



Group Fitness Schedule

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
8:00	Sweat & Stretch Joy	Full Body Attack Micki	Ball Fit Micki	Full Body Attack Micki	Muscle Works Joy	Group Cycling BB/ Carol	
9:00	Group Cycling BB	Cardio Blast Micki	Pound Unplugged- Joy/Just Dance-BB (alternating weeks)	Group Cycling BB	Pound (Cardio Drumming) Joy	Zumba Heather	
10:00	Muscle Works Joy	Zumba Stacy	Muscle Works BB	Zumba Stacy	Muscle Works Micki	Cardio Blast Lori	Zumba Heather
11:00	Zumba Jada	Yoga Ulrike		Yoga Ulrike	Zumba Lena		
11:30			Zumba Lena				
12:00							
12:30							
5:00	HITT Micki	Muscle Works Joy	Sweat & Stretch Lori	Muscle Works Joy			
5:30							
6:00	Weights & More Lori	Pound (Cardio Drumming) Joy	Spin Express Jamie	Pound (Cardio Drumming) Jessica			
6:30							
7:00	Zumba Reyna	Zumba Heather	Zumba Reyna				
7:30							

Please visit Sebastiangym.com for class information.

Class Descriptions

Group cycling - (aka spinning) Ideal for all fitness levels. Everyone cycles at their OWN PACE and sets their OWN resistance level at ALL times. The instructor will guide you through every ride, giving you the experience of intervals, rolling hills, sprints, climbs, runs, surges, and jumps, all to music hand-picked to motivate and inspire! This 55-minute class is an enjoyable and effective CARDIOVASCULAR strength/endurance workout that you can tailor to meet your needs on any given day! (Great Calorie Burner!!!)

Muscle Works - This class is a moderately paced workout for all ages using weights, bands and floor/mat work. The focus is on building strength and toning your muscle. Ab work is always included. This class can be modified to suit your own individual levels, while keeping form and safety a priority!

HIIT Class - Max interval training has you work as hard as you can for 3-minute intervals, with 30-second periods of rest in between. According to the Insanity web site, exercising at this extreme intensity level will help you burn up to 1,000 calories an hour.

POUND Class - Created by two female drummers, the POUND workout fuses cardio interval training with drumming to provide a challenging, heart-pumping workout.

POUND Unplugged- This class balances focused, high-intensity exercises with restorative movements, rhythmic breathing, and meditation. This deeply intentional journey is designed to promote the health and fitness of the whole person - mental, physical, and emotional.

Cardio Blast - You'll have your hands full in this non-stop, easy-to-follow class using weights and calisthenics to sculpt and shape muscles.

Tighten and Tone - Utilize body bands and other light weight variations to define the total upper body, then move on to a mixture of floor and standing exercise work to target the thighs, glutes, back, and abdominals. This class will help you create muscles that are toned and lengthened, not big and bulky. While burning fat away, your legs will look leaner, your butt firmer, your abs will become stronger, and your shoulders, arms and chest will become more defined.

Full Body Attack - This class is great for all levels. We incorporate low weight and high reps to make this a fat burning cardio class!

Sweat & Stretch - Blast your cardio fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio routines and weight training to help shape and strengthen muscles while building your body to use more calories during cardio workouts. Finish the hour with a full body stretch that will have you feeling great all day.

Yoga w/ Ulrike - "Ricki" teaches an all level class based on ashtanga yoga, synchronizing breath with movements. Ashtanga yoga offers a unique sequence of stretching and strength creating harmony in physical, emotional, and mental aspects.

Zumba® - Zumba® Fitness is a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations that allow participants to dance away their worries.

Just Dance- Join us for a great dance cardio workout to some of your favorite party dance songs such as The Macarena, The Cupid Shuffle, The Wobble and some Latin dance songs. The instructor will guide you through all the steps as you have fun and sweat away the calories.

Ball Fit- We use stability balls for every exercise in this class! For a different type of workout, come join us for some all-around fun!

Weights & More- This class includes cardio and weight training with the use of dumbbells and an additional prop that makes for a fun and unique class! Props may include a stepper, gliders, resistance ball or bands, or weighted bar.