



ACTIVE ADULTS 50 PLUS STRENGTH & CONDITIONING PROGRAM

THIS PROGRAM WILL IMPROVE MOBILITY,
HELP BUILD STRENGTH AND ALSO
IMPROVES CARDIOVASCULAR HEALTH.
THIS PROGRAM WILL BE TALIORED TO
EACH INDIVIDUALS FITNESS LEVEL. SO
LETS LIVE LONGER, LIVE STRONGER AND
REMEMBER AGE IS TRULY JUST A NUMBER.

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EVERY WEDNESDAY AT 9:30 AM TO 10:15 AM.

SCAN CODE BELOW TO REGISTER

ONLY 35 DOLLARS A MONTH





SAWMILL GROUP FITNESS SCHEDULE



Yoga

Mondays | 9:30 am
Fridays | 9:30 am
Saturdays & Sundays | 9:30 am

Circuit & Core

Tuesdays | 8:30 am
Wednesdays | 8:30 am

Zumba

Mondays | 6:00 pm

Low Impact Strength, Stretch, & Tone

Thursdays | 8:30 am

Cardio Strength & Kickboxing

Mondays | 8:30 am
Fridays | 8:30 am

Barre

Thursdays | 9:30 am

Pilates

Tuesdays | 9:30 am

HIIT

Wednesdays | 5:00 am
Fridays | 5:00 am



Austin@risherco.com



@siennafitness



www.facebook.com/siennafit

FOR THE OFFICIAL
MONTHLY CALENDAR
PLEASE VISIT

WWW.SIENNAREC.COM

Scan the
QR code
to REGISTER
for classes





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