

SAWMILL LAKE FITNESS CENTER

2025 NOVEMBER 11

GROUP FITNESS

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