


BRUSHY LAKE FITNESS CENTER

2026

JUNE

6

FITNESS PROGRAMS

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

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

BRUSHY LAKE FITNESS CENTER

2026

JUNE

6

YOUTH SUMMER CAMPS

SUN	MON	TUE	WED	THR	FRI	SAT
	1 KID FIT 10:30 AM KID STRENGTH 11:30AM	2 KID FIT 10:30 AM KID STRENGTH 11:30AM	3 KID FIT 10:30 AM KID STRENGTH 11:30AM	4 KID FIT 10:30 AM KID STRENGTH 11:30AM	5	6
7	8 KID FIT 10:30 AM KID STRENGTH 11:30AM	9 KID FIT 10:30 AM KID STRENGTH 11:30AM	10 KID FIT 10:30 AM KID STRENGTH 11:30AM	11 KID FIT 10:30 AM KID STRENGTH 11:30AM	12	13
14	15 KID FIT 10:30 AM KID STRENGTH 11:30AM	16 KID FIT 10:30 AM KID STRENGTH 11:30AM	17 KID FIT 10:30 AM KID STRENGTH 11:30AM	18 KID FIT 10:30 AM KID STRENGTH 11:30AM	19	20
21	22 KID FIT 10:30 AM KID STRENGTH 11:30AM	23 KID FIT 10:30 AM KID STRENGTH 11:30AM	24 KID FIT 10:30 AM KID STRENGTH 11:30AM	25 KID FIT 10:30 AM KID STRENGTH 11:30AM	26	27
28	29	30				

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