

# GROUP FITNESS CLASS DESCRIPTIONS

## CARDIO

**Barre Burn** – Use your body weight, light equipment and slow controlled movements with a variety of cardio exercises to get you moving!

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

**Cardio Kickboxing** – Combines martial art techniques with fast paced cardio. Build stamina & improve coordination & flexibility.

**Cardio Interval** – Cardio endurance, strength and flexibility are emphasized in this class. 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.

**Cardio Line Dance** – A high energy dance class that is great for all levels. Move your feet to the upbeat tunes of today's top hits!

**Circuit Training** – A total body workout using strength training machines & body weight movements targeting all major muscle groups.

## 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 7 and up (parents must stay with children).

## PILATES

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

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

**Pi-Yo** – Combines the muscle-sculpting & core-fitness benefits of Pilates with the strength and flexibility advantages of Yoga. And we crank up the speed to deliver a true fat-burning, low-impact workout.

**Total Body Sculpt** – Sculpting and toning class uses pilates, yoga, barre techniques, and light weights to create long, lean definition.

## 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 and families. Kids must be able to reach pedals comfortably.

## STRENGTH/SCULPT

**Boot Camp** – A combination of cardio, strength, and agility drills to challenge all fitness levels. Be prepared to sweat!

**Body Blast** – Burn calories and build muscle in all the right places with this high intensity workout!

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

**H.I.I.T. IT!** – This class uses body weight & strength training paired with cardio exercises to increase calorie burn and improve muscular strength and endurance.

**Sit and Tone** – Designed for people with arthritis & similar conditions to increase strength & mobility. Exercise with the assistance of a chair.

**30-30-30** – 30 mins. kickboxing, 30 mins. upper body/abs, and 30 mins. of lower body toning. Class opens every 30 mins.

**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.

**Flow Yoga** – Yoga poses mix with breath work and building internal heat to stretch the body & ease the mind.

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

**Relax & Renew Yoga** – Restorative yoga practice focusing on breath & stretching to facilitate relaxation and renew your energy.

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

**Meditation** – Calm your mind, settle your body and find a softer focus to your day.

## BALANCE & FLEXIBILITY

**Matter Of Balance** – Various exercises are performed to improve balance and coordination. Chairs used for support.

**Stretch** – Learn how to increase flexibility and recover from intense workouts.

**Fit & Fall Proof** – An exercise-based fall prevention program focusing on improving strength, mobility and balance to reduce risk of falling.



# HELPING YOU LIVE HEALTHIER

Group Fitness Schedule  
MAY 2019  
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: 14 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
- Family Friendly classes are notated. Please visit our website for more information.

