



Group Exercise Schedule – December 2023

Burbank Community YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 6:30-7:25am Jennelle	Vinyasa Yoga 6:30-7:25am Jennelle	Strength 6:15-6:50am Elvia	Cycle 7:00-7:55am JoDee	Vinyasa Yoga 6:30-7:25am Jennelle	Cycle 8:30-9:25am Jen
Power Yoga 9:00-9:55am Adam	30/30/30 8:15-9:45am JoDee	Functional Fitness 8:30-9:25am Tom	30/30/30 8:15-9:45am Jen	Pilates 9:00-9:55am JoDee	Arcade Family Fitness 9:30-10:00am James
Motion Matrix 10:00-10:45am Jen	BalanceFit 10:00-10:55am Bobbi	Vinyasa Yoga 8:30-9:25am Clara	BalanceFit 10:00-10:55am Bobbi	Motion Matrix 9:00-9:45am Bonnie	Arcade Family Fitness 10:15-10:45am James
Machine Circuit 11:00-11:45am Tom	Tai Chi 11:00-11:55am Bobbi	Total Body Stretch 9:30-9:55am JoDee	Tai Chi 11:00-11:55am Bobbi	Lite & Lively 10:00-10:55am Jen	Bootcamp 10:00-10:55am Elvia
Zumba 12:00-12:55pm Karla	Zumba 12:00-12:55pm Liza	Lite & Lively 10:00-10:55am JoDee	Pilates 5:00-5:55pm Tina	Machine Circuit 11:00-11:45am Tom	Vinyasa Yoga 10:00-10:55am Clara
Cardio Fit 4:00-4:55pm JoDee	Pilates 5:00-5:55pm Tina	Fit Circuit 5:30-6:25pm Arielle	Group Strength 6:00-6:55pm Mel	Zumba 12:00-12:55pm Liza	Zumba 11:15-12:05pm Sarah
Strength Interval 5:00pm-5:55pm Sarah	Cardio Line Dance 6:00-6:55pm Tina	Total Body Fit 6:00-6:55PM Sarah	Cardio Line Dance 6:00-6:55pm Tina	HIIT 6:00-6:45pm Elvia	**Teen Fit 12:00-12:55pm Tom
Vinyasa Yoga 5:45-6:45pm Mohua	Strength Train & Cycle 6:30-7:25pm Elvia	Gentle Flow Yoga 6:00-6:55pm Adam	HIIT & Cycle 7:00-7:55pm Elvia	Belly Dance Fit 7:00-8:00pm Edie	Total Body Fitness 12:05-1:00pm Sarah
Zumba 6:00-6:55pm Sarah	Strong Nation 7:00-7:45pm Sarah	Zumba 7:00-8:00pm Sarah		Zumba 8:00-8:55pm Starts (11/10)	
Bootcamp 7:15-8:05pm Elvia		Glute Camp 8:00-8:40pm Elvia			

Key

Ray Sence Room
Functional Fitness Room
Circuit Room
Club Room
Interactive Fitness Zone
** Reservations Required
Virtual Available

Floor

1st
2nd
2nd
3rd
1st

Schedule subject to change. Stay updated by
downloading the YMCA Universal App.

For a full description of our classes,
scan the QR code or visit us at
www.burbankymca.org



revised 11/24/2023