



**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](http://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. (NOT CURRENTLY SCHEDULED)

**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.

**Yoga w/Seth** - 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.

**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. (NOT CURRENTLY SCHEDULED)

**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.