



# BURBANK FITNESS CLUB CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM (S) SUNRISE CYCLE STEPHANIE	6:00 AM (V) TOTAL BODY RESET SUMMER	6:00 AM (S) SUNRISE CYCLE STEPHANIE	6:00 AM (V) POWER SCULPT TRACI	6:00 AM (S) SUNRISE CYCLE TRACI	7:30 AM (RS) REFORMER PILATES FLOW STEPHANIE	8:30 AM (S) RIP & RIDE CYCLE RACHEL
8:30 AM (V) HIIT BOXING SUMMER	8:30 AM (V) MUSCLE & CORE SAM	8:30 AM (V) FUNCTIONAL FIT SAM	8:30 AM (V) SWEAT FEST SAM	6:00 AM (V) HIIT CLAUDIA	8:30 AM (S) POWER BEAT CYCLE STEPHANIE	9:30 AM (C) CLASSIC BARRE ROBSON
9:30 AM (V) VINYASA FLOW TATIANA	9:30 AM (V) BEACH BASH DANCE JOJO	9:30 AM (V) VINYASA FLOW TATIANA	9:30 AM (V) BEACH BASH DANCE JOJO	7:15 AM (RS) REFORMER PILATES FLOW STEPHANIE	8:30 AM (V) YOGA POWER FLOW ELIZABETH <i>07/27: ROOFTOP DECK</i>	9:30 AM (V) SUNDAY CIRCUIT COLLIN
10:30 AM (C) CLASSIC BARRE ROBSON	10:30 AM (V) FOREVER STRONG DIANNA	10:30 AM (C) CLASSIC BARRE ROBSON	10:30 AM (V) FOREVER STRONG DIANNA	8:30 AM (V) HIIT BOXING SUMMER	9:30 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	10:30 AM (V) <b>ZUMBA</b> ROBSON
4:30 PM (RS) REFORMER PILATES FLOW TRACI	11:30 AM (C) BARRE TECHNIQUE DIANNA	4:30 PM (RS) REFORMER PILATES FLOW TRACI	11:30 AM (C) BARRE TECHNIQUE DIANNA	9:30 AM (V) VINYASA FLOW TATIANA	9:30 AM (S) TURN IT UP CYCLE TRACI	
5:30 PM (C) BARRE BLEND TRACI	5:30 PM (V) MAT PILATES STEPHANIE	5:30 PM (V) POWER SCULPT TRACI	3:45 PM (RS) ATHLETIC REFORMER PILATES DAKOTA		10:30 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	
5:30 PM (S) RIP & RIDE CYCLE RACHEL	6:30 PM (S) POWER BEAT CYCLE STEPHANIE	6:30 PM (S) POWER BEAT CYCLE TRACI	4:45 PM (RS) ATHLETIC REFORMER PILATES DAKOTA			
5:30 PM (V) FULL BODY SHRED COLLIN	6:30 PM (V) HIIT DIANNA	6:30 PM (C) CLASSIC BARRE ROBSON	5:30 PM (V) MAT PILATES STEPHANIE			
6:30 PM (S) POWER BEAT CYCLE TRACI	7:30 PM (C) BARRE TECHNIQUE CLAUDIA	7:30 PM (V) <b>ZUMBA</b> ROBSON	6:30 PM (RS) ATHLETIC REFORMER PILATES DAKOTA			
6:30 PM (V) XTREME FIT CLAUDIA			6:30 PM (S) POWER BEAT CYCLE STEPHANIE			
7:30 PM (V) YOGA POWER FLOW ELIZABETH <i>07/15: ROOFTOP DECK</i>			6:30 PM (V) HIIT DIANNA			
			7:30 PM (V) YOGA POWER FLOW ELIZABETH			

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



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>BEACH BASH 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!
<b>CLASSIC BARRE</b>	Barre is the foundation for all other ballet exercises. Tone up through pliés, élevés, and tendus, to enhance coordination and postural awareness.
<b>CYCLE</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>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>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.

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

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

(818) 861-7530 · BURBANKFITNESSCLUB.COM · 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