



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	7:00 AM HIIT CLAUDIA <i>(STARTING 09/08/23)</i>	8:30 AM (V) YOGA POWER FLOW ELIZABETH <i>(STARTING 09/09/23)</i>	9:30 AM (C)* BARRE BALLET ROBSON <i>(STARTING 09/10/23)</i>
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	8:30 AM (V) BURN N' BOX SUMMER	9:30 AM (S)* TURN IT UP SPINNING. TRACI	10:30 AM (V) ZUMBA ROBSON
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	9:30 AM (V) VINYASA FLOW TATIANA	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	10:30 AM (V) ZUMBA MANDY		
6:30 PM (S)* POWER BEAT SPINNING. TRACI	11:30 AM (C)* BARRE TECHNIQUE DIANNA	6:30 PM (C)* BARRE BALLET ROBSON <i>(STARTING 09/06/23)</i>	11:30 AM (C)* BARRE TECHNIQUE DIANNA	6:30 PM (S/V) FULL BODY BLAST AMANDA		
6:30 PM (V) XTREME FIT AMANDA	5:30 PM (V) PILATES SCULPT STEPHANIE	6:30 PM (V) CARDIO STRENGTH AMANDA	5:30 PM (V) PILATES SCULPT STEPHANIE			
7:30 PM (V) YOGA POWER FLOW ELIZABETH	6:30 PM (S)* POWER BEAT SPINNING. STEPHANIE	7:30 PM (V) ZUMBA ROBSON	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 CLAUDIA <i>(STARTING 09/05/23)</i>		7:30 PM (C)* BARRE TECHNIQUE DIANNA			C: CORE STUDIO S: SPINNING STUDIO V: VITALITY STUDIO
			7:30 PM (V) YOGA POWER FLOW ELIZABETH			*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



BARRE BLEND	A low-impact, high-intensity class that blends ballet, Pilates, and yoga-inspired movements to improve posture, flexibility, mobility, and stability.
BARRE TECHNIQUE	Similar to BARRE BLEND, this class focuses on postural strength and alignment; using various techniques that target your arms, core, legs, and glutes.
BARRE BALLET	Barre is used as the foundation for all other ballet exercises. Tone up through pliés, élevés, tendus, and more to enhance coordination and postural awareness.
BOOT CAMP	Get a full-body, calorie-burning workout by mixing traditional calisthenics with high-intensity interval training and lighter-weight strength training.
BURN N' BOX	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.
CARDIO STRENGTH	Improve your stamina and endurance with a mixture of heart-pumping cardio and lighter-weight strength training.
FOREVER YOUNG	A low-impact class designed for older adults and those with disabilities to build strength, flexibility, joint stability, and mobility; keeping you functional and vibrant for everyday life.
FULL BODY BLAST	1/2 SPINNING® + 1/2 cardio-strength = 1 explosive workout! Test your endurance and leave feeling pumped after this high-intensity combo class!
FUNCTIONAL FIT	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.
HIIT	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.
MUSCLE & CORE	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.
PILATES SCULPT	Tone your entire body with lighter-weight training and Pilates-inspired movements, using resistance bands, sliders, and more.
POWER SCULPT	Burn fat, build lean muscle mass, and power up with cardio, core, and strength training all wrapped into one full-body workout!
SCULPT	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.
SWEAT FEST	This slower-paced, anaerobic, form-focused class will help develop, maintain, and increase lean muscle mass through strength and resistance training.
SPINNING®	This beat-based, calorie-burning ride will vary in resistance and intensity as you pedal your way through flat roads, hills, jumps, and sprints.
TOTAL BODY RESET	Utilizing muscles from head to toe, this HIIT-cardio-strength combo class will leave you feeling energized and ready for the day!
VINYASA FLOW	Find the connection between breath, mind, and movement, and feel aligned and rejuvenated after this restorative Vinyasa yoga class.
XTREME FIT	Challenge yourself through a series of circuit training, endurance, and strength exercises to improve cardiovascular health and boost metabolism.
YOGA POWER FLOW	End your day with a full mind-body workout by incorporating yoga poses that focus on core-strength, inversions, and balances.
ZUMBA®	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.