



Group Exercise Schedule - September 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 10:00am-10:55am 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 Mohua
<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	**Tread & Tone 5:30pm-6:00pm Elvia- session I	<i>Fit Circuit</i> 5:30pm-6:25pm Arielle	Gentle Yoga 6:00pm-6:55pm Jane	HIIT 6:00pm-6:45pm Elvia	Total Body Fitness 12:05pm-1:00pm Sarah
Cardio Fit 4:00pm-4:55pm JoDee	**Tread & Tone 6:05pm-6:30pm Elvia - Session II	Total Body Fit 6:00pm-6:55PM Sarah	HIIT & Cycle 7:00pm-7:55pm Elvia	Belly Dance Fitness 7:00pm-7:55pm Edie	
Strength Interval 5:00pm-5:55pm Sarah	<i>Strong Nation</i> 7:00pm-7:45pm Sarah	Zumba 7:00pm-8:00pm Sarah			
Vinyasa Yoga 6:00pm-6:45pm Mohua					
Zumba 6:00pm-6:55pm Sarah					
Bootcamp 7:15pm-8:05pm Elvia					

schedule subject to change

Reservation made through www.burbankymca.org

Key

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

Class description, scan the Qr code



Revised:09/3/2024



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