

# GROUP FITNESS SCHEDULE - JUNE

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

**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  
 \* = Wraps required and available for purchase @ front desk  
 Classes in **red** indicate a change/addition  
**Please note this schedule is subject to change, cancellation**

# GROUP FITNESS CLASS DESCRIPTIONS

## ACTIVE OLDER ADULT

**Lite & Lively** - A combination of light dance and aerobic exercises to get you moving. The optimal mix of strength, cardio, and core training. Burn calories and build fitness and strength while improving energy levels, flexibility, balance, and agility.

**Sit and Tone** - An energizing, chair-based class with easy to follow movements to help increase cardiovascular and muscle endurance. Designed for people with arthritis and similar conditions to increase strength and mobility.

**Chair Yoga** - Emphasizes physical and mental relaxation, controlled breathing, balance, proper posture, and flexibility. Get the benefits of yoga with the assistance of a chair.

**Zumba Gold** - A low-impact and high-energy class that introduces easy-to-follow Zumba choreography that is fun and effective. Class focuses on balance, range of motion, and coordination. Zumba Gold is for everyone!

**Fit and Fall Proof** - An exercise-based fall prevention program for adults that focuses on improving strength, mobility, and balance to reduce the risk of falling.

## BALANCE & FLEXIBILITY

**Matter of Balance** - A movement-based training that works on balance, coordination, agility, and functional strength. This class is based on evidence that has been shown to increase walking speed, decrease falls, improve sit-to-stand ability, and improve balance. We offer routines that remain seated, as well as routines that change positions.

**Total Body Stretch** - Incorporates relaxation and stretching techniques to improve range of motion and posture, as well as to ward off injury. You will notice increased mobility, flexibility, and improved muscle function.

## CARDIO FITNESS

**Cardio Burn** - Use your body weight, light equipment, and slow, controlled movements to push yourself to YOUR next level. This class incorporates a variety of cardio exercises to get your heart pumping and your body moving. May include strength training exercises.

**Cardio Kickboxing** - Kick, punch, and sweat your way fit with this high-energy class. Utilizing traditional kickboxing moves and combinations, participants can expect a total-body workout. This high-energy workout challenges the beginner and elite athlete alike.

**Piloxing** - A non-stop workout that uses weighted gloves and boxing movements to tone arms, while incorporating the sculpting and flexibility of Pilates exercises. \*Piloxing gloves may be purchased at Member Services.

**Circuit Training** - A total body workout using strength training machines and body weight movements targeting all major muscle groups. This 30 minute circuit class uses time efficiently, alternating exercises and maximizing work-to-rest ratios for a transformative total body workout!

**Cardio Interval** - An interval-based class of cardio and strength training for all fitness levels. Push it to the limit or choose options that are just right for you. This fun class alternated styles to keep your mind interested and engaged while challenging your muscles to move.

## DANCE

**Zumba** - A high-energy workout inspired by many types of dance moves, including Latin, salsa, hip-hop, and many more. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Come join the party!

**Zumba Family Hour** - Get fit as a family and dance your way to health. We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval style, calorie burning dance fitness party! Ages 7 and up and all fitness levels welcome. \*Parents must remain with children

**Lunchtime Zumba** - Take your lunch break and join us for a Zumba class! This energetic class will help jump-start your afternoon.

**Cardio Line Dance (Family)** - A high-energy dance class that is great for all levels. A fun and energizing way to exercise to today's top hits while enhancing range of motion, balance, and cardiovascular fitness. Ages 7 and up and all levels welcome. Parents must remain with children.

## PILATES

**Pilates** - A mat workout designed to strengthen the core of the body by developing pelvic stability and abdominal control. It is an excellent way to increase muscular endurance, improve flexibility, and encompass the spirit, mind, and body into one effective workout.

**Pop Pilates** - A music-driven, athletic workout that strengthens, stretches, and tones with dynamic movements inspired by the best of Pilates and Yoga. This "boot camp on a Yoga mat" is rigorous but restorative.

**Pi-Yo** - A total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and Yoga to help you build strength, lose weight, increase flexibility, and have a great time!

**Barre Blast** - A total body sculpting workout based on ballet barre exercises. This class is designed to balance, strengthen, and tone the entire body through the use of the ballet barre, light weights, and various props. Each strength section of the workout is followed by a stretching section in order to develop long, lean muscles.

## CYCLING

**Indoor Cycling** - A group indoor cycling workout where you control the intensity. It's a fun, low-impact, and efficient way to burn calories! With great music pumping, your instructor takes you on a journey of hill climbs, sprints, and flat riding while focusing on technique.

**Cycling 101** - This introductory class is your perfect entry point into cycling. You are given control to adjust your resistance to your fitness level. This class will review bike set-up and proper alignment for beginners. All levels are welcome!

**Family Cycling** - Geared to all levels, including your kids! Learn safety, set-up, and proper cycling etiquette. Bring the family for a great workout. Children must be able to comfortably reach the pedals.

\*A water bottle and towel are recommended for all cycling classes. Please arrive 15 minutes early as bikes are limited!

## MIND/BODY

**Yoga** - A journey into the fundamentals of Yoga. This class is for all fitness levels, combining breathing techniques with balance and postural exercises. Wonderful for beginners, or for those looking for a basic yet challenging mind and body workout.

**Flow Yoga** - Mixed level Yoga with an emphasis on individual needs. Yoga poses mix with breath work and building internal heat to stretch the body and ease the mind. Flow from one pose to the next in moving meditation, enhancing the mind, body, and spirit connection.

**Kundalini Yoga** - This traditional Yoga practices emphasizes breathing and specific sets of exercises that help channel your inner energy through your chakras, or energy centers, in the spine. Kundalini is great for all levels.

**Relax & Renew Yoga** - This form of Yoga is a conscious body and mind relaxation practice. When supported with props, the body relaxes and opens, releasing tension and stress. All levels welcome.

**Yoga Tune Up** - A fitness therapy format combining elements of Yoga, conscious corrective exercise, and self-massage to tap into your body's own intelligence. Taking into account the wear and tear of our daily lives, this class helps to balance out those areas of our bodies that are overused or abused. Great for all levels.

**Meditation** - Calm your mind, settle your body, and find a softer focus to your day. Guided meditation offers a relaxed atmosphere to learn new breathing techniques, visualization, and increased awareness. Appropriate for all.

## STRENGTH AND SCULPT

**Body Blast** - Burn calories and build muscle in all the right places with this high intensity workout! A total body strength training and aerobic class using weights, tubes, bands, balls, and your own body for resistance. Get strong and have fun.

**Boxing** - The ultimate calorie-burning workout combining heavy bag work, jump rope, strength training, core, and more! Get a total body conditioning workout that will help you develop your boxing skills and technique. Hand wraps are required and can be purchased at Member Services. New participants are encouraged to arrive at least 10 minutes early for preparation. All levels are welcome.

**Chisel** - A total body workout combining progressive body strengthening and conditioning exercises. Can be modified for all levels, and gives you the moves to burn fat, gain strength, and sculpt and tone your entire body.

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

**30-30-30** - 30 minutes of cardio, 30 minutes of upper body and core, and 30 minutes of lower body toning. Combination classes blend cardiovascular exercise with strength training and mat work to give you the ultimate workout. Class opens every 30 minutes.

**Total Body Fitness** - Boost muscular strength and endurance utilizing weights, bands, balls, and your own body weight. This strength-based class targets all of your major muscle groups. You'll walk out of the room feeling strong and sore. With fun music and high energy, you can condition, strengthen, and tone! All levels are welcome.