



# BURBANK FITNESS CLUB MORNING CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM (CC) SUNRISE CYCLE STEPHANIE	6:00 AM (VS) TOTAL BODY RESET SUMMER	6:00 AM (CC) SUNRISE CYCLE STEPHANIE	6:00 AM (VS) POWER SCULPT TRACI	6:00 AM (CC) SUNRISE CYCLE TRACI	7:30 AM (RS) REFORMER PILATES FLOW STEPHANIE	7:30 AM (RS) REFORMER PILATES FLOW CLAUDIA
7:30 AM (CC) REBEL RIDE CYCLE JOJO	7:15 AM (RS) REFORMER PILATES FLOW BRI	7:15 AM (RS) REFORMER PILATES FLOW BRI	7:15 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	6:00 AM (VS) HIIT CLAUDIA	8:30 AM (CC) POWER BEAT CYCLE STEPHANIE	8:30 AM (CC) RIP & RIDE CYCLE RACHEL
8:30 AM (VS) HIIT BOXING SUMMER	8:15 AM (RS) REFORMER PILATES FLOW BRI	7:30 AM (CC) REBEL RIDE CYCLE JOJO	8:15 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	7:15 AM (RS) REFORMER PILATES FLOW STEPHANIE	8:30 AM (VS/RD*) YOGA POWER FLOW ELIZABETH <i>*09/28 POP-UP CLASS!</i>	9:30 AM (CS) CLASSIC BARRE ROBSON
9:30 AM (VS) VINYASA FLOW TATIANA	8:30 AM (VS) MUSCLE & CORE SAM	8:15 AM (RS) REFORMER PILATES FLOW BRI	8:30 AM (VS) SWEAT FEST SAM	7:30 AM (CC) REBEL RIDE CYCLE JOJO	9:30 AM (CC) TURN IT UP CYCLE TRACI	9:30 AM (VS) SUNDAY CIRCUIT COLLIN
10:30 AM (CS) CLASSIC BARRE ROBSON	9:30 AM (VS) DISCO DANCE JOJO	8:30 AM (VS) FUNCTIONAL FIT SAM	9:30 AM (VS) DISCO DANCE JOJO	8:30 AM (VS) HIIT BOXING SUMMER	9:30 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	10:30 AM (VS) ZUMBA ROBSON
	10:30 AM (VS) FOREVER STRONG DIANNA	9:30 AM (VS) VINYASA FLOW TATIANA	10:30 AM (VS) FOREVER STRONG DIANNA	9:30 AM (VS) VINYASA FLOW TATIANA	10:30 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	
	11:30 AM (CS) BARRE TECHNIQUE DIANNA	10:30 AM (CS) CLASSIC BARRE ROBSON	11:30 AM (CS) BARRE TECHNIQUE DIANNA			
	12:30 PM (VS) PADDLE BOARD DIANNA <i>09/17 POP-UP CLASS!</i>					

