

GROUP FITNESS

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

PRICING:

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

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

\$15 DROP-IN

RESIDENT MUST

**HAVE
SIENNA ID/APP
TO ACCESS ALL
AMENITIES**

*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!

