



# Group Exercise Schedule - April 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	<i>Bootcamp</i> 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	<i>Machine Circuit</i> 11:00am-11:45am Tom	Vinyasa Yoga 10:00am-10:55am Clara
<i>Machine Circuit</i> 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	<i>Fit Circuit</i> 5:30pm-6:25pm Arielle	Pilates 5:00pm-5:55pm Tina	HIIT 6:00pm-6:45pm Elvia	<b>**Teen Fit</b> 12:00pm-12:55pm Tom
Cardio Fit 4:00pm-4:55pm JoDee	Cardio Dance 6:00pm-6:55pm Tina	Total Body Fit 6:00pm-6:55PM Sarah	Cardio Dance 6:00pm-6:55pm Tina	Belly Dance Fit 7:00pm-8:00pm Edie (Starts 04/19)	Total Body Fitness 12:05pm-1:00pm Sarah
Strength Interval 5:00pm-5:55pm Sarah	<b>**Tread &amp; Tone</b> 6:00pm-6:35pm Elvia- session I	<i>Gentle Flow Yoga</i> 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	<b>**Tread &amp; Tone</b> 7:00pm-7:45pm Elvia - Session II	Zumba 7:00pm-8:00pm Sarah			
Zumba 6:00pm-6:55pm Sarah	<i>Strong Nation</i> 7:00pm-7:45pm Sarah	<i>Glute Camp</i> 7:30pm-8:25pm Elvia			
Bootcamp 7:15pm-8:05pm Elvia					

Reservations for "tread & Tone" classes must be made exclusively through [www.burbankymca.org](http://www.burbankymca.org), via MY account

**Key**

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

**All Classes are Beginner friendly!**

Classes are subject to change or cancellation

Class description, scan the Qr code



Revised:03/27/2024