**CC:** CYCLE CLUB | **CS:** CORE STUDIO | **RD:** ROOFTOP DECK | **RS:** ROOFTOP STUDIO | **VS:** VITALITY STUDIO

### RESERVATIONS REQUIRED.

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

**ALL CLASSES CAN BE MODIFIED FOR ALL FITNESS LEVELS!**



# BURBANK FITNESS CLUB EVENING CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 PM (RS) REFORMER PILATES FLOW TRACI	5:30 PM (VS) MAT PILATES STEPHANIE	4:30 PM (RS) REFORMER PILATES FLOW TRACI	4:30 PM (RS) REFORMER PILATES FLOW BRI	5:30 PM FULL BODY SHRED COLLIN	NONE	NONE
5:30 PM (CC) RIP & RIDE CYCLE RACHEL	6:30 PM (CC) POWER BEAT CYCLE STEPHANIE	5:30 PM (VS) POWER SCULPT TRACI	5:30 PM (RS) REFORMER PILATES FLOW BRI	6:30 PM (VS) DISCO DANCE JOJO <i>09/27 POP-UP CLASS!</i>		
5:30 PM (CS) BARRE BLEND TRACI	6:30 PM (VS) HIIT DIANNA	6:30 PM (CC) POWER BEAT CYCLE TRACI	5:30 PM (VS) MAT PILATES STEPHANIE			
5:30 PM (VS) FULL BODY SHRED COLLIN	7:30 PM (CS) BARRE TECHNIQUE CLAUDIA	6:30 PM (CS) CLASSIC BARRE ROBSON	6:30 PM (CC) POWER BEAT CYCLE STEPHANIE			
6:30 PM (CC) POWER BEAT CYCLE TRACI	7:30 PM (VS) CAPO FLOW DIANNA <i>09/10 POP-UP CLASS!</i>	7:30 PM (VS) ZUMBA ROBSON	6:30 PM (RS) REFORMER PILATES FLOW BRI			
6:30 PM (VS) XTREME FIT CLAUDIA			6:30 PM (VS) HIIT DIANNA			
7:30 PM (VS/RD*) YOGA POWER FLOW ELIZABETH <i>*09/09 POP-UP CLASS!</i>			7:30 PM (VS) ADVANCED YOGA POWER FLOW ELIZABETH			

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B U R B A N K  
FITNESS CLUB  
CLASS DESCRIPTIONS



<b>ATHLETIC REFORMER PILATES</b>	Elevate your fitness with a dynamic fusion of strength, flexibility, and athletic conditioning on the reformer machine.
<b>BARRE BLEND</b>	Blend ballet-inspired, Pilates, strength training, and cardio for a full-body workout that sculpts and tones with every session.
<b>BARRE TECHNIQUE</b>	Similar to BARRE BLEND, fuse ballet-inspired movements with strength training and cardio for a full-body workout that tones, sculpts, and energizes.
<b>CLASSIC BARRE</b>	Experience the elegance of ballet with classic barre exercises that enhance strength, flexibility, and grace for a toned and sculpted physique.
<b>DISCO DANCE</b>	Dance your way to fitness with vibrant, high-energy routines set to the hottest beats for a full-body workout that's as fun as it is effective.
<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>	Boost your daily performance with a class that blends functional exercises to improve strength, agility, and mobility for practical, real-world fitness.
<b>HIIT</b>	H.I.I.T: High-Intensity Interval Training. Get your heart rate up through explosive bursts and recovery for maximum calorie burn and endurance.
<b>HIIT BOXING</b>	Combining conditioning drills, punches, and kicks with HIIT intervals to boost strength, endurance, and agility while torching calories.
<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>	Support a healthy spine, pelvis, and kinetic chain with a targeted workout focused on muscle-building and core strengthening
<b>POWER BEAT CYCLE</b>	Push your limits with a dynamic cycling class featuring intense intervals and energizing beats for a powerful, full-body workout.
<b>POWER SCULPT</b>	Maximize your workout with a powerful class that combines strength training and sculpting moves to build muscle and enhance your physique.
<b>REBEL RIDE CYCLE</b>	Defy the ordinary with intense intervals and heavy rock beats. WARNING: Expect a raw, rebellious playlist with explicit tracks that'll push your limits.
<b>REFORMER PILATES FLOW</b>	Experience a seamless blend of flowing movements and controlled resistance on the reformer, enhancing strength, flexibility, and core stability.
<b>RIP &amp; RIDE CYCLE</b>	Push your limits with a high-energy cycling class that blends intense intervals and cardio for a workout that boosts endurance and burns calories.
<b>SUNDAY CIRCUIT</b>	Energize your weekend with a dynamic circuit workout that blends strength and cardio for a full-body challenge and an intense fitness boost.
<b>SUNRISE CYCLE</b>	Start your day with an invigorating cycling class that combines rhythmic rides and energizing intervals for a refreshing, full-body workout.
<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>TURN IT UP CYCLE</b>	Ignite your ride with a high-energy class packed with intense intervals and electrifying beats to push your limits and supercharge your workout.
<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>	Ignite your passion for movement with an energetic dance class that blends fun, fitness, and rhythm to boost your confidence and coordination.