

BRUSHY LAKE FITNESS CENTER

JULY FITNESS OFFERINGS

LOW IMPACT PLUS

MONDAYS & WEDNESDAYS

🕒 10:30 AM - 11:15 AM

KID FIT (9-11) & KID STRENGTH (12-16)

MON, TUES & THURS, FRI

🕒 10:30 AM - 11:30 AM

🕒 11:30 AM - 1:00 PM

BARRE X PILATES FUSION

MONDAYS

🕒 6:45 PM - 7:45 PM

WATER AEROBICS

TUESDAYS, FRIDAYS, AND SATURDAYS

🕒 9:15 AM - 10:15 AM

JOIN NOW

SIENNAREC.COM



LOW IMPACT PLUS

Don't let joint pain hold you back. Elevate Your Fitness Journey with Us!

LOW IMPACT BENEFITS:

- ✓ ENHANCED BALANCE
- ✓ ENHANCED STABILITY
- ✓ ENHANCED STRENGTH
- ✓ EASY ON THE JOINTS

MONDAYS/WEDNESDAYS | 10:30AM - 11:15AM
\$50 PER PARTICIPANT

REGISTER NOW



JULY 7TH -
30TH





KID FIT (AGE 9-11)

1-WEEK PASS	\$70.00
1-MONTH PASS	\$260.00
SUMMER PASS	\$500.00

KID Fit, will primarily focus on agility, coordination, and balance. Basic weight room exercises will be introduced, and the final 25-30 minutes of each day will be devoted to organized sports activities.

SUMMER YOUTH

FITNESS CAMP

JUNE 2ND - AUGUST 1ST





KID STRENGTH (AGE 12-16)

1-WEEK PASS	\$85.00
1-MONTH PASS	\$320.00
SUMMER PASS	\$620.00

KID STRENGTH, an hour-and-a-half conditioning camp, challenges teens 12-16 through plyometric training, speed ladder drills, core work, and weight training fundamentals.

SUMMER YOUTH

FITNESS CAMP

JUNE 2ND - AUGUST 1ST





WATER AEROBICS

Looking for a fun and low-impact way to stay fit and healthy? Look no further than water aerobics!

\$50

TUESDAYS, FRIDAYS, AND SATURDAYS!
9:15AM – 10:15AM | JULY 1ST – JULY 29TH

REGISTER TODAY



FOR MORE INFO EMAIL MARCUS@RISHERCO.COM



JULY
7TH - 28TH

BARRE X PILATES FUSION

MOVE, SCULPT, ENERGIZE!

MONDAYS | 6:45PM - 7:45PM

\$60 PER MONTH OR
\$20 DROP-IN

BENEFITS

- ✓ LOW IMPACT
- ✓ CORE STRENGTHENING
- ✓ MUSCLE TONING

REGISTER TODAY!

