



# City of Sebastian Community Center

1805 N. Central Avenue, Sebastian, FL 32958

Phone Number: (772)-589-1009



Date	Time	Activity and Description	Cost
Monday	9:00 AM to 10:00 AM	<b>Group Fitness with Kathy.</b> Come join your friends for a full body workout.	\$5 per class \$24/8 classes
Monday	10:30 AM to 11:30AM	<b>Tai Chi On-Going.</b> Various sets of Tai Chi for health programs.	\$5 per class \$24/8 classes
Monday	6:00PM to 7:00PM	<b>Belly Dance Class.</b> Learn this Middle Eastern dance	\$15 per class \$100 for 8
Tuesday	9:00 AM to 10:15 AM	<b>Yoga Stretch and Flow with Kathy.</b> Build strength and flexibility through Yoga.	\$5 per class \$24/8 classes
Tuesday	11:00 AM to 12:00 PM	<b>Gentle Yoga by Lezlee.</b> Moving through postures slowly and mindfully.	\$10.00 per class
Tuesday	12:15 PM to 1:15 PM	<b>Zumba with Stacy.</b> A fun, dance-based cardio workout	\$5 per class \$20/5 classes
Tuesday	2:00 PM to 3:00 PM	<b>Tai Chi On-Going.</b> Various sets of Tai Chi for a variety of health programs.	\$5 per class \$24/8 classes
Tuesday	6:30 PM to 8:00PM	<b>Line Dance Classes.</b> Learn new steps and dance styles. No partner needed. All levels welcome!	\$6 per class
Wednesday	9:00 AM to 10:00 AM	<b>Group Fitness with Kathy.</b> Come and join your friends for a full-body workout.	\$5 per class \$24/8 classes
Wednesday	10:30 AM to 11:30AM	<b>Tai Chi On-Going.</b> Various sets of Tai Chi for health programs.	\$5 per class \$24/8 classes
Wednesday	2:00 PM to 3:00 PM	<b>Tai Chi Basics.</b> Learn foundational movements that will prepare you for moving on to the next level.	\$5 per class \$24/8 classes
Thursday	9:00 AM to 10:00 AM	<b>Basic Fitness with Kathy.</b> This chair-based fitness will help you improve your strength, flexibility and balance.	\$5 per class \$24/8 classes
Thursday	12:15 PM to 1:15 PM	<b>Zumba with Stacy.</b> A fun, dance-based cardio workout	\$5 per class \$20/5 classes
Thursday	10:30 AM to 11:30AM	<b>Tai Chi Intermediate.</b> Learn, study and practice the Sun73 forms.	\$5 per class \$24/8 classes
Thursday	2:00 PM to 3:00 PM	<b>Tai Chi On-Going.</b> Various sets of Tai Chi for health programs.	\$5 per class \$24/8 classes
Thursday	6:00 PM to 7:00 PM	<b>Yoga by Lezlee.</b> Improve your physical body, relax your mind and nurture your spirit through Yoga	\$10.00 per class
Friday	9:00 AM to 10:15 AM	<b>Yoga Stretch and Flow with Kathy.</b> Build strength and flexibility through Yoga.	\$5 per class \$24/8 classes
Friday	10:30 AM to 11:30 AM	<b>Tai Chi On-Going.</b> Various sets of Tai Chi for a variety of health programs.	\$5 per class \$24/8 classes