

SAWMILL LAKE FITNESS CENTER

2025

OCTOBER

10

GROUP FITNESS

SUN	MON	TUE	WED	THU	FRI	SAT
			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 YOGA 9:30AM CIRCUIT& CORE 7:00PM	7 CIRCUIT& CORE 8:30AM PILATES 9:30AM 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 YOGA 9:30AM CIRCUIT& CORE 7:00PM	14 CIRCUIT& CORE 8:30AM PILATES 9:30AM	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 YOGA 9:30AM CIRCUIT& CORE 7:00PM	21 CIRCUIT& CORE 8:30AM PILATES 9:30AM 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 YOGA 9:30AM CIRCUIT& CORE 7:00PM	28 CIRCUIT& CORE 8:30AM PILATES 9:30AM	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	31 HIIT 5:00AM CARDIO STRENGTH & KICKBOXING 8:30AM YOGA 9:30AM	



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!





IT IS TIME TO CANCEL THE DAD BOD.

**Join our Mission, Operation Dad Bod,
in becoming the best dad you can be!**



Tuesdays |

Thursdays

7:15 am to 7:35 am

**Scan the QR code below to
register today**



Join us for 8 customized sessions conducted by a certified Personal Trainer. Operation Dad BOD is a 25-minute strength-building, calisthenics, and core workout. This program is not only built to get you in the best shape of your life but to also increase your mental toughness. It will even help with mobility when you have to chase your kids around the playground.

We are looking for 18 men who are residents of Sienna to enlist for our mission. No matter your age, weight, or physical condition. we want you. Let's go fight this war together. See you on the battlefield.

For more information, please email us at austin@risherco.com