


BRUSHY LAKE FITNESS CENTER

2026

APRIL

4

FITNESS PROGRAMS

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

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