**BURBANK COMMUNITY YMCA**  
P 818-845-8551 W [www.burbankymca.org](http://www.burbankymca.org)

# GROUP FITNESS SCHEDULE - MAY

## BURBANK COMMUNITY YMCA

### YMCA HOURS

Mon-Fri: 5:30am - 10:00pm  
 Sat: 7:00am - 6:30pm  
 Sun: 9:00am - 5:00pm

### CHILD WATCH

Mon- Wed: 8:00am - 1:00pm & 3:30pm - 8:30pm  
 Thurs - Fri : 8:00am - 12:00pm & 3:30pm - 8:30pm  
 Sat: 8:00am - 1:00pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:45am Indoor Cycling	(55min/CS) JoDee	6:00am Early Morning Flow Yoga	(55min/CR) Bonnie	6:00am Body Blast	(55min/RS) Emily	5:45am Indoor Cycling	(55min/CS) JoDee	6:00am Chisel	(55min/RS) Karen	8:00am Cardio Line Dance -Family	(55 min/RS) Tina
8:30am Yoga	(85min/CR) Bonnie	6:00am Indoor Cycling	(55 min/CS) Kimberly	8:00am Total Body	(55min/RS) Rebecca	8:30am 30-30-30	(85min/RS) Ann	8:30am Indoor Cycling	(55min/CS) Elvia	*Kids 7 and up welcome	
8:30am H.I.I.T. IT!	(55 min/RS) Allison	8:00am Yoga	(55min/CR) Bonnie	8:30am Yoga	(85min/CR) Jennifer	9:00am Yoga Tune Up	(55min/CR) Erin	8:30am Cardio Interval	(55min/RS) Ann	8:30am Indoor Cycling	(55min/CS) Jill
9:30am Total Body Fitness	(25min/RS) Allison	8:30am 30-30-30	(85min/RS) JoDee	8:30am Indoor Cycling	(55min/CS) JoDee	9:30am Indoor Cycling 101	(55 min/CS) Jennifer	9:00am Piloxing	(55min/CR) Erin	8:30am Yoga	(85min/CR) Tanya
10:00am Lite & Lively	(55min/RS) Y Staff	10:00am Sit and Tone	(55min/CR) Mandy	9:00am Zumba	(55min/RS) Amy	*Kids 7 years and up welcome		9:30am Stretch	(30min/RS) Ann	9:00am Total Body Fitness	(55min/RS) Sarah
10:00am Indoor Cycling	(55min/CS) Jenny	10:00am Pilates	(55min/RS) Melinda	9:30am Stretch	(25min/Gym) JoDee	10:00am Pilates	(55min/RS) Melinda	10:00am Lite & Lively	(55min/RS) Ann	10:00am Zumba	(55min/RS) Shawna
10:05am Matter of Balance	(50min/CR) Nadia	10:05am Matter of Balance	(50min/CR) Nadia	10:00am Lite & Lively	(55min/RS) JoDee	10:00am Sit and Tone	(55min/CR) Suzy	10:00am Matter of Balance	(50min/CR) Nadia	10:00am Yoga Core	(55min/CR) Tanya
11:00am Circuit Training	(30min/CIR) Allison	12:00pm Lunchtime Yoga	(55min/CR) Tessa	11:00am Fit & Fall Proof	(30min/CR) Bonnie	11:30am Zumba	(55min/RS) Genise	11:00am Pilates	(55min/RS) JoDee	11:00am Pop Pilates	(55min/RS) Cosima
12:00pm Zumba Gold	(55 min/RS) Wendy	12:00pm Indoor Cycling	(55min/CS) JoDee	12:05pm Lunchtime Zumba	(45min/CR) Sarah	12:00pm Lunchtime Meditation	(55min/CR) Suzy	11:00am Circuit Training	(30mins/CIR) Allison	11:00am Indoor Cycling	(55min/CS) Amanda
2:00pm Chair Yoga	(55min/CR) Gail							12:00pm Lunchtime Zumba	(55min/RS) Sarah	12:00pm Pi-Yo	(55min/RS) Cosima
5:30pm Zumba Family Hour	(55min/RS) Shawna/Karla	5:30pm Zumba Family Hour	(55min/RS) Shawna	5:00pm Family Cycling	(55min/CS) Elvia	5:30pm Barre Burn	(55min/CR) Mackenzie	5:30pm Cardio Line Dance -Family	(55min/RS) Tina	<b>SUNDAY</b>	
*Kids 7 years and up welcome		*Kids 7 years and up welcome		*Kids 7 years and up welcome		*Kids 7 years and up welcome		*Kids 7 years and up welcome			
6:00pm Indoor Cycling	(55min/CS) Jill	5:30pm Kundalini Yoga	(85min/CR) Mary	5:30pm Piloxing	(55min/RS) Lana	5:30pm Zumba	(55min/RS) Genise	5:30pm Indoor Cycling	(55min/CS) Crystalbell		
6:00pm Yoga Basics	(55min/CR) Gail	6:00pm Indoor Cycling	(55min/CS) Rick	5:30pm Yoga	(85min/CR) Kathy	6:00pm Indoor Cycling	(55min/CS) Rick	6:00pm Relax & Renew Yoga	(55min/CR) Kathy		
6:30pm Total Body Fitness	(55min/RS) Mario	6:30pm Chisel	(55min/RS) Karen	6:30pm Indoor Cycling	(55min/CS) Mario	6:30pm Piloxing	(55min/CR) Terry				
7:00pm Body Blast Boot Camp	(55min/CR) Terry	7:00pm Piloxing	(55min/CR) Carla	6:30pm Cardio Burn	(55min/RS) Karen	6:30pm Chisel	(55min/RS) Karen				
7:15pm Indoor Cycling	(55min/CS) Melissa	7:30pm Zumba	(55min/RS) Sarah	7:00pm Body Blast Boot Camp	(55min/CR) Terry	7:15m Indoor Cycling	(55min/CS) Melissa				
7:30pm Piloxing	(55min/RS) Erin			7:30pm Zumba	(55min/RS) Sarah	7:30pm Cardio Kickboxing	(55min/RS) Mario				
						7:30pm FlowYoga	(85min/CR) Leif				
										10:00am Flow Yoga	(55min/CR) Leif
										11:00am Zumba	(55min/RS) Sarah

**What do these symbols mean?**  
 RS = Ray Sence Room (1st floor) CIR= Circuit Room (2nd floor)  
 CR = Club Room (3rd floor) CS = Cycling Studio (3rd floor)  
 \*Parents MUST stay with children for duration of class  
 Classes in **red** indicate a change/addition  
**Please note this schedule is subject to change, cancellation and substitution**