Group Exercise Schedule – August 2024

Burbank Community YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle & Strength train 6:30am- 7:25am Elvia	30/30/30 8:15am-9:45am JoDee	Functional Fitness 8:30am-9:25am Tom	Cycle 6:30am-7:25am JoDee	Pilates 9:00am-9:55am JoDee	Cycle 8:30am-9:25am Jen
Power Yoga 9:00am-9:55am Adam	BalanceFit 10:00am-10:55am Bobbi	Vinyasa Yoga 8:30am-9:25am *Clara*	30/30/30 8:15am-9:45am Jen	Lite & Lively 9:00am-9:55am Jen	*Bootcamp* *10:00am-10:55am* *Elvia*
Motion Matrix 9:30am-10:25am Jen	Tai Chi 11:00am-11:55am Bobbi	Total Body Stretch 9:30am-9:55am JoDee	BalanceFit 10:00am-10:55am Bobbi	*Machine Circuit* *11:00am-11:45am* *Tom*	Vinyasa Yoga 10:00am-10:55am Mohua
Machine Circuit *11:00am-11:45am* *Tom*	Zumba 12:00pm-12:55pm Liza	Lite & Lively 10:00am-10:55am JoDee	Tai Chi 11:00am-11:55am Bobbi	Zumba 12:00pm-12:55pm Liza	Zumba 11:15am-12:05pm Sarah
Zumba 12:00pm-12:55pm Karla	Pilates 5:00pm-5:55pm Tina	*Fit Circuit* *5:30pm-6:25pm* *Arielle*	Pilates 5:00pm-5:55pm Tina	HIIT 6:00pm-6:45pm Elvia	**Teen Fit 12:00pm-12:55pm Tom
Cardio Fit 4:00pm-4:55pm JoDee	***Tread & Tone* *5:30pm-6:00pm* *Elvia- session I*	Total Body Fit 6:00pm-6:55PM Sarah	Cardio Dance 6:00pm-6:55pm Tina	Belly Dance Fitness 7:00pm-7:55pm Edie	Total Body Fitness 12:05pm-1:00pm Sarah
Strength Interval 5:00pm-5:55pm Sarah	*Cardio Dance* *6:00pm-6:55pm* *Tina*	*Gentle Flow Yoga* *6:00pm-6:55pm* *Jane*	HIIT & Cycle 7:00pm-7:55pm Elvia	Zumba 8:00pm-8:55pm Sarah	
Vinyasa Yoga 6:00pm-6:45pm Mohua	***Tread & Tone* *6:05pm-6:30pm* *Elvia - Session II*	Zumba 7:00pm-8:00pm Sarah			
Zumba 6:00pm-6:55pm Sarah	*Strong Nation* *7:00pm-7:45pm* *Sarah*				
Bootcamp 7:15pm-8:05pm Elvia					

Reservations for "Tread & Tone" classes must be made exclusively through www.burbankymca.org, via / MY account

Class description, scan the Qr code

Key

- Ray Sence Room=1st floor
- Functional Fitness Room=2n
- Circuit Room= 2nd floor
- Club Room= 3rd floor
- Cardio Room= 3rd floor
- ** Reservations Required

All Classes are Beginner friendly!

Classes are subject to change or cancellation

Revised:07/31/2024