

Y GROUP EXERCISE

We build strong kids, strong families, strong communities.

July 2010 Schedule

Monday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
6:30-7:15am	Fit Camp	All	Jenn Stern	RS	5:30-6:30pm	Belly Dance	All	Jennifer	RS
◀9:00-10:00am	Summer Switch Up!	All	JoDee	RS	6:30-7:30pm	Kick it	All	Lisa	RS
10:00-11:00am	Lite & Lively	1	Jill	RS	7:00-9:30pm	Boxing	All	Steve	CR
Tuesday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
6:30-7:15am	Total Body Chisel	All	Ann	RS	6:00-6:30pm	Pilates 101	1	Karen	RS
8:30-10:00am	30-30-30	All	JoDee	RS	6:30-7:30pm	Chisel	All	Karen	RS
10:30-11:30am	Sit 'N Tone	1	Lisa	CR	7:30-8:30pm	Stepography	All	Rosana	RS
					7:30-9:30pm	Kyokushin Karate	All	Brian	LS
Wednesday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
6:30-7:15am	Fit Camp	All	Jill	RS	5:30-6:30pm	Zumba	All	Alesha	RS
9:00- 10:00am	Total Health	All	Jenn Stern	RS	6:30-7:30pm	Fit Camp	All	Karen	RS
10:00-11:00am	Lite & Lively	1	JoDee	RS	7:00-9:30pm	Boxing	All	Steve	CR
Thursday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
6:30-7:15am	Total Body Chisel	All	Ann	RS	5:30-6:30pm	Zumba	All	Jenn Stern	RS
8:30-10:00am	30-30-30	All	Ann	RS	6:30-7:30pm	Chisel	All	Karen	RS
10:30-11:30am	Sit 'N Tone	1	Mandy	CR	7:30-8:30pm	Stepography	All	Rosana	RS
					7:30-9:30pm	Kyokushin Karate	All	Brian	LS
Friday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
6:30-7:15am	Fit Camp	All	Jill	RS	6:30-9:00pm	Boxing	All	Steve	RS
8:30-9:30am	Cardio Interval	All	Ann	RS					
9:30-10:00am	Stretch	All	Ann	RS					
10:00-11:00am	Lite & Lively	1	Ann	RS					
Saturday									
Time	Class	Level	Instructor	Rm	ROOM KEY				
9:00-10:00am	Fit Camp	All	Karen	RS	(1 st Floor)	RS = Ray Sence			
					(1 st Floor)	SJ = San Jose Entrance			
					(2 nd Floor)	LS = Lifestyles Studio			
					(3 rd Floor)	CR=Club Room			
◀ Indicates NEW Class Time/ Location/ Instructor									

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.

321 Magnolia Blvd. • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org

Class Descriptions

Abs Express: 15 minutes of intense ab work, great for all levels.

Lite & Lively: Combination of light dance movements with aerobic exercises.

Kick It: Powerful and exciting aerobic workout that integrates basic punches and kicks.

Total Body Chisel: A fun fast paced strength training class for all levels. This class includes multi-functional moves, utilizing all the muscle groups. It is a great compliment to the Fit Camp class.

30-30-30: A fun combination class which includes 30minutes of kickboxing, 30minutes of upper body/abs and 30minutes of lower body toning. Class format is open every 30minutes for new participants to join in.

Sit & Tone: An exercise program designed for people with arthritis and similar related diseases.

Stepography: Choreographic workout performed to music. This rhythmic cardio workout is done on a low step.

Kyokushin Karate: "Kyokushin" means: the search for ultimate truth or reality. This traditional style of karate emphasizes self-defense and helps to develop and maintain physical strength. Registration required.

Zumba: Dance your way to a fitter you! Zumba combines exciting and unique Latin moves and rhythms, appropriate for all levels. No dance experience needed.

Belly Dance: Joyful, creative, and empowering art. Combines isolated movements of expression with muscle control to tighten, tone, and shape the body. No dance experience needed.

Fit Camp: Make the most of your time with this fun, intense cardio total body workout. It will keep your feet moving!

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

Hip Hop: This class is designed to make you sweat and learn a few dance moves in the process. No previous dance experience necessary!

Pilates 101: This 30 minute class will introduce you to all the amazing benefits of Pilates, such as stronger abs, flexibility, improved posture, just to name a few.

Total Health: Break through your personal barriers with our Total Health Class. This class runs Monday & Wednesday mornings (refer to schedule for time and instructor) consisting of 50 minutes of beginner strength training and 15minutes of abs.

Cardio Interval: Join Ann on this uplifting journey of basic cardio movements alternating with strength training. This class will emphasize all three components of physical fitness: cardio fitness, strength and flexibility. A great place for beginners to start but a guaranteed workout for all levels!

Stretch: End your week just right with this relaxing yet invigorating stretch class. Please know you do not need to be flexible to join in, rather this is the class where you will learn how to increase your flexibility.

Chisel: Total body workout, combining progressive body strengthening and conditioning exercises.

Summer Switch Up!

Switch up your workout routine with different cardio and strength intervals each week with JoDee and Jill. Plenty of variety and energy is what you will get to start your week off right!

BURBANK COMMUNITY YMCA

FACILITY HOURS

Monday-Friday 5:30AM - 10:00PM
Saturday 7:00AM - 6:30PM
Sunday 12NOON - 5:00PM

MEMBER SERVICES HOURS

Monday-Friday 8:00AM - 8:00PM
Friday 8:00AM - 7:00PM
Saturday 9:00AM - 6:00PM
Sunday 1:00PM - 5:00PM

SCHOLARSHIPS

Financial assistance applications are available at Member Services and/or burbankymca.org.