



SIGN UP NOW BEFORE IT'S TOO LATE!

Cardio Strength & Kickboxing

Tuesdays & Thursdays | 8:30 am

Circuit & Core

Mondays | 8:30 am

Wednesdays | 8:30 am

Fridays | 8:30 am

Low Impact Strength, Stretch & Tone

Thursdays | 9:30 am

Pilates

Tuesdays | 9:30 am

Cardio Dance

June 5th & 7th | 6:00 pm

Yoga

Mondays | 9:00 am

Fridays | 9:30 am

Saturdays & Sundays | 9:30 am

Gentle Yoga

Thursdays | 6:30 pm

HIIT

Wednesdays | 5:00 am

Fridays | 5:00 am



FOR THE OFFICIAL MONTHLY CALENDAR PLEASE VISIT

WWW.SIENNAREC.COM

SAWMILL LAKE FITNESS CENTER

YOUTH FITNESS CAMPS

JUNE 5TH - JULY 28TH, 2022
OPEN TO AGES 9 TO 16

WEEKLY OR MONTHLY
PASSES AVAILABLE FOR
ADDITIONAL SAVINGS!



SIGN-UP TODAY!

KID FIT
AGES 9-11



KID STRENGTH
AGES 12-16



POP PILATES

**JUNE 20TH
AND 27TH AT
9:30AM**

SIGN UP TODAY

