



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



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 | 9:30 am

Yoga

Mondays | 9:30 am

Fridays | 9:30 am

Saturdays & Sundays | 9:30 am

Pilates

Tuesdays | 9:30 am

HIIT

Wednesdays | 5:00 am

Fridays | 5:00 am

Zumba

Thursdays | 6:00 pm



FOR THE OFFICIAL MONTHLY CALENDAR PLEASE VISIT

WWW.SIENNAREC.COM

