



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	Weights & More Lori	Muscle Works Lori			
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 - (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!

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.

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.

Yoga w/Mark - Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health

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.

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.

Stretch & Mobility - Designed to help you improve your flexibility and increase your range of motion (mobility). By the end, you'll have been introduced to the concepts of stretching and mobility and better understand how they affect your posture, health, and daily functions.

Cycle Strong- This is a high-energy, full-body workout that combines 25 minutes of heart-pumping cycling intervals with 20 minutes of targeted strength training.

Body Blast- This class gives you a full body workout using a variety of equipment.

Kick N Strength- The class will start with 15 mins of cardio kickboxing, then 15 mins of strength training, and 15 mins of abs. We will end the class with some much-needed stretching.