



Group Fitness Schedule

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
8:00	Sweat & Stretch Joy	Kick N Strength Micki	Full Body Attack BB	Kick N Strength Micki	Muscle Works Joy	Group Cycling BB	
9:00	Group Cycling BB	Cardio Blast Micki	Stretch & Mobility BB	Group Cycling BB	Stretch & Mobility Micki	Zumba Heather	Yoga Mark
10:00	Muscle Works Joy	Zumba Stacy	Muscle Works Micki	Zumba Stacy	Muscle Works Micki	Cardio Blast Lori	Zumba Heather
11:00	Zumba Stacy	Yoga Ulrike		Yoga Ulrike	Zumba Lena		
11:30			Zumba Lena				
12:00							
12:30							
5:00	Kick N Strength Micki	Stretch & Mobility Joy	Full Body Burn Tracie	Full Body Fusion Tracie			
5:30							
6:00	Weights & More Lori	Cycle Strong Joy	Yoga Mark	Body Blast Jessica			
6:30							
7:00	Zumba Mollie	Zumba Heather	Zumba Mollie				
7:30							

Please visit **Sebastiangym.com** for class information.

Class Descriptions

 **Group Cycling** – is an energizing indoor cycling workout that combines motivating music, challenging terrain, and inspiring coaching. Climb hills, conquer sprints, and build strength and endurance at your own pace. Perfect for all fitness levels.

 **Muscle Works** - Build strength and tone muscle with this moderately paced workout using dumbbells, resistance bands, and floor exercises. Core training is included in every class, with modifications available to suit all fitness levels while emphasizing proper form and safety.

  **Cardio Blast** - delivers the perfect combination of heart-pumping step intervals, strength training with weights, and functional movements for a total-body workout. Boost your endurance, tone your muscles, and leave feeling stronger and energized. Suitable for all fitness levels.

  **Full Body Attack** - A fast-paced, calorie-burning workout that combines light weights, high repetitions, and continuous movement to improve endurance and build lean muscle. Designed to elevate your heart rate while delivering a fun, full-body challenge for all fitness levels.

  **Sweat & Stretch** - Boost your cardiovascular fitness with a fun combination of cardio intervals and strength training designed to build endurance and tone muscle. Finish each class with a full-body stretch to improve flexibility, aid recovery, and leave you feeling refreshed..

 **Yoga w/Ricki** - an energizing, breath-centered practice that links movement with a flowing sequence of postures to improve strength, flexibility, balance, and focus. Participants are encouraged to work at their own pace, with modifications available to make the practice accessible while still offering a rewarding challenge.

 **Yoga w/Mark** - Connect your body, breath, and mind through a relaxing yoga practice featuring postures, breathing exercises, and mindfulness techniques. Improve flexibility, balance, mobility, and overall well-being while reducing stress and promoting relaxation.

  **Zumba®** - Dance your way to better fitness with this high-energy workout featuring Latin and international rhythms. Burn calories, improve cardiovascular health, and have fun while moving to upbeat music in a welcoming, party-like atmosphere.

  **Weights & More**- combines cardio, strength training, and a variety of fitness equipment for a fun, full-body workout. Using dumbbells and different training tools each class, you'll build strength, improve endurance, and keep your workouts fresh, challenging, and enjoyable. Perfect for all fitness levels.

 **Stretch & Mobility**- Improve flexibility, increase joint mobility, and enhance the way your body moves. This class focuses on stretching, mobility exercises, and functional movement to help improve posture, reduce stiffness, and support everyday activities.

  **Cycle Strong**- A high-energy, full-body workout that combines 25 minutes of heart-pumping cycling intervals with 20 minutes of targeted strength training. Build cardiovascular endurance, increase strength, and maximize your workout in one class.

  **Body Blast**- A full-body workout that combines strength, cardio, and functional training for all fitness levels. With a different focus each week, you'll stay motivated while building strength, endurance, and confidence.

  **Kick & Strength**- off your workout with cardio kickboxing, transition into strength training, challenge your core with targeted abdominal work, and finish with a relaxing stretch. A fun, balanced workout that improves endurance, strength, and flexibility...

  **Full Body Burn**- a total-body workout designed to improve strength, endurance, and overall fitness. Every class is different, keeping your body challenged and your workouts fresh. Expect a fun mix of cardio, strength training, functional movements, and core work using a variety of equipment.

  **Full Body Fusion**- blends strength, cardio, core, and functional training into one energizing workout. With a different mix of exercises and equipment each class, you'll stay motivated while building strength, improving endurance, and challenging your entire body. Designed for all fitness levels.