stretch & Tone – 8:30 a.m.  Barre – 9:30 a.m.  Bolly X 7:00 pm	<b>2</b> HIIT – 5:00 a.m.  Circuit & Core – 8:30 a.m.  Yoga – 9:30 a.m.	<b>3</b> Yoga – 9:30 a.m.
<b>4</b> Yoga – 9:30 a.m.	<b>5</b> Circuit & Core – 8:30 a.m.  Yoga – 9:30a.m.  Circuit & Core – 7:00 p.m.	<b>6</b> Circuit & Core – 8:30 a.m.  Pilates – 9:30 a.m.	<b>7</b> HIIT – 5:00 a.m.  Circuit & Core – 8:30 a.m.  Zumba- 7:00 pm	<b>8</b> Low Impact Strength, Stretch & Tone – 8:30 a.m.  Barre – 9:30 a.m.  Bolly X 7:00 pm	<b>9</b> HIIT – 5:00 a.m.  Circuit & Core – 8:30 a.m.  Yoga – 9:30 a.m.	<b>10</b> Yoga – 9:30 a.m.
<b>11</b> NO CLASSES  	<b>12</b> Circuit & Core – 8:30 a.m.  Yoga – 9:30 a.m.  Circuit & Core – 7:00 p.m.	<b>13</b> Circuit & Core – 8:30 a.m.  Pilates – 9:30 a.m.	<b>14</b> HIIT – 5:00 a.m.  Circuit & Core – 8:30 a.m.  Zumba- 7:00 pm	<b>15</b> Low Impact Strength, Stretch & Tone – 8:30 a.m.  Barre – 9:30 a.m.  Bolly X 7:00 pm	<b>16</b> HIIT – 5:00 a.m.  Circuit & Core – 8:30 a.m.  Yoga – 9:30 a.m.	<b>17</b> Yoga – 9:30 a.m.
<b>18</b> Yoga – 9:30 a.m.	<b>19</b> Circuit & Core – 8:30 a.m.  Yoga – 9:30 a.m.  Circuit & Core – 7:00 p.m.	<b>20</b> Circuit & Core – 8:30 a.m.  Pilates – 9:30 a.m.	<b>21</b> HIIT – 5:00 a.m.  Circuit & Core – 8:30 a.m.  Zumba- 7:00 pm	<b>22</b> Low Impact Strength, Stretch & Tone – 8:30 a.m.  Barre – 9:30 a.m.  Bolly X 7:00 pm	<b>23</b> HIIT – 5:00 a.m.  Circuit & Core – 8:30 a.m.  Yoga – 9:30 a.m.	<b>24</b> Yoga – 9:30 a.m.
<b>25</b>		<b>27</b> Circuit & Core – 8:30 a.m.  Pilates – 9:30 a.m.	<b>28</b> HIIT – 5:00 a.m.  Circuit & Core – 8:30 a.m. Zumba- 7:00 pm  <b>29 Thursday</b> Low Impact Strength, Stretch & Tone –		<b>30</b> HIIT – 5:00 a.m.  Circuit & Core – 8:30 a.m.  Yoga – 9:30 a.m.	<b>31</b> Yoga – 9:30 a.m.



# 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!*







# IT IS TIME TO CANCEL THE DAD BOD.

**Join our Mission, Operation Dad Bod,  
in becoming the best dad you can be!**



**Tuesdays |**

**Thursdays**

**7:15 am to 7:35 am**

**Scan the QR code below to  
register today**



**Join us for 8 customized sessions conducted by a certified Personal Trainer. Operation Dad BOD is a 25-minute strength-building, calisthenics, and core workout. This program is not only built to get you in the best shape of your life but to also increase your mental toughness. It will even help with mobility when you have to chase your kids around the playground.**

**We are looking for 18 men who are residents of Sienna to enlist for our mission. No matter your age, weight, or physical condition. we want you. Let's go fight this war together. See you on the battlefield.**

**For more information, please email us at [austin@risherco.com](mailto:austin@risherco.com)**