

# sierra fitness

## COMMUNITY OPEN HOUSE

FREE EVENT!

**Saturday, September 21 from 8am to Noon**

Sierra Fitness is located in the heart of the Ventana Plaza shopping area one block south of Sunrise at Kolb



**Join us for a fun morning!**

**All Fitness levels are welcomed.**

Join Sierra Fitness at the Open House and pay no enrollment fee & first month 1/2 off membership. (Save \$120)

Bring your comfortable workout clothes and try out our group exercise classes, meet and talk with our trainers and health & wellness coach. Take a tour and discover all **YOU CAN** do at *Sierra Fitness*

### Open House Includes:

- Free refreshments & snacks
- Free Classes
- Free Chair Massages
- Raffle prizes

### ONE day ONLY Deals on :

- Personal Training
- Nutrition
- Massage

**Already a member**  
**Refer a friend and get 1 month**  
**FREE**

### Fitness Schedule

8:00-9:30am Yoga	10:00-10:30am Zumba
8:00-9:00am Spin	10:30-11:00am Foam Roller
8:00-9:00am Pilates Mat	10:30-11:15am Spin
9:00-9:30am MashUp Conditioning	11:00-11:30am Pound
9:30-10:00am Strong Board Balance	11:30-12:00pm HIIT workout
9:30-10:30am Sport Conditioning	12:00-12:30pm Senior Stretch