

BRUSHY LAKE FITNESS CENTER

2026

SEPTEMBER 9

FITNESS PROGRAMS

SUN	MON	TUE	WED	THR	FRI	SAT
		1 JAZZERCISE 9:30AM LOW IMPACT PLUS 10:30AM JAZZERCISE 5:30PM GLOW AND GO 6:30PM	2 JAZZERCISE 7AM STRETCH & CORE 8:30 AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM	3 JAZZERCISE 9:30AM LOW IMPACT PLUS 10:30AM JAZZERCISE 5:30PM GLOW AND GO 6:30PM	4 JAZZERCISE 7AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM	5 JAZZERCISE 9:30AM WOMEN ON WEIGHTS 9:30AM
6 JAZZERCISE 4:00 PM	7 JAZZERCISE 7AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM YOUTH FITNESS FOUNDATIONS 6:30PM	8 JAZZERCISE 9:30AM LOW IMPACT PLUS 10:30AM JAZZERCISE 5:30PM GLOW AND GO 6:30PM	9 JAZZERCISE 7AM STRETCH & CORE 8:30 AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM YOUTH FITNESS FOUNDATIONS 6:30PM	10 JAZZERCISE 9:30AM LOW IMPACT PLUS 10:30AM JAZZERCISE 5:30PM GLOW AND GO 6:30PM	11 JAZZERCISE 7AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM	12 JAZZERCISE 9:30AM WOMEN ON WEIGHTS 9:30AM
13 JAZZERCISE 4:00 PM	14 JAZZERCISE 7AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM YOUTH FITNESS FOUNDATIONS 6:30PM	15 JAZZERCISE 9:30AM LOW IMPACT PLUS 10:30AM JAZZERCISE 5:30PM GLOW AND GO 6:30PM	16 JAZZERCISE 7AM STRETCH & CORE 8:30 AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM YOUTH FITNESS FOUNDATIONS 6:30PM	17 JAZZERCISE 9:30AM LOW IMPACT PLUS 10:30AM JAZZERCISE 5:30PM GLOW AND GO 6:30PM	18 JAZZERCISE 7AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM	19 JAZZERCISE 9:30AM WOMEN ON WEIGHTS 9:30AM
20 JAZZERCISE 4:00 PM	21 JAZZERCISE 7AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM YOUTH FITNESS FOUNDATIONS 6:30PM	22 JAZZERCISE 9:30AM LOW IMPACT PLUS 10:30AM JAZZERCISE 5:30PM GLOW AND GO 6:30PM	23 JAZZERCISE 7AM STRETCH & CORE 8:30 AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM YOUTH FITNESS FOUNDATIONS 6:30PM	24 JAZZERCISE 9:30AM LOW IMPACT PLUS 10:30AM JAZZERCISE 5:30PM GLOW AND GO 6:30PM	25 JAZZERCISE 7AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM	26 JAZZERCISE 9:30AM WOMEN ON WEIGHTS 9:30AM
27 JAZZERCISE 4:00 PM	28 JAZZERCISE 7AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM YOUTH FITNESS FOUNDATIONS 6:30PM	29 JAZZERCISE 9:30AM JAZZERCISE 5:30PM	30 JAZZERCISE 7AM JAZZERCISE 9:30AM JAZZERCISE 5:30PM WOMEN ON WEIGHTS 6:00PM YOUTH FITNESS FOUNDATIONS 6:30PM			

RESIDENT MUST
HAVE
SIENNA ID/APP
TO ACCESS ALL AMENITIES

PROGRAMS
ARE SUBJECT TO CHANGE



GYM HOURS:

5AM -11PM,
MONDAY-FRIDAY
7AM -7PM,
SATURDAY-SUNDAY