

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—A fun fitness class that combines martial art techniques with fast paced cardio. Build stamina while you improve coordination & flexibility.

Cardio Interval - Cardio endurance, strength and flexibility are emphasized in this class. Great for beginners, but a guaranteed workout 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.

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 4 and up (parents must stay with children).

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

Rockin' to the Goldies—A fun seated dance class that lets you work out to your favorite tunes from the 50's, 60's, and 70's.

PILATES

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

Pilates 101 - A great intro to Pilates.

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

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.

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

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

Sit and Tone - A program designed for people with arthritis and similar conditions to increase strength and mobility. Exercise with the assistance of a chair.

30-30-30— 30 minutes kickboxing, 30 minutes upper body/abs, and 30 minutes of lower body toning. Class opens every 30 minutes for new participants.

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.

Early Morning Flow - Gentle poses mix with breath work to stretch the body and ease the mind.

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

Power Yoga - A combination of strength, mental focus, balance and sweat!

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 your flexibility and recover from intense workouts.

Matter of Balance - Various exercises are performed to improve balance and coordination. Chairs can be used for support.



the

YMCA

HELPING YOU LIVE HEALTHIER

Group Fitness Schedule
JANUARY 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 - January

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	
<u>6:00am</u> <u>Indoor Cycling</u>	(45min/CS) Kimberly	6:00am Early Morning Flow Yoga	(55min/CR) Bonnie	6:00am OULA Top40s Dance Cardio	(55min/RS) Jessica	6:00am Indoor Cycling	(55min/CS) JoDee	6:00am OULA Top40s Dance Cardio	(55min/CR) Jessica	8:30am Indoor Cycling	(55min/CS) Jill
6:00am Boot Camp	(55min/RS) Emily							6:00am Chisel	(55min/RS) Karen	8:30am Yoga	(85min/CR) Tanya
8:30am Yoga	(85min/CR) Bonnie	8:00am Yoga	(55min/CR) Bonnie	8:00am Total Body	(55min/RS) Rebecca	8:30am 30-30-30	(85min/RS) Ann	8:30am Indoor Cycling	(55min/CS) Elvia	9:00am Total Body Fitness	(55min/RS) Sarah
8:30am Core n' More	(25 min/RS) Nadja	8:30am 30-30-30	(85min/RS) JoDee	8:30am Yoga	(85min/CR) Jennifer			8:30am Cardio Interval	(55min/RS) Ann	10:00am Zumba	(55min/RS) Shawna
9:00am Total Body Fitness	(55min/RS) Nadja			8:30am Indoor Cycling	(55min/CS) JoDee	9:00am Yoga Tune Up	(55min/CR) Erin	8:30am Piloxing	(55min/CR) Xochitl	10:00am Yoga Core	(55min/CR) Tanya
<u>10:00am</u> <u>Lite & Lively</u>	(55min/RS) Y- Staff	10:00 am Sit and Tone	(55min/CR) Mandy	9:00am Zumba	(55min/RS) Judy	10:00 am Pilates	(55min/RS) Jacqueline	9:30am Stretch	(30min/RS) Ann	11:00am Pop Pilates	(55min/RS) Cosima
10:05am Matter of Balance	(50min/CR) Nadja	10:00 am Pilates	(55min/RS) Jacqueline	9:30am Stretch	(25min/Gym) JoDee	10:00 am Pilates	(55min/RS) Jacqueline	10:00am Lite & Lively	(55min/RS) Ann	11:00am Boxing Club	(120min/CR) Volunteer
11:00am Rockin' to the Goldies	(50min/CR) Julie			10:05am Matter of Balance	(50min/CR) Nadja	10:00 am Sit and Tone	(55min/CR) Mandy	10:05am Matter of Balance	(50min/CR) Nadja		
		12:00pm Lunchtime Yoga	(55min/CR) Tessa	10:00am Lite & Lively	(55min/RS) JoDee	11:00am Zumba	(55min/RS) Judy	<u>11:00am</u> <u>Pilates</u>	(55min/RS) Y-Staff		
12:00pm Chair Yoga	(55min/CR) Gail	12:00pm Indoor Cycling	(55min/CS) JoDee	11:00am Rockin' to the Goldies	(50min/CR) Julie	12:00pm Lunchtime Meditation	(55min/CR) Suzy	<u>12:00pm</u> <u>Lunchtime Zumba</u>	(55min/RS) Sarah		
				12:05pm Lunchtime Zumba	(45min/CR) Sarah						
5:30pm Zumba Family Hour	(55min/RS) Shawna	5:30pm Zumba Family Hour	(55min/RS) Amy	5:00pm Family Cycling	(55min/CS) Elvia	5:30pm Pilates 101	(50min/CR) Karen	<u>5:30pm</u> <u>Zumba (kids 9-14 welcome)</u>	(55min/RS) Genise	<u>9:15am</u> <u>Indoor Cycle</u>	(45min/CS) Kimberly
6:00pm Indoor Cycling	(55min/CS) JoDee	5:30pm Kundalini Yoga	(85min/CR) Mary	5:30pm Piloxing	(55min/RS) Xochitl	5:30pm Zumba	(55min/RS) Karla	5:30pm Indoor Cycling	(55min/CS) Amanda	10:00am Yoga	(55min/CR) Delaney
6:00pm Yoga Basics	(55min/CR) Meghan	6:00pm Indoor Cycling	(55min/CS) Rick	5:30pm Yoga	(85min/CR) Kathy	6:00pm Indoor Cycling	(55min/CS) Rick	6:30pm Relax & Renew Yoga	(55min/CR) Kathy	11:00am Zumba	(55min/RS) Sarah
6:30pm Total Body Fitness	(55min/RS) Mario	6:30pm Chisel	(55min/RS) Karen	6:00pm Indoor Cycling	(55min/CS) Jill	6:30pm Power Yoga	(55min/CR) Leif	7:30pm *Boxing	(120min/CR) Steve		
7:00pm *Boxing	(120min/CR) Steve	7:00pm Piloxing	(55min/CR) Carla	6:30pm Cardio Burn	(55min/RS) Karen	6:30pm Chisel	(55min/RS) Karen				
<u>7:15pm</u> <u>Indoor Cycling</u>	(55min/CS) Elvia	7:15pm Cycling 101	(55min/CS) Elvia	7:00pm *Boxing	(120min/CR) Steve	<u>7:15pm</u> <u>Indoor Cycling</u>	(55min/CS) Elvia				
7:30pm Piloxing	(55min/RS) Erin	7:30pm Zumba	(55min/RS) Sarah	7:30pm Zumba	(55min/RS) Sarah	7:30pm Cardio Kickboxing	(55min/RS) Mario				
		8:00pm OULA Top40s Dance Cardio	(55min/CR) Jessica			<u>8:00pm</u> <u>Yoga</u>	(55min/CR) Leif				

SUNDAY

What do these symbols mean?
 RS = Ray Sence Room (1st floor)
 CR = Club Room (3rd floor) CS = Cycling Studio (3rd floor)
 *= One time registration required
 Classes in **red** indicate a change/addition
Please note this schedule is subject to change, cancellation and substitution