

# GROUP FITNESS SCHEDULE - SEPTEMBER

## 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	SUNDAY
5:45am (55min/CS) <u>Indoor Cycling</u> JoDee	6:00am (55min/CR) <u>Early Morning Flow Yoga</u> Bonnie	6:00am (55min/RS) <u>Body Blast</u> Emily	5:45am (55min/CS) <u>Indoor Cycling</u> JoDee	6:00am (55min/RS) <u>Chisel</u> Karen	8:00am (55 min/RS) <u>Cardio Line Dance -Family</u> Tina *Kids 7 and up welcome	
8:30am (85min/CR) <u>Yoga</u> Bonnie	6:00am (55 min/CS) <u>Indoor Cycling</u> Kimberly	<b>6:00am (55min/CS)</b> <b><u>Core Cycle</u></b> Torrie	8:30am (85min/RS) <u>30-30-30</u> Ann	8:30am (55min/CS) <u>Indoor Cycling</u> Elvia	8:30am (55min/CS) <u>Indoor Cycling</u> Jill	
8:30am (55 min/RS) <u>H.I.I.T. IT!</u> Emily	8:00am (55min/CR) <u>Yoga</u> Bonnie	8:00am (55min/RS) <u>Total Body</u> Rebecca	9:00am (55min/CR) <u>Yoga Tune Up</u> Erin	8:30am (55min/RS) <u>Cardio Interval</u> Ann	8:30am (85min/CR) <u>Yoga</u> Tanya	
9:30am (25min/RS) <u>Total Body Fitness</u> Emily	8:30am (85min/RS) <u>30-30-30</u> JoDee	8:30am (85min/CR) <u>Yoga</u> Jennifer	9:30am (55 min/CS) <u>Indoor Cycling 101</u> Jennifer *Kids 7 years and up welcome	9:30am (30min/RS) <u>Stretch</u> Ann	9:00am (55min/RS) <u>Total Body Fitness</u> Sarah	
10:00am (55min/RS) <u>Lite &amp; Lively</u> Suzy	10:00am (55min/CR) <u>Sit and Tone</u> Mandy	8:30am (55min/CS) <u>Indoor Cycling</u> JoDee	10:00am (55min/RS) <b>10:00am</b> <b><u>Fusion Flow</u></b> Shawna	10:00am (55min/RS) <u>Lite &amp; Lively</u> Ann	10:00am (55min/RS) <u>Zumba</u> Shawna	
10:00am (55min/CS) <u>Indoor Cycling</u> Jenny	<b>10:00am (55min/RS)</b> <b><u>Fusion Flow</u></b> Shawna	9:00am (55min/RS) <u>Zumba</u> Amy	10:00am (55min/CR) <u>Sit and Tone</u> Suzy	10:00am (50min/CR) <u>Matter of Balance</u> Nadia	10:00am (55min/CR) <u>Yoga Core</u> Tanya	
10:05am (50min/CR) <u>Matter of Balance</u> Nadia	<b>10:15am (45min/CS)</b> <b><u>Cycle 45</u></b> JoDee	9:30am (25min/Gym) <u>Total Body Stretch</u> JoDee	11:00am (55min/RS) <b>11:00am</b> <b><u>Piloxing</u></b> Lana	<b>11:00am (55min/RS)</b> <b><u>Piloxing</u></b> Lana	11:00am (55min/RS) <u>Pop Pilates</u> Cosima	
11:00am (30min/CIR) <u>Circuit Training</u> Ryan	<b>11:00am (30min/Gym)</b> <b><u>Roll It Out!</u></b> JoDee	10:05am (50min/CR) <u>Matter of Balance</u> Nadja	11:00am (55min/RS) <u>Pilates</u> JoDee	11:00am (55min/RS) <u>Pilates</u> JoDee	11:00am (55min/CS) <u>Family Cycling</u> Amanda *Kids 7 years and up welcome	
<b>11:00am (55min/RS)</b> <b><u>Pilates</u></b> Melinda	12:00pm (55min/CR) <u>Lunchtime Yoga</u> Tessa	10:00am (55min/RS) <u>Lite &amp; Lively</u> JoDee	11:30am (55min/RS) <u>Zumba</u> Genise	11:00am (30min/CIR) <u>Circuit Training</u> Ryan	12:00pm (45min/RS) <u>Total Body Stretch</u> Cosima	
12:00pm (55 min/RS) <u>Zumba Gold</u> Wendy		11:00am (30min/CR) <u>Fit &amp; Fall Proof</u> Bonnie	12:00pm (55min/CR) <u>Lunchtime Meditation</u> Suzy	12:00pm (55min/RS) <u>Lunchtime Zumba</u> Sarah		
2:00pm (55min/CR) <u>Chair Yoga</u> Gail		<b>11:00am (30min/CIR)</b> <b><u>Circuit Training</u></b> Ryan				
		12:05pm (45min/CR) <u>Lunchtime Zumba</u> Sarah				
5:30pm (55min/RS) <u>Zumba Family Hour</u> Shawna/Karla *Kids 7 years and up welcome			5:30pm (55min/CR) <u>Barre Burn</u> Mackenzie	5:30pm (55min/RS) <u>Cardio Line Dance -Family</u> Tina *Kids 7 years and up welcome		
6:00pm (55min/CS) <u>Indoor Cycling</u> Jill	5:30pm (55min/RS) <u>Zumba Family Hour</u> Shawna *Kids 7 years and up welcome	5:00pm (55min/CS) <u>Family Cycling</u> Elvia *Kids 7 years and up welcome	5:30pm (55min/RS) <u>Zumba Family Hour</u> Genise *Kids 7 years and up welcome	5:30pm (55min/RS) <u>Cardio Line Dance -Family</u> Tina *Kids 7 years and up welcome	9:15am (55min/CS) <u>Indoor Cycling</u> Jennifer	
6:00pm (55min/CR) <u>Yoga Basics</u> Gail	5:30pm (85min/CR) <u>Kundalini Yoga</u> Mary	5:30pm (55min/RS) <u>Piloxing</u> Lana	6:00pm (55min/CS) <u>Indoor Cycling</u> Rick	5:30pm (55min/CS) <u>Indoor Cycling</u> Crystalbell	10:00am (55min/CR) <u>Flow Yoga</u> Leif	
6:30pm (55min/RS) <u>Total Body Fitness</u> Mario	6:00pm (55min/CS) <u>Indoor Cycling</u> Rick	5:30pm (85min/CR) <u>Yoga</u> Kathy	6:30pm (55min/RS) <u>Chisel</u> Karen	6:00pm (55min/CR) <u>Relax &amp; Renew Yoga</u> Kathy	11:00am (55min/RS) <u>Zumba</u> Sarah	
7:15pm (55min/CR) <b>* Boxing</b> Justin	6:30pm (55min/RS) <u>Chisel</u> Karen	6:30pm (55min/CS) <u>Indoor Cycling</u> Mario	7:15pm (55min/CS) <u>Indoor Cycling</u> Melissa		<b>11:00am (55min/CS)</b> <b><u>Power Cycle</u></b> Torrie	
7:15pm (55min/CS) <u>Indoor Cycling</u> Melissa	7:00pm (55min/CR) <u>Piloxing</u> Carla	6:30pm (55min/RS) <u>Cardio Burn</u> Karen	7:30pm (55min/RS) <u>Cardio Kickboxing</u> Mario			
7:30pm (55min/RS) <u>Piloxing</u> Erin	7:30pm (55min/RS) <u>Zumba</u> Sarah	7:15pm (55min/CR) <b>* Boxing</b> Justin	7:30pm (55min/RS) <u>Cardio Kickboxing</u> Mario			
		7:30pm (55min/CR) <b>* Boxing</b> Justin	7:30pm (55min/CR) <b>7:30pm</b> <b><u>FlowYoga</u></b> Leif			
		7:30pm (55min/RS) <u>Zumba</u> 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  
 \* = Wraps required and available for purchase @ front desk  
 Classes in **red** indicates 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, & improve balance. We offer seated routines 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.

