

**AEROBICS ROOM**

| START TIME | SUNDAY                                  | MONDAY                             | TUESDAY                         | WEDNESDAY   | THURSDAY                            | FRIDAY  | SATURDAY                        |
|------------|---|------------------------------------|---------------------------------|---|-------------------------------------|---|---------------------------------|
| 8:00AM     |   | <b>TURBO-KICKBOXING</b><br>Olga    | <b>YOGA</b><br>Rosemary         | <b>*BOOTCAMP IN BASKETBALL COURT</b><br>(check below)                             | <b>ZUMBA</b><br>Biddy               | <b>*BOOTCAMP IN BASKETBALL COURT</b><br>(check below) |                                 |
| 8:30AM     |   |                                    |                                 |   |                                     |   |                                 |
| 9:00AM     |   | <b>PILATES</b><br>Terese           | <b>CORE DANCE</b><br>Biddy      | <b>ZUMBA</b><br>Nancy   | <b>BEGGINER'S YOGA</b><br>Rosemary  |   | <b>YOGA</b><br>David            |
| 9:30AM     |   |                                    |                                 |   |                                     | <b>YOGA</b><br>David                                  |                                 |
| 10:00AM    | <b>UNDERSTANDING DUMBBELLS</b><br>Biddy |                                    |                                 |   |                                     |   | <b>TURBO-KICKBOXING</b><br>Olga |
| 10:30AM    |   |                                    |                                 | <b>SILVER SNEAKERS YOGA</b><br>Rosemary   |                                     | <b>SILVER SNEAKERS</b><br>Terese                      |                                 |
| 11:00AM    |   |                                    |                                 |   |                                     |   |                                 |
| 11:30AM    |   | <b>SILVER SNEAKERS</b><br>Rosemary |                                 |   |                                     |   |                                 |
| 12:00PM    |   |                                    |                                 |   |                                     |   |                                 |
| 5:30PM     |   | <b>LATIN JAM</b><br>Marilyn        | <b>ZUMBA</b><br>Jessica         | <b>DANCEHALL FUNK FITNESS<sup>SM</sup></b><br>CARIBBEAN DANCE<br>Lorenzo & Dionne | <b>YOGA</b><br>David                | <b>LATIN JAM</b><br>Marilyn                           |                                 |
| 6:00PM     |   |                                    |                                 |   |                                     |   |                                 |
| 6:30PM     |   | <b>CARDIO-KICKBOXING</b><br>TBA    | <b>CARDIO-KICKBOXING</b><br>TBA | <b>BODY WORKS</b><br>TBA  | <b>CARDIO-KICKBOXING</b><br>Vanessa | <b>RESTORATIVE YOGA</b><br>Ana                        |                                 |
| 7:00PM     |   |                                    |                                 |   |                                     |   |                                 |
| 7:30PM     |   | <b>YOGA</b><br>Jade                | <b>BOOTY-BALLET</b><br>Jaime    | <b>LATIN JAM</b><br>Marilyn   | <b>TOTAL BODY WORKOUT</b><br>Lupita |   |                                 |
| 8:00PM     |   |                                    |                                 |   |                                     |   |                                 |

**BOOTCAMP - Basketball Court**

| START TIME | SUNDAY | MONDAY                                 | TUESDAY | WEDNESDAY                      | THURSDAY | FRIDAY                         | SATURDAY |
|------------|--------|--|---------|--------------------------------|----------|--------------------------------|----------|
| 8:00AM     |        |  |         | <b>BOOTCAMP (1 HR)</b><br>Alan |          | <b>BOOTCAMP (1 HR)</b><br>Alan |          |
| 6:30PM     |        | <b>BOOTCAMP (1 HR)</b><br>Larry / Luis |         |                                |          |                                |          |

**CIRCUIT TRAINING - Weight Room**

| START TIME | SUNDAY | MONDAY                                     | TUESDAY | WEDNESDAY                              | THURSDAY                                | FRIDAY | SATURDAY |
|------------|--------|--|---------|--|---|--------|----------|
| 8:30AM     |        |  |         |  | <b>SILVER-CIRCUIT</b><br>Rosemary 30min |        |          |
| 6:00PM     |        | <b>CIRCUIT/FIGHT CHOREO</b><br>Biddy 30min |         | <b>CIRCUIT TRAINING</b><br>Erica 30min |   |        |          |

**CYCLING**

| START TIME | SUNDAY                  | MONDAY                     | TUESDAY                          | WEDNESDAY                       | THURSDAY                         | FRIDAY                  | SATURDAY                   |
|------------|-------------------------|----------------------------|----------------------------------|---------------------------------|----------------------------------|-------------------------|----------------------------|
| 8:00AM     | <b>CYCLE 60</b><br>Rudy |                            |                                  |                                 |                                  |                         |                            |
| 8:30AM     |                         |                            |                                  |                                 |                                  |                         |                            |
| 9:00AM     |                         |                            |                                  |                                 |                                  |                         | <b>POWER SPIN</b><br>Petra |
| 9:30AM     |                         |                            |                                  |                                 | <b>RHYTHM N' GROOVE</b><br>Tisto |                         |                            |
| 10:00AM    |                         |                            |                                  |                                 |                                  |                         |                            |
| 5:30PM     |                         | <b>POWER SPIN</b><br>Petra | <b>RHYTHM N' GROOVE</b><br>Tisto |                                 |                                  |                         |                            |
| 6:30PM     |                         | <b>AB-SOLUTE</b><br>Rudy   | <b>BREATHLESS RIDE</b><br>Tina   | <b>BREATHLESS RIDE</b><br>Petra | <b>ENDURANCE RIDE</b><br>Linda   | <b>CYCLE 60</b><br>Rudy |                            |
| 7:30PM     |                         |                            |                                  | <b>ENDURANCE RIDE</b><br>Kim    |                                  |                         |                            |

**WELCOME TO GROUP FITNESS AT POWERHOUSE BURBANK!**

To ensure safe, effective and fun workouts, please do not do your own routine unless you have a special medical condition and have discussed it with the group fitness instructor. We welcome your feedback and encourage you to be adventurous and try all of our incredible classes! As always, please consult your physician if you have pre-existing injuries or other conditions prior to taking any group fitness classes. Classes are subject to change at any time. [www.powerhousegymsocal.com](http://www.powerhousegymsocal.com)