



# BURBANK FITNESS CLUB CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00 AM (S)</b> <b>SUNRISE</b> <i>SPINNING.</i> STEPHANIE	<b>6:00 AM (V)</b> <b>TOTAL BODY RESET</b> SUMMER	<b>6:00 AM (S)</b> <b>SUNRISE</b> <i>SPINNING.</i> STEPHANIE	<b>6:00 AM (V)</b> <b>POWER SCULPT</b> TRACI	<b>6:00 AM (S)</b> <b>SUNRISE</b> <i>SPINNING.</i> TRACI	<b>8:30 AM (S)</b> <b>CRAZY BURN</b> <i>SPINNING.</i> AMANDA W	<b>8:30 AM (S)</b> <b>CRAZY BURN</b> <i>SPINNING.</i> AMANDA W
<b>8:30 AM (V)</b> <b>HIIT BOXING</b> SUMMER	<b>8:30 AM (V)</b> <b>MUSCLE &amp; CORE</b> SAM	<b>8:30 AM (V)</b> <b>FUNCTIONAL FIT</b> SAM	<b>8:30 AM (V)</b> <b>SWEAT FEST</b> SAM	<b>6:00 AM (V)</b> <b>HIIT</b> CLAUDIA	<b>8:30 AM (V)</b> <b>YOGA POWER FLOW</b> ELIZABETH	<b>9:30 AM (C)</b> <b>CLASSIC BARRE</b> ROBSON
<b>9:30 AM (V)</b> <b>VINYASA FLOW</b> TATIANA	<b>9:30 AM (V)</b> <b>'80S DANCE</b> JOJO	<b>9:30 AM (V)</b> <b>VINYASA FLOW</b> TATIANA	<b>9:30 AM (V)</b> <b>'80S DANCE</b> JOJO	<b>7:15 AM (RS)</b> <b>REFORMER PILATES</b> STEPHANIE <i>STARTING 06/14/2024</i>	<b>8:30 AM (RS)</b> <b>REFORMER PILATES</b> STEPHANIE <i>STARTING 06/15/2024</i>	<b>9:30 AM (V)</b> <b>SUNDAY CIRCUIT</b> COLLIN
<b>10:30 AM (C)</b> <b>CLASSIC BARRE</b> ROBSON	<b>10:30 AM (V)</b> <b>FOREVER STRONG</b> DIANNA	<b>10:30 AM (C)</b> <b>CLASSIC BARRE</b> ROBSON	<b>10:30 AM (V)</b> <b>FOREVER STRONG</b> DIANNA	<b>8:30 AM (V)</b> <b>HIIT BOXING</b> SUMMER	<b>9:30 AM (S)</b> <b>TURN IT UP</b> <i>SPINNING.</i> TRACI	<b>10:30 AM (V)</b> <b>ZUMBA</b> ROBSON
<b>5:30 PM (C)</b> <b>BARRE BLEND</b> TRACI	<b>11:30 AM (C)</b> <b>BARRE TECHNIQUE</b> DIANNA	<b>5:30 PM (V)</b> <b>POWER SCULPT</b> TRACI	<b>11:30 AM (C)</b> <b>BARRE TECHNIQUE</b> DIANNA	<b>9:30 AM (V)</b> <b>VINYASA FLOW</b> TATIANA	<b>9:30 AM (V)</b> <b>BOOT CAMP</b> AMANDA W	
<b>5:30 PM (S)</b> <b>CRAZY BURN</b> <i>SPINNING.</i> AMANDA W	<b>5:30 PM (V)</b> <b>MAT PILATES</b> STEPHANIE	<b>6:30 PM (S)</b> <b>POWER BEAT</b> <i>SPINNING.</i> TRACI	<b>4:45 PM (RS)</b> <b>REFORMER PILATES</b> DAKOTA <i>STARTING 06/13/2024</i>	<b>6:30 PM (S/V)</b> <b>30/30 SPIN-STRENGTH</b> AMANDA W	<b>10:30 AM (RS)</b> <b>REFORMER PILATES</b> DAKOTA <i>STARTING 06/15/2024</i>	
<b>5:30 PM (V)</b> <b>FULL BODY SHRED</b> COLLIN	<b>6:30 PM (S)</b> <b>POWER BEAT</b> <i>SPINNING.</i> STEPHANIE	<b>6:30 PM (C)</b> <b>CLASSIC BARRE</b> ROBSON	<b>5:30 PM (V)</b> <b>MAT PILATES</b> STEPHANIE			
<b>6:30 PM (S)</b> <b>POWER BEAT</b> <i>SPINNING.</i> TRACI	<b>6:30 PM (V)</b> <b>HIIT</b> DIANNA	<b>6:30 PM (V)</b> <b>CARDIO STRENGTH</b> AMANDA W	<b>6:30 PM (RS)</b> <b>REFORMER PILATES</b> DAKOTA <i>STARTING 06/13/2024</i>			
<b>6:30 PM (V)</b> <b>XTREME FIT</b> AMANDA W	<b>7:30 PM (C)</b> <b>BARRE TECHNIQUE</b> CLAUDIA	<b>7:30 PM (V)</b> <b>ZUMBA</b> ROBSON	<b>6:30 PM (S)</b> <b>POWER BEAT</b> <i>SPINNING.</i> STEPHANIE			
<b>7:30 PM (V)</b> <b>YOGA POWER FLOW</b> ELIZABETH			<b>6:30 PM (V)</b> <b>HIIT</b> DIANNA			
			<b>7:30 PM (V)</b> <b>YOGA POWER FLOW</b> ELIZABETH			