**Roll It Out!** An excellent addition to any workout plan. Just like a massage, foam rolling helps break up knots in your muscles, releases tightness, while optimizing recovery after workouts. Great for all ages. Remember to bring a towel and water bottle!

## CARDIO FITNESS

**Cardio Burn** - Use your body weight, light equipment, & 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, & more. Routines feature aerobic/fitness interval training with fast & slow rhythms to tone and sculpt the body.

**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 & up and all 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, & tones with dynamic movements inspired by the best of Pilates & Yoga. This "boot camp on a Yoga mat" is rigorous but restorative.

**Barre Blast** - A total body sculpting workout based on ballet barre exercises. This class is designed to balance, strengthen, and tone the entire body using the ballet barre, light weights, & props. This workout will help you develop long, lean muscles.

**Fusion Flow**— Fusion Flow is a fat-burning, low-impact workout that combines Yoga and Pilates while also incorporating elements of Ballet and Tai Chi in dynamic flowing sequences. This muscle-sculpting, core-firming, full-body workout set to R&B and Pop music helps to increase your strength, flexibility and balance.

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

**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, & flats 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.

**Cycle 45**—Get it all done in 45 minutes! You will get a great cardiovascular workout while you ride through hill climbs, sprints and flats. Control your intensity. Appropriate for all levels.

**Power Cycle** - A total body work-out! Combining leg and cardio work on the bike with segments of training off the bike for additional strength work. Get moving with a 25 minute cycle ride consisting of hill climbs and sprints. Move to the Club Room for 25 minutes of strength work. All levels welcome!

**Core Cycle**—Combining leg and cardio work on the bike with segments of training off the bike for additional core work. Get moving with a 25 minute calorie burning cycle ride consisting of hill climbs and sprints. Move to the Club Room for 25 minutes of intense core work. All levels welcome!

## 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.