



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	6:00 AM (V) HIIT CLAUDIA	8:30 AM (V) YOGA POWER FLOW ELIZABETH	9:30 AM (C)* CLASSIC BARRE 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	8:30 AM (V) BURN N' BOX SUMMER	9:30 AM (S)* TURN IT UP SPINNING. TRACI	9:30 AM (V) SUNDAY SHRED COLLIN <i>(NEW! AS OF 11/05/23)</i>
5:30 PM (C)* BARRE BLEND TRACI	9:30 AM (V) ZUMBA MARISELA	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	10:30 AM (V) ZUMBA ROBSON
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 ROBSON		
5:30 PM FULL BODY CIRCUIT COLLIN <i>(NEW! AS OF 11/06/23)</i>	11:30 AM (C)* BARRE TECHNIQUE DIANNA	6:30 PM (C)* CLASSIC BARRE ROBSON	11:30 AM (C)* BARRE TECHNIQUE DIANNA	6:30 PM (S/V)* 30/30 SPIN-STRENGTH HYBRID AMANDA		
6:30 PM (S)* POWER BEAT SPINNING. TRACI	5:30 PM (V) PILATES SCULPT STEPHANIE	6:30 PM (V) CARDIO STRENGTH AMANDA	5:30 PM (V) PILATES SCULPT STEPHANIE			
6:30 PM (V) XTREME FIT AMANDA	6:30 PM (S)* POWER BEAT SPINNING. STEPHANIE	7:30 PM (V) ZUMBA ROBSON	6:30 PM (S)* POWER BEAT SPINNING. STEPHANIE			
7:30 PM (V) YOGA POWER FLOW ELIZABETH	6:30 PM (V) HIIT DIANNA		6:30 PM (V) HIIT DIANNA			
	7:30 PM (C)* BARRE TECHNIQUE CLAUDIA		7:30 PM (V) YOGA POWER FLOW ELIZABETH			C: CORE STUDIO S: SPINNING STUDIO V: VITALITY STUDIO

ALL CLASSES ARE BEGINNER FRIENDLY!

*RESERVATIONS REQUIRED FOR BARRE & SPINNING.

RESERVATIONS MAY BE MADE UP TO 24 HOURS IN ADVANCE BY CALLING OR TEXTING (818) 861-7530.

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.
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.
CLASSIC BARRE	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.
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 CIRCUIT	Zoom through a series of circuit training stations that will keep your body moving and your heart rate up! This class breaks down one full-body workout into multiple rounds of shorter exercises, so you'll never be bored.
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.
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.
SUNDAY SHRED	Switch up your Sunday morning with an epic shred sesh! Incorporating a variety of upper and lower body exercises, this class will keep your mind (and definitely your core) fully engaged.
SWEAT FEST	This slower-paced, anaerobic, form-focused class will help develop, maintain, and increase lean muscle mass through strength and resistance training.
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.
30/30 SPIN-STRENGTH HYBRID	1/2 SPINNING® + 1/2 cardio-strength = 1 explosive workout! Test your endurance and leave feeling pumped after this high-intensity combo class!