

BRUSHY LAKE FITNESS CENTER

2026

MARCH

3

FITNESS PROGRAMS

SUN	MON	TUE	WED	THR	FRI	SAT
1 JAZZERCISE 4:00 PM	2 JAZZERCISE 7AM JAZZERCISE 9:30AM  JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM HYROXFIT: UNLEASHED 7:30PM	3 JAZZERCISE 9:30PM LOW IMPACT PLUS 10:30AM  JAZZERCISE 5:30PM YOUTH FITNESS FOUNDATIONS 6:30PM	4 JAZZERCISE 7AM JAZZERCISE 9:30AM STRETCH & CORE 8:30AM  JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM HYROXFIT: UNLEASHED 7:30PM	5 JAZZERCISE 9:30PM LOW IMPACT PLUS 10:30AM  JAZZERCISE 5:30PM YOUTH FITNESS FOUNDATIONS 6:30PM	6 JAZZERCISE 7AM JAZZERCISE 9:30AM  JAZZERCISE 5:30PM	7 JAZZERCISE 9:30AM  WOMEN ON WEIGHTS 9:30AM
8 JAZZERCISE 4:00 PM	9 JAZZERCISE 7AM JAZZERCISE 9:30AM  JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM HYROXFIT: UNLEASHED 7:30PM	10 JAZZERCISE 9:30PM LOW IMPACT PLUS 10:30AM  JAZZERCISE 5:30PM YOUTH FITNESS FOUNDATIONS 6:30PM	11 JAZZERCISE 7AM JAZZERCISE 9:30AM STRETCH & CORE 8:30AM  JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM HYROXFIT: UNLEASHED 7:30PM	12 JAZZERCISE 9:30PM LOW IMPACT PLUS 10:30AM  JAZZERCISE 5:30PM YOUTH FITNESS FOUNDATIONS 6:30PM	13 JAZZERCISE 7AM JAZZERCISE 9:30AM  JAZZERCISE 5:30PM	14 JAZZERCISE 9:30AM  WOMEN ON WEIGHTS 9:30AM
15 JAZZERCISE 4:00 PM	16 JAZZERCISE 7AM JAZZERCISE 9:30AM  JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM HYROXFIT: UNLEASHED 7:30PM	17 JAZZERCISE 9:30PM LOW IMPACT PLUS 10:30AM  JAZZERCISE 5:30PM YOUTH FITNESS FOUNDATIONS 6:30PM	18 JAZZERCISE 7AM JAZZERCISE 9:30AM STRETCH & CORE 8:30AM  JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM HYROXFIT: UNLEASHED 7:30PM	19 JAZZERCISE 9:30PM LOW IMPACT PLUS 10:30AM  JAZZERCISE 5:30PM YOUTH FITNESS FOUNDATIONS 6:30PM	20 JAZZERCISE 7AM JAZZERCISE 9:30AM  JAZZERCISE 5:30PM	21 JAZZERCISE 9:30AM  WOMEN ON WEIGHTS 9:30AM
22 JAZZERCISE 4:00 PM	23 JAZZERCISE 7AM JAZZERCISE 9:30AM  JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM HYROXFIT: UNLEASHED 7:30PM	24 JAZZERCISE 9:30PM LOW IMPACT PLUS 10:30AM  JAZZERCISE 5:30PM YOUTH FITNESS FOUNDATIONS 6:30PM	25 JAZZERCISE 7AM JAZZERCISE 9:30AM STRETCH & CORE 8:30AM  JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM HYROXFIT: UNLEASHED 7:30PM	26 JAZZERCISE 9:30PM LOW IMPACT PLUS 10:30AM  JAZZERCISE 5:30PM YOUTH FITNESS FOUNDATIONS 6:30PM	27 JAZZERCISE 7AM JAZZERCISE 9:30AM  JAZZERCISE 5:30PM	28 JAZZERCISE 9:30AM  WOMEN ON WEIGHTS 9:30AM
29 JAZZERCISE 4:00 PM	30 JAZZERCISE 7AM JAZZERCISE 9:30AM  JAZZERCISE 5:30PM HYROXFIT: UNLEASHED 7:30PM	31 JAZZERCISE 9:30PM JAZZERCISE 5:30PM				

RESIDENT MUST  
HAVE  
SIENNA ID/APP  
TO ACCESS ALL AMENITIES

PROGRAMS  
ARE SUBJECT TO CHANGE



GYM HOURS:  
5AM -11PM,  
MONDAY-FRIDAY  
7AM -7PM,  
SATURDAY-SUNDAY

### **Women on Weights –**

Discover the benefits of strength training in a supportive and empowering environment! Join us for on Mondays and Saturdays for two workout sessions per week! This program is designed to help women build strength, boost confidence, and learn proper technique with weights—perfect for all fitness levels. Don't miss your chance to experience the benefits of lifting in a fun, encouraging group setting!

Where: Brushy Lake Fitness Center

Cost: \$50 per month

When: Mondays / Wednesdays from 6:00 pm - 6:45 pm & Saturdays from 9:30 am - 10:15 am

### **HYROXFIT Unleashed -**

Whether you're chasing a HYROX finish line or leveling up your fitness, HYROX Fitness combines structured training, expert coaching, and a driven community that pushes you to work harder, stay accountable, and achieve real results.

When: February 2nd - February 25th

Time: 7:15 pm - 8:00 pm

Who: ALL FITNESS LEVELS

### **Low Impact Plus -**

Low Impact Plus provides a specialized training program that focuses on enhancing balance, stability, strength, and joint integrity through low-impact exercises. This class is ideal for people with bone or joint problems, or those who are recovering from an injury or surgery. The training uses various equipment such as free weights, benches, bands, and body weight to execute resistance-based, load-bearing exercises. The class also offers modifications tailored to the specific needs of each participant.

Register on [www.siennarec.com](http://www.siennarec.com)

Cost: \$50 per month

Classes: Tuesdays/Thursdays from 10:30 am to 11:15 am.

### **Stretch & Core –**

Reset your body and build a stronger core in this low-impact, full-body program focused on flexibility, mobility, and core strength. Perfect for all fitness levels, this session combines stretching and core work to improve posture, balance, and overall movement.

Where: Brushy Lake Fitness Center

Cost: \$35 per month or \$10 Drop-in

When: Wednesdays from 8:30am - 9:30am

### **Youth Fitness Foundations -**

Youth Fitness Foundations helps teens maintain their physical and mental health with our weekly fitness classes. Regular physical activity can help teens improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: heart disease or Type 2 diabetes.

Help your teen spend less time being sedentary and more time being active!

Weekly classes held at the Brushy Lake Fitness Center.

Tuesdays & Thursdays from 6:30 pm - 7:30 pm

### **Jazzercise Missouri City | Sienna**

Location: Brushy Lakes Fitness Center

Jazzercise is a total-body workout combining dance cardio, strength, Pilates, yoga, and kickboxing for a fun, high-energy sweat.

With upbeat music and dance-party vibes, every class delivers real results.

All ages and fitness levels are welcome, with modifications to help you move your way and feel amazing.

🍀 Shake Your Shamrock! 🍀 Join us St. Patrick's Day at 9:30 AM for a FREE community Jazzercise class at Brushy Lakes Fitness Center! 🍀🍀 Bring your friends and your shamrock spirit—we'll bring the fun, the sweat, and the moves. ❤️ New to Jazzercise? Start strong with 2 weeks of unlimited classes for only \$59! Use the QR code to see our schedule, learn more or go to our website at <https://linktr.ee/jazzercisemocitysienna>