



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$) Fee required for fee-based classes - register at Front Desk. For Member & non-member	POWER SCULPT 8:15-9:10am Marcy	PILATES MAT 8:15-9:10am Marcy/Lynnda	STRETCH FOR STRENGTH 8:15-9:10am Carol	STEP/PILATES 8:15-9:15am Marcy	POWER SCULPT & CORE 8:15-9:10am Marcy	STEP 8:00-9:00am Leesa/Marcy Suzie
CARDIO BODY BLAST 8:45-9:15am Suzanne	STEP 9:15-10:00am Leesa/IMarcy	CARDIO DANCE/ SCULPT 9:15-10:25am Gail	BARRE & BALL FUSION 9:15-10:00am Lynnda/Amanda		O₂ BURN 9:15-10:00am Marcy	O₂ BURN/SCULPT 9:15-10:15am Brenda
GUTS & BUTTS 9:15-9:45am Suzanne	(\$) KID FIT 4 FUN (2-5yr) 9:30-10:15am /Colleen (Will return in Fall)			O₂ BURN/SCULPT 9:30-10:45am Brenda		
	SCULPT 10:00-10:30am Leesa/IMarcy	DOUBLE STEP 10:30-11:30pm Leesa	O₂ BURN INTERVAL 10:00-10:30am Lynnda/Amanda		SCULPT 10:00-10:25am Marcy	YOGA FLOW 10:30-11:45pm Melissa/Elinor
	STRETCH FOR STRENGTH 10:45-11:45am Carol			FUNCTIONAL FUSION 11:00am-11:55pm Carol		AXIAL DANCE PROGRAM
<i>For Non-Members: Drop ins welcome in all classes when space is available, Fee:\$10.00. Also available, Discount Cards, for classes not including fee-based & Zumba classes, \$65.00/10 classes</i>	HATHA YOGA 12:30-1:30pm Marion	O₂ EXPRESS 12:00-12:30pm SCULPT EXPRESS 12:30-1:00pm Marcy	HATHA YOGA 12:30-1:30pm Molly	O₂ EXPRESS 12:00-12:30pm SCULPT EXPRESS 12:30-1:00pm Lynnda		(\$) HIP HOP (7-9 yrs) 12:00-1:00pm Laura Q. (\$) BALLET & JAZZ (3-5 yrs) 1:00-1:45 pm Laura W
		(\$) GENTLE YOGA 1:30-2:30pm Marion				(\$) BALLET & JAZZ (6-8 yrs) 1:45-2:30 pm Laura W.
	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:30pm	(\$) BALLET & JAZZ (8-10yrs) 2:45-3:30pm Laura W
(\$) YOGA FOR ATHLETES 4:00-5:15pm Brauna	CARDIO INTERVAL/ RETROFIT 4:30-5:25pm Brenda	ZUMBA TONING 4:30-5:25pm Millette	TOTAL BODY SCULPT 4:30-5:30pm Laurie	ZUMBA TONING 4:30-5:25pm Millette		(\$) BALLET & JAZZ (10-12yrs) 3:30-4:30pm Laura W.
	(\$) AXIAL DANCE: CONTEMPORARY DANCE 5:30-6:25pm (10-13 yr olds) Laura W.	(\$) TWEEN/TEEN YOGA (8-14 Years) 5:30-6:15pm Karen			AXIAL DANCE RECITAL PROGRAM 4:45-5:45pm Laura W	(\$) THERAPEUTIC DANCE (3-5yrs) 4:30-5:15pm Laura W.
ALL Zumba classes are \$6.00 For non-member	ZUMBA 6:30-7:25pm Justin		ZUMBA 6:30-7:25pm Justin		TGIF STRETCH & RELAX 6:00-7:00pm Carol	
	(\$) LINE DANCE 7:30-8:30pm Laurie	YOGA FLOW 7:00-8:15pm Emily	(\$) TAI CHI for ADULTS 7:30-8:30 pm Paul & AJ	HATHA YOGA 7:00-8:15pm Aneta	(\$) TAI CHI for ADULTS 7:30-8:30 pm Paul & AJ	

CLASS DESCRIPTIONS

- BARRE FUSION:** Strength training using ballet inspired moves, core work, and balance. Bonus stretches to prep muscles for the next round of burn
- BARRE & BALL FUSION:** See Barre Fusion above. Plus various balls maybe incorporated for core and strength training
- CARDIO (O₂):** Aerobic class using high and low impact moves
- CARDIO INTERVAL RETROFIT:** Simple cardio combos with high energy intervals, ending with mat work
- CARDIO BODY BLAST:** Timed intervals of cardio and strength
- CARDIO DANCE:** Easy, energetic choreographed routines to music
- DOUBLE STEP:** A high intensity, low impact class using two steps
- EXPRESS:** A 30 minute class
- FUNCTIONAL FUSION:** Stretching and strengthening moves using props
- GUTS & BUTTS:** Circuits of core strengthening moves
- HATHA YOGA:** Stress break for muscle tone, posture, flexibility and stress relief based on ancient art of Hatha (physical) yoga
- INTERVAL:** *Segments of repeated cardio movements for greater cardio intensity*
- O₂ (cardio) BURN:** A cardio class using both high and low impact moves
- PILATES MAT:** Core strengthening moves based on Joseph Pilates teachings
- POWER SCULPT:** Strength training using various moves and cardio intervals
- POWER SCULPT & CORE:** Intervals of cardio, strength and core moves using a Bosu and the stability ball
- SCULPT:** Muscle conditioning segment of class using various resistance equipment
- STEP:** A high intensity low impact class using the step
- STEP/PILATES:** A step class followed with a Pilates mat workout
- STRETCH FOR STRENGTH:** Movements to stretch and strengthen muscles
- TGIF STRETCH & RELAX:** Your end of the week de-stress class
- TOTAL BODY SCULPT:** A variety of resistance equipment used to strengthen the lower and upper body
- YOGA FLOW:** A challenging constant flow of yoga postures; bringing breath, balance, strength and flexibility together
- ZUMBA:** A dance based class with high energy moves
- ZUMBA TONING:** Light weight sculpting & cardio dance all in one
- CLASSES AND CLASS TIMES ARE SUBJECT TO CHANGE**
- (\$)FEE BASED CLASSES:** Have separate flyers with class descriptions



GROUP FITNESS SCHEDULE

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