**C: CORE STUDIO**  
**RD: ROOFTOP DECK**  
**RS: ROOFTOP STUDIO**  
**S: SPINNING STUDIO**  
**V: VITALITY STUDIO**

**ALL CLASSES ARE BEGINNER FRIENDLY! RESERVATIONS REQUIRED.**

RESERVATIONS MAY BE MADE THROUGH THE BURBANK FITNESS CLUB APP OR BY CALLING/TEXTING (818) 861-7530.



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



<b>BARRE BLEND</b>	A low-impact, high-intensity class blending ballet, Pilates, and yoga-inspired movements to improve posture, flexibility, mobility, and stability.
<b>BARRE TECHNIQUE</b>	Similar to BARRE BLEND, focus 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>CARDIO STRENGTH</b>	Improve your stamina and endurance with a mixture of heart-pumping cardio and lighter-weight strength training.
<b>CLASSIC BARRE</b>	Barre is the foundation for all other ballet exercises. Tone up through pliés, elevés, and tendus, to enhance coordination and postural awareness.
<b>FOREVER STRONG</b>	A low-impact class designed to build strength, flexibility, joint stability, and mobility; keeping you functional and vibrant for everyday life.
<b>FULL BODY SHRED</b>	Get ready for an epic shred sesh! Using kettlebells, dumbbells, risers, and more, this cardio-strength workout will work you from head to toe.
<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 fat through a variety of high-intensity movements with short periods of active recovery.
<b>HIIT BOXING</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>MAT PILATES</b>	Focus on strength, stability, proper breath control, and flexibility by leveraging your body weight during this slower-paced, mat-based Pilates class.
<b>MUSCLE &amp; CORE</b>	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>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>REFORMER PILATES</b>	Similar to MAT PILATES, intensify your workout by using straps, springs, and a platform to lengthen, strengthen, and isolate your muscle groups.
<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>SUNDAY CIRCUIT</b>	Switch up your Sunday by zooming through a series of circuit training stations! This class breaks down one full-body workout into several shorter rounds, keeping your mind and body fully engaged along the way.
<b>SWEAT FEST</b>	This slower-paced, anaerobic, form-focused class will help develop, maintain, and build lean muscle mass through strength and resistance training.
<b>TOTAL BODY RESET</b>	Using muscles from head to toe, this low-impact strength/mobility/cardio 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>	Boost your day while building a strong mind-body connection, incorporating yoga poses that focus on core, inversions, and balancing.
<b>ZUMBA®</b>	Get an endorphin boost and dance your way to results with this energizing, easy-to-follow class.
<b>30/30 SPIN-STRENGTH</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>'80S DANCE</b>	A high-energy fusion of dance styles set to the hottest beats. Perfect for all skill levels, come groove and embrace the urban vibe!