

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 – 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).

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

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 fusion 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.

STRENGTH/SCULPT

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

Body Blast Boot Camp – A fat burning, calorie torching top to bottom work-out! Be prepared to sweat!

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

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

Matter of Balance – Various exercises are performed to improve balance & coordination. Chairs used for support.



HELPING YOU LIVE HEALTHIER

Group Fitness Schedule
DECEMBER 2018
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

P 818-845-8551 W www.burbankymca.org

GROUP FITNESS SCHEDULE - DECEMBER

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 (55min/CS) <u>Indoor Cycling</u> JoDee	6:00am (55min/CR) <u>Early Morning Flow Yoga</u> Bonnie	6:00am (55min/RS) <u>OULA</u> <u>Top40s Dance Cardio</u> Jessica	5:45am (55min/CS) <u>Indoor Cycling</u> JoDee	6:00am (55min/CR) <u>OULA</u> <u>Top40s Dance Cardio</u> Jessica	8:00am (55 min/RS) <u>Cardio Line Dance</u> Tina
6:00am (55min/RS) <u>Boot Camp</u> Emily	6:00am (55 min/CS) <u>Indoor Cycling</u> Kimberly	8:00am (55min/RS) <u>Total Body</u> Rebecca	8:30am (85min/RS) <u>30-30-30</u> Ann	6:00am (55min/RS) <u>Chisel</u> Karen	8:30am (55min/CS) <u>Indoor Cycling</u> Jill
8:30am (85min/CR) <u>Yoga</u> Bonnie	8:00am (55min/CR) <u>Yoga</u> Bonnie	8:30am (85min/CR) <u>Yoga</u> Jennifer		8:30am (55min/CS) <u>Indoor Cycling</u> Elvia	8:30am (85min/CR) <u>Yoga</u> Tanya
8:30am (55 min/RS) <u>H.I.I.T. IT!</u> Allison	8:30am (85min/RS) <u>30-30-30</u> JoDee	8:30am (55min/CS) <u>Indoor Cycling</u> JoDee	9:00am (55min/CR) <u>Yoga Tune Up</u> Erin	8:30am (55min/RS) <u>Cardio Interval</u> Ann	9:00am (55min/RS) <u>Total Body Fitness</u> Sarah
9:30am (25min/RS) <u>Total Body Fitness</u> Allison		9:00am (55min/RS) <u>Zumba</u> Amy		9:00am (55min/CR) <u>Piloxing</u> Erin	10:00am (55min/RS) <u>Zumba</u> Shawna
10:00am (55min/RS) <u>Lite & Lively</u> Mandy	10:00am (55min/CR) <u>Sit and Tone</u> Mandy	9:30am (25min/Gym) <u>Stretch</u> JoDee	10:00am (55min/RS) <u>Pilates</u> Melinda	9:30am (30min/RS) <u>Stretch</u> Ann	10:00am (55min/CR) <u>Yoga Core</u> Tanya
10:00am (55min/CS) <u>Indoor Cycling</u> Jenny	10:00am (55min/RS) <u>Pilates</u> Melinda	10:05am (50min/CR) <u>Matter of Balance</u> Nadja	10:00am (55min/CR) <u>Sit and Tone</u> Mandy	10:00am (55min/RS) <u>Lite & Lively</u> Ann	11:00am (55min/RS) <u>Pop Pilates</u> Cosima
10:05am (50min/CR) <u>Matter of Balance</u> Nadja		10:00am (55min/RS) <u>Lite & Lively</u> JoDee		10:00am (50min/CR) <u>Matter of Balance</u> Nadja	11:00am (55min/CS) <u>Indoor Cycling</u> Amanda
11:00am (30min/CIR) <u>Circuit Training</u> Allison	12:00pm (55min/CR) <u>Lunchtime Yoga</u> Tessa	12:05pm (45min/CR) <u>Lunchtime Zumba</u> Sarah	11:30am (55min/RS) <u>Zumba</u> Wendy	11:00am (55min/RS) <u>Pilates</u> JoDee	12:00pm (55min/RS) <u>Pi-Yo</u> Cosima
12:00pm (55 min/RS) <u>Zumba</u> Wendy	12:00pm (55min/CS) <u>Indoor Cycling</u> JoDee		12:00pm (55min/CR) <u>Lunchtime Meditation</u> Suzy	11:00am (30mins/CIR) <u>Circuit Training</u> Allison	
2:00pm (55min/CR) <u>Chair Yoga</u> Gail				12:00pm (55min/RS) <u>Lunchtime Zumba</u> Sarah	
5:30pm (55min/RS) <u>Zumba Family Hour</u> Shawna/Karla	5:30pm (55min/RS) <u>Zumba Family Hour</u> Amy	5:00pm (55min/CS) <u>Family Cycling</u> Elvia	5:30pm (55min/CR) <u>Total Body Sculpt</u> Mackenzie		
6:00pm (55min/CS) <u>Indoor Cycling</u> Jill	5:30pm (85min/CR) <u>Kundalini Yoga</u> Mary	5:30pm (55min/RS) <u>Piloxing</u> Lana	5:30pm (55min/RS) <u>Zumba</u> Genise	5:30pm (55min/RS) <u>Cardio Line Dance</u> Tina	9:15am (55min/CS) <u>Indoor Cycling</u> Jennifer
6:00pm (55min/CR) <u>Yoga Basics</u> Gail	6:00pm (55min/CS) <u>Indoor Cycling</u> Rick	5:30pm (85min/CR) <u>Yoga</u> Kathy	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	6:30pm (55min/RS) <u>Chisel</u> Karen	6:30pm (55min/CS) <u>Indoor Cycling</u> Mario	6:30pm (55min/CR) <u>Piloxing</u> Terry	6:00pm (55min/CR) <u>Relax & Renew Yoga</u> Kathy	11:00am (55min/RS) <u>Zumba</u> Sarah
7:00pm (55min/CR) <u>Body Blast Boot Camp</u> Terry	7:00pm (55min/CR) <u>Piloxing</u> Carla	6:30pm (55min/RS) <u>Cardio Burn</u> Karen	6:30pm (55min/RS) <u>Chisel</u> Karen		
7:15pm (55min/CS) <u>Indoor Cycling</u> Melissa	7:00pm (55min/CS) <u>Cycling</u> Melinda	7:00pm (55min/CR) <u>Body Blast Boot Camp</u> Terry	7:15m (55min/CS) <u>Indoor Cycling</u> Melissa		
7:30pm (55min/RS) <u>Piloxing</u> Erin	7:30pm (55min/RS) <u>Zumba</u> Sarah	7:30pm (55min/RS) <u>Zumba</u> Sarah	7:30pm (55min/RS) <u>Cardio Kickboxing</u> Mario		
	8:00pm (55min/CR) <u>OULA</u> <u>Top40s Dance Cardio</u> Jessica		7:30pm (85min/CR) <u>FlowYoga</u> Leif		

SUNDAY

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)
 Classes in red indicate a change/addition

Please note this schedule is subject to change, cancellation and substitution