



# WATER AEROBICS

Looking for a fun and low-impact way to stay fit and healthy? Look no further than water aerobics!

**\$50**

**TUESDAYS, FRIDAYS, AND SATURDAYS!**  
**9:00AM - 10:00AM | MAY 6<sup>th</sup> - MAY 31<sup>st</sup>**

**REGISTER TODAY**



FOR MORE INFO EMAIL [MARCUS@RISHERCO.COM](mailto:MARCUS@RISHERCO.COM)



MAY  
5TH - 26TH

# BARRE X PILATES FUSION

MOVE, SCULPT, ENERGIZE!

MONDAYS | 6:45PM - 7:45PM

\$60 PER MONTH OR  
\$20 DROP-IN

## BENEFITS

- ✓ LOW IMPACT
- ✓ CORE STRENGTHENING
- ✓ MUSCLE TONING

REGISTER TODAY!





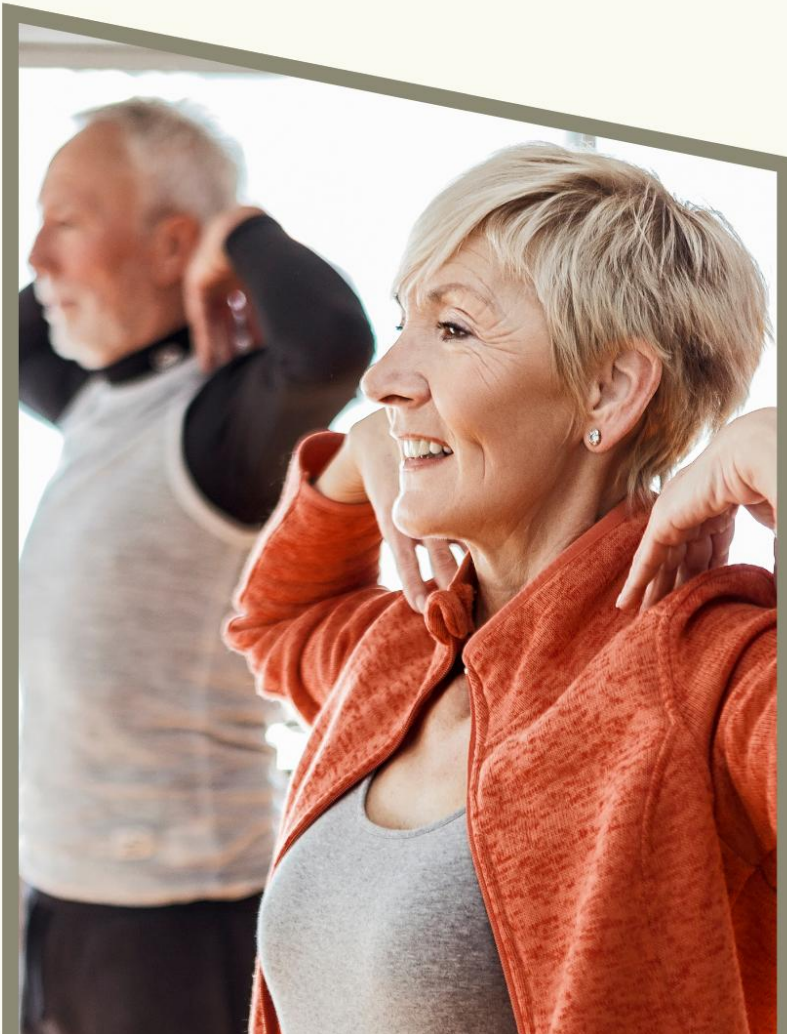
JOIN

MAY 7th - 28th

# STRETCH & MOBILITY



ENHANCE YOUR FLEXIBILITY AND MOVEMENT WITH OUR 30-MINUTE STRETCH AND MOBILITY CLASS. THIS GENTLE SESSION FOCUSES ON IMPROVING YOUR RANGE OF MOTION, REDUCING STIFFNESS, AND SUPPORTING OVERALL JOINT HEALTH. PERFECT FOR ALL FITNESS LEVELS, THIS CLASS WILL LEAVE YOU FEELING REFRESHED, RELAXED, AND MORE MOBILE IN YOUR DAILY ACTIVITIES.



**WEDNESDAYS**

09.00 AM - 9.30 AM

**\$30 PER MONTH OR**

**\$10 PER DROP-IN**



**SIGN UP NOW**

**AGES 9-14**



# **YOUTH FITNESS FOUNDATIONS**



**MAY 6TH - 29TH  
TUESDAY/THURSDAYS**

**6:30PM-7:30PM  
BRUSHY LAKES  
FITNESS CENTER**



**HELP YOUR TEEN SPEND  
LESS TIME BEING  
STATIONARY AND MORE  
TIME BEING ACTIVE BUILD  
HEALTHY HABITS WITH  
OUR YOUTH FITNESS  
CLASSES**



**@SIENNAFITNESS**

**WWW.TEAMSIDELINE.COM/SIENNAREC**



# LOW IMPACT PLUS

*Don't let joint pain hold you back. Elevate Your Fitness Journey with Us!*

## LOW IMPACT BENEFITS:

- ✓ ENHANCED BALANCE
- ✓ ENHANCED STABILITY
- ✓ ENHANCED STRENGTH
- ✓ EASY ON THE JOINTS

TUESDAYS/THURSDAYS | 10:30AM - 11:15AM  
\$50 PER PARTICIPANT

**REGISTER NOW**



**MAY 6th -  
29TH**

