



# BURBANK FITNESS CLUB CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM (S)* SUNRISE SPINNING. STEPHANIE	6:00 AM (V) TOTAL BODY RESET SUMMER	6:00 AM (S)* SUNRISE SPINNING. STEPHANIE	6:00 AM (V) POWER SCULPT TRACI	6:00 AM (S)* SUNRISE SPINNING. TRACI	8:30 AM (S)* CRAZY BURN SPINNING. AMANDA	8:30 AM (S)* CRAZY BURN SPINNING. AMANDA
8:30 AM (V) BURN N' BOX SUMMER	7:00 AM (S)* POWER SOUL SPINNING. DARLA	8:30 AM (V) FUNCTIONAL FIT SAM	7:00 AM (S)* POWER SOUL SPINNING. DARLA	8:30 AM (V) BURN N' BOX SUMMER	8:30 AM (V) SCULPT SHEE	10:30 AM (V) ZUMBA ROBSON
9:30 AM (V) VINYASA FLOW TATIANA	8:30 AM (V) MUSCLE & CORE SAM	9:30 AM (V) VINYASA FLOW TATIANA	8:30 AM (V) SWEAT FEST SAM	9:30 AM (V) VINYASA FLOW TATIANA	9:30 AM (S)* TURN IT UP SPINNING. TRACI	
5:30 PM (C)* BARRE BLEND TRACI	9:30 AM (V) ZUMBA MANDY	5:30 PM (V) POWER SCULPT TRACI	9:30 AM (V) ZUMBA MARISELA	10:30 AM (V) ZUMBA MANDY	9:30 AM (V) BOOT CAMP AMANDA	
5:30 PM (S)* CRAZY BURN SPINNING. AMANDA	10:30 AM (V) FOREVER YOUNG DIANNA	6:30 PM (S)* POWER BEAT SPINNING. TRACI	10:30 AM (V) FOREVER YOUNG DIANNA	6:30 PM (S/V) FULL BODY BLAST AMANDA		
6:30 PM (S)* POWER BEAT SPINNING. TRACI	11:30 AM (C)* BARRE TECHNIQUE DIANNA	6:30 PM (V) CARDIO STRENGTH AMANDA	11:30 AM (C)* BARRE TECHNIQUE DIANNA			
6:30 PM (V) XTREME FIT AMANDA	5:30 PM (V) PILATES SCULPT STEPHANIE	7:30 PM (V) ZUMBA ROBSON	5:30 PM (V) PILATES SCULPT STEPHANIE			
7:30 PM (V) YOGA POWER FLOW ELIZABETH (STARTING 05/15/23)	6:30 PM (S)* POWER BEAT SPINNING. STEPHANIE		6:30 PM (S)* POWER BEAT SPINNING. STEPHANIE			
	6:30 PM (V) HIIT DIANNA		6:30 PM (V) HIIT DIANNA			
	7:30 PM (C)* BARRE TECHNIQUE DIANNA		7:30 PM (C)* BARRE TECHNIQUE DIANNA			C: CORE STUDIO S: SPINNING STUDIO V: VITALITY STUDIO
			7:30 PM (V) YOGA POWER FLOW ELIZABETH (STARTING 05/15/23)			*RESERVATIONS REQUIRED

**ALL CLASSES ARE BEGINNER FRIENDLY!**

226 E PALM AVE, BURBANK, CA 91502

MON – THU: 5:45 AM – 10:00 PM · FRI: 5:45 AM – 9:00 PM · SAT – SUN: 7:00 AM – 7:00 PM

(818) 861-7530 · BURBANKFITNESSCLUB.COM





B U R B A N K  
**FITNESSCLUB**  
CLASS DESCRIPTIONS



<b>BARRE BLEND</b>	A low-impact, high-intensity class that blends ballet, Pilates, and yoga-inspired movements to improve posture, flexibility, mobility, and stability.
<b>BARRE TECHNIQUE</b>	Similar to BARRE BLEND, this class focuses on postural strength and alignment; using various techniques that target your arms, core, legs, and glutes.
<b>BOOT CAMP</b>	Get a full-body, calorie-burning workout by mixing traditional calisthenics with high-intensity interval training and lighter-weight strength training.
<b>BURN N' BOX</b>	Learn the fundamentals of boxing from our experts! Full of conditioning drills, intervals, punches, and kicks, this class will surely make you feel the burn.
<b>CARDIO STRENGTH</b>	Improve your stamina and endurance with a mixture of heart-pumping cardio and lighter-weight strength training.
<b>FOREVER YOUNG</b>	A low-impact class designed for older adults and those with disabilities to build strength, flexibility, joint stability, balance, and coordination; keeping you functional and vibrant for everyday life.
<b>FULL BODY BLAST</b>	1/2 SPINNING® + 1/2 cardio-strength = 1 explosive workout! Test your endurance and leave feeling pumped after this high-intensity combo class!
<b>FUNCTIONAL FIT</b>	Train your muscles to work seamlessly through a series of exercises that mimic the movements of daily activities to improve quality of life and prevent common injury.
<b>HIIT</b>	H.I.I.T: High-Intensity Interval Training. Get your heart rate up and burn more fat in less time through a variety of different high-intensity movements, alternating with short periods of active recovery.
<b>MUSCLE &amp; CORE</b>	With an emphasis on core, this form-focused, resistance training class will work on the muscles deep within your abdominals and back to increase muscular endurance and support a healthy spine, pelvis, and kinetic chain.
<b>PILATES SCULPT</b>	Tone your entire body with lighter-weight training and Pilates-inspired movements, using resistance bands, sliders, and more.
<b>POWER SCULPT</b>	Burn fat, build lean muscle mass, and power up with cardio, core, and strength training all wrapped into one full-body workout!
<b>SCULPT</b>	Start your weekend with full body lengthening and strengthening through yoga sequences and cardio, while using weights to sculpt, tone, and define your major muscle groups.
<b>SWEAT FEST</b>	This slower-paced, anaerobic, form-focused class will help develop, maintain, and increase lean muscle mass through strength and resistance training.
<b>SPINNING®</b>	This beat-based, calorie-burning ride will vary in resistance and intensity as you pedal your way through flat roads, hills, jumps, and sprints.
<b>TOTAL BODY RESET</b>	Utilizing muscles from head to toe, this HIIT-cardio-strength combo class will leave you feeling energized and ready for the day!
<b>VINYASA FLOW</b>	Find the connection between breath, mind, and movement, and feel aligned and rejuvenated after this restorative Vinyasa yoga class.
<b>XTREME FIT</b>	Challenge yourself through a series of circuit training, endurance, and strength exercises to improve cardiovascular health and boost metabolism.
<b>YOGA POWER FLOW</b>	End your day with a full mind-body workout by incorporating yoga poses that focus on core-strength, inversions, and balances.
<b>ZUMBA®</b>	Get an endorphin boost and dance your way to results with this energizing, easy-to-follow class.

**THE FUTURE OF FITNESS SUPPLEMENTS THAT FITS YOUR NEEDS!**

**PRESTIGE LABS®** PRODUCES HIGH-QUALITY SUPPLEMENTS FOR PROFESSIONAL ATHLETES AND OLYMPIANS, MADE BY ONE OF THE BEST MINDS IN BIOCHEMISTRY, DR. TREVOR KASHEY, PHD. FOR MORE INFORMATION, VISIT [BURBANKFITNESSCLUB.COM](http://BURBANKFITNESSCLUB.COM).