



Zumba & Piyo Classes

Boost Your Energy and Make New Friends!

Stacy Reynolds is bringing two new, exciting exercise programs to Sebastian!

Zumba classes are dance classes that combine all elements of fitness, cardio, muscle conditioning, balance, and flexibility.

Piyo is a challenging workout that combines yoga and pilates.

Schedule & Details

Zumba | Every Tuesday, Thursday, & Friday
from 12:15 - 1:15 pm.

Piyo | Every Wednesday from noon to 1 pm.

Where | Sebastian Community Center

Cost | \$5 per class or \$20 for five classes

