



SIENNA ASSOCIATIONS PRESENTS

# SAWMILL FITNESS CLASSES

Torch those calories with our new fitness classes!

Follow us for more updates, workouts, and fitness challenges!



@siennafitness



@siennafitness

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



REGISTER ONLINE TODAY USING THE QR CODE!

## **Cardio Strength & Kickboxing**

Mondays, | 8:30 am

Fridays, | 8:30 am

## **Circuit & Core**

Tuesdays, | 8:30 am

Wednesdays | 8:30 am

## **Low Impact Strength, Stretch & Tone**

Thursdays | 8:30 am

## **Barre**

Thursdays | 9:30am

## **Yoga**

Mondays | 9:30 am

Thursday, | 6:30 pm

Fridays | 9:30 am

Saturdays & Sundays | 9:30 am

## **Pilates**

Tuesdays | 9:30 am

## **HIIT**

Wednesdays | 5:00 am

Fridays | 5:00 am

## **Zumba**

Wednesday, Sep 6th & Sep 27th | 6:00 pm



FOR THE OFFICIAL MONTHLY CALENDAR PLEASE VISIT

[WWW.SIENNAREC.COM](http://WWW.SIENNAREC.COM)

