

GROUP FITNESS

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



PRICING:

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

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

\$15 DROP-IN

**NON- RESIDENTS ARE SUBJECT
TO ADDITIONAL CHARGES**

**RESIDENTS MUST HAVE
SIENNA ID/APP
TO ACCESS THE GYM
AREA OF THE FITNESS
CENTER.**

*CLASSES
ARE SUBJECT TO CHANGE*

GYM HOURS:

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



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!

