

SAWMILL LAKE FITNESS CENTER

2026

MARCH

3

GROUP FITNESS

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 CIRCUIT& CORE 8:30AM BOLLYX 6:00PM CIRCUIT& CORE 7:00PM	3 PILATES 8:30AM YOGA 9:30AM BARRE 10:30AM BOLLYX 7:00PM	4 HIIT 5:00AM CIRCUIT& CORE 8:30AM	5 LOW IMPACT STRENGTH, STRETCH, & TONE 8:30AM BARRE 9:30AM BOLLYX 7:00PM	6 HIIT 5:00AM CARDIO STRENGTH & KICKBOXING 8:30AM YOGA 9:30AM	7 YOGA 9:30AM	8 YOGA 9:30AM
9 CIRCUIT& CORE 8:30AM CIRCUIT& CORE 7:00PM	10 PILATES 8:30AM YOGA 9:30AM BARRE 10:30AM BOLLYX 7:00PM	11 HIIT 5:00AM CIRCUIT& CORE 8:30AM	12 LOW IMPACT STRENGTH, STRETCH, & TONE 8:30AM BARRE 9:30AM BOLLYX 7:00PM	13 HIIT 5:00AM CARDIO STRENGTH & KICKBOXING 8:30AM YOGA 9:30AM	14 YOGA 9:30AM	15 YOGA 9:30AM
16 CIRCUIT& CORE 8:30AM BOLLYX 6:00PM CIRCUIT& CORE 7:00PM	17 PILATES 8:30AM YOGA 9:30AM BARRE 10:30AM BOLLYX 7:00PM	18 HIIT 5:00AM CIRCUIT& CORE 8:30AM ZUMBA 7:00PM	19 LOW IMPACT STRENGTH, STRETCH, & TONE 8:30AM BARRE 9:30AM BOLLYX 7:00PM	20 HIIT 5:00AM CARDIO STRENGTH & KICKBOXING 8:30AM YOGA 9:30AM	21 YOGA 9:30AM	22 YOGA 9:30AM
23 CIRCUIT& CORE 8:30AM CIRCUIT& CORE 7:00PM	24 PILATES 8:30AM YOGA 9:30AM BARRE 10:30AM BOLLYX 7:00PM	25 HIIT 5:00AM CIRCUIT& CORE 8:30AM ZUMBA 7:00PM	26 LOW IMPACT STRENGTH, STRETCH, & TONE 8:30AM BARRE 9:30AM BOLLYX 7:00PM	27 HIIT 5:00AM CARDIO STRENGTH & KICKBOXING 8:30AM YOGA 9:30AM	28 YOGA 9:30AM	29 YOGA 9:30AM
30 CIRCUIT& CORE 8:30AM BOLLYX 6:00PM CIRCUIT& CORE 7:00PM	31 PILATES 8:30AM YOGA 9:30AM BARRE 10:30AM 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!

