

GROUP FITNESS CLASS DESCRIPTIONS

CARDIO

Cardio Burn– Use your body weight, light equipment and slow, controlled movements to push yourself to YOUR next level.

Cardio Kickboxing –A fun fitness class that combines martial art techniques with fast paced cardio. Build stamina while you improve coordination & flexibility.

Cardio Interval - Cardio endurance, strength and flexibility are emphasized in this class. Great for beginners, but a guaranteed work out for all levels!

Lite & Lively - A combination of light dance and aerobic exercises to get you moving.

Piloxing - A non stop, cardio fusion of standing Pilates, boxing, and dance that will push you past your limits.

DANCE

Zumba– A fusion of Latin and international music with routines that mix body sculpting movements with fun dance steps.

Zumba Family Hour– Get fit as a family and dance your way to health. Ages 4 and up (parents must stay with children).

OULA—a high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits.

Rockin' to the Goldies –A fun seated dance class that lets you work out to your favorite tunes from the 50's, 60's, and 70's.

PILATES

Mat Pilates - A mat work class which emphasizes abdominal strength and core stability while balancing the rest of the body.

Pilates 101 - A great intro to Pilates.

Pop Pilates - Pilates, cardio barre, and yoga fusion all set to the hit songs of the day.

INDOOR CYCLING

Indoor Cycling - This class focuses on endurance, strength, intervals, higher intensity (race day) and recovery to motivating music.

*Come 15 minutes early as bikes are limited.

Cycling 101 - This class is perfect for cycle beginners.

STRENGTH/SCULPT

Boot Camp - A combination of cardio, strength, and agility drills to challenge all fitness levels.

Boxing– Develop strength, power, speed, balance, coordination and endurance. This energetic workout includes shadow boxing, hang bags, speed bag, jump rope and calisthenics.

Chisel— A total body workout combining progressive body strengthening and conditioning exercises.

Sit and Tone - A program designed for people with arthritis and similar conditions to increase strength and mobility. Exercise with the assistance of a chair.

30-30-30– 30 minutes kickboxing, 30 minutes upper body/abs, and 30 minutes of lower body toning. Class opens every 30 minutes for new participants.

Total Body Fitness - Boost muscular strength and endurance utilizing weights, bands, balls, and your own body weight.

MIND/BODY

Yoga - Enhance strength, posture, flexibility and balance. Leave with an overall sense of well-being.

Chair Yoga - Get all the benefits of yoga with the assistance of a chair.

Early Morning Flow - Gentle poses mix with breath work to stretch the body and ease the mind.

Kundalini Yoga - A mix of postures, dynamic breathing, chanting and meditating on mantras.

Power Yoga - A combination of strength, mental focus, balance and sweat!

Yoga Tune Up– a fitness therapy format built around the three P's – Pain, Posture and Performance. Great for all levels

BALANCE & FLEXIBILITY

Stretch - Learn how to increase your flexibility and recover from intense workouts.

Matter of Balance - Various exercises are performed to improve balance and coordination. Chairs can be used for support.



HELPING YOU LIVE HEALTHIER

Group Fitness Schedule
OCTOBER 2017
BURBANK COMMUNITY YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

Being healthy means more than simply being Physically active. It's about maintaining a balanced spirit, mind and body.

The Y is a place where you can work toward that balance through participating in our group fitness classes, fostering connections with friends, or bringing your loved ones closer together through our many family-centered activities.

At the Y, it's not about the activity you choose as much as it is about the benefits of living healthy on the inside as well as the outside.

GROUP EXERCISE

- If you are new to group exercise or returning after an absence, tell your instructor in case you need modifications.
- Warming up is a vital part of exercise. If you are more than 10 minutes late, be sure to join us for the next class.
- Minimum age: 15 years, unless otherwise indicated.
- Closed-toe athletic shoes and athletic wear are required for all classes except Yoga and Pilates.
- No food, gum or drink allowed except for water in plastic containers.
- Please silence your cell phones. If you need to take a call, be sure to step out of the room.
- Please lock up your belongings in our locker rooms during your workout

BURBANK COMMUNITY YMCA

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