

MON	TUE	WED	THU	FRI	SAT	SUN
MORNING						
<b>V-Flow Yoga</b> 6:30am <i>Jess R.</i>	<b>Power BURN</b> 7:00am <i>Jonathan C.</i>	<b>Bike BURN</b> 7:00am <i>Robert S.</i>	<b>Bike BURN</b> 7:00am <i>Jonathan C.</i>	<b>Power BURN</b> 7:00am <i>Jonathan C.</i>	<b>Circuit Row BURN</b> 9:00am <i>Jonathan C.</i>	<b>Bike BURN</b> 10:00am <i>Jonathan C.</i>
<b>Indo-Row® BURN</b> 8:00am <i>Sean W.</i>	<b>Bike BURN</b> 9:00am <i>Carlos R.</i>	<b>V-Flow Yoga</b> 10:00am <i>Jess R.</i>	<b>Power BURN</b> 8:00am <i>Sarah D.</i>	<b>V-Flow Yoga</b> 10:00am <i>Meghan R.</i>	<b>Bike BURN</b> 10:00am <i>Shawn W.</i>	<b>Power BURN</b> 11:00am <i>Robert S.</i>
<b>Power BURN</b> 10:00am <i>Robert S.</i>	<b>Tabata BURN</b> 10:00am <i>Robert S.</i>		<b>Core Con BURN</b> 9:00am <i>Jonathan C.</i>		<b>Broga® Yoga</b> 11:00am <i>Jonathan C.</i>	
AFTERNOON / EVENING						
<b>Bike BURN</b> 12:00pm <i>Robert S.</i>	<b>UrbanKick® BURN</b> 12:00pm <i>Joseph R.</i>	<b>Tabata BURN</b> 12:00pm <i>Sarah D.</i>	<b>V-Flow Yoga</b> 12:00pm <i>Alissa P.</i>	<b>Indo-Row® BURN</b> 12:30pm <i>Robert S.</i>	<b>Open Studio Time</b> 12:30–2:30pm	<b>Power V-Flow Yoga</b> 12:00pm (75 min) <i>Lauren R.</i>
<b>Open Studio Time</b> 1:30–3:30pm	<b>Indo-Row® BURN</b> 5:15pm <i>Robert S.</i>	<b>Core Con BURN</b> 5:15pm <i>Jonathan C.</i>	<b>Open Studio Time</b> 1:30–3:30pm	<b>Open Studio Time</b> 1:30–3:30pm	<b>Enduro-Bike BURN</b> 3:00pm (75 min) <i>Robert S.</i>	<b>Indo-Row® BURN</b> 1:30pm <i>Robert S.</i>
<b>V-Flow Yoga</b> 6:00pm <i>Meghan R.</i>	<b>Bike BURN</b> 6:15pm <i>Jonathan C.</i>	<b>Circuit Row BURN</b> 6:15pm <i>Jonathan C.</i>	<b>Urban V-Flow Yoga</b> 6:00pm <i>Jess R.</i>	<b>Bike BURN</b> 5:30pm <i>Robert S.</i>		
<b>UrbanKick® BURN</b> 7:15pm <i>Joseph R.</i>	<b>Power BURN</b> 7:15pm <i>Sarah D.</i>	<b>Bike BURN</b> 7:15pm <i>Robert S.</i>	<b>Tabata BURN</b> 7:15pm <i>Jonathan C.</i>	<b>Happy Hour Yoga</b> 6:30pm <i>Alissa P.</i>		
OPEN STUDIO TIME: Walk-in (\$10) - Use of all equipment and free consultations with BURN Coach on Duty						
When BURN classes are not in session, 1:1 and 2:1 Personal Training Sessions are available for booking.						

# BURN Class Descriptions

## STRENGTH & CONDITIONING CLASSES

**Circuit Row BURN:** This total body circuit challenge combines different workout stations to inspire a results-driven, maximum effort. It is extreme cross-training at its best with Indo-rowers, functional exercises, and a whole bunch of other fun fitness toys in a team-oriented class that will challenge and transform your whole body.

**Power BURN:** This class will focus on strengthening muscles you never knew you had by incorporating muscle burn pyramid interval sets that individually focus on your lower body, core, and upper body. Strengthen, tone, and sculpt your entire body while also generating a metabolic "ripple" effect that will continue to burn fat for hours after the workout.

**Tabata BURN:** One of our "signature" classes. This is a courageous, daring, and dynamic conditioning experience: 20 second bouts of high intensity interval training (HIIT) followed by 10 seconds of rest. The net result is an increase in your athletic performance and a boost in your VO2max and endurance. The Tabata Protocol has been proven to physiologically transform your body.

## CARDIO CLASSES

**Bike BURN / Enduro-Bike BURN:** Our studio is equipped with the latest indoor cycling Schwinn technology to ensure that your journey from beginning to end is one that you will never forget. Add to this some motivating music, interval drills, power hills, and five-star coaching by high-energy instructors... and you have a recipe for building endurance, strength, and a healthy heart.

**Indo-Row® BURN:** Working in teams, partners and as one crew, Indo-Row® provides a TRANSFORMATIVE total-body workout that challenges the body and focuses the mind. The unique format of Indo-Row® captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. Indo-Row® is designed specifically for first-time rowers, no experience is necessary. Indo-Rowers burn calories, sculpt muscle and enjoy a fun interval workout in a uniquely motivating, team-oriented fitness environment.

**UrbanKick® BURN:** UrbanKick® is an innovative and athletic format that combines sports conditioning with kickboxing for a total body workout. Using punch and kick sequences, UrbanKick® expertly blends steady state cardiovascular training with metabolic boosting HIIT drills so you constantly develop strength, power, agility, flexibility, and balance.

## MAT CLASSES

**Broga® Yoga:** This is the game-changing, stigma-smashing blend of vinyasa-style yoga, body-weight based functional fitness movements, and high intensity interval training. The combination delivers significant results that go well beyond the benefits of a typical yoga class. The class is designed specifically for men, but open to all since many women also find the program "addictive" - and they are more than welcome! Strong, energetic, and challenging, Broga® Yoga combines the best core-strengthening, muscle-toning, cardio-working, stress-reducing, clarity-enhancing yoga postures with functional fitness exercises for an amazing workout. Broga® Yoga is designed for people who might not be able to touch their toes, but want to train like an athlete.

**Core Con BURN:** Core Conditioning to build better Core Control... Each barefoot mat class includes several highly effective sequences of toning and resistance exercises that strengthens the core, tones the hips and thighs, and flattens the abs at various intensities to keep your heart rate up and your core muscles engaged throughout. Balance exercises are incorporated at the end to integrate core strengthening, posture, and alignment work, followed by key stretches to fully balance out the muscles used, leaving you feeling exhilarated, tightened, and toned.

**V-Flow Yoga:** Using different joint stability exercises (shoulders, hips, core), these Vinyasa-flow (V-Flow) yoga classes will help improve your balance, inter-muscular coordination, agility, and flexibility throughout multiple planes of motion. Sculpt and twist your body and then sprinkle a bit of bodyweight strength work, and you will leave the room more refreshed and strong than when you entered. Each of our BURN coaches brings their own unique style to create an inviting environment for ALL LEVELS. **Urban V-Flow** and **Happy Hour Yoga** feature more upbeat music playlists than traditional yoga classes, and **Power V-Flow Yoga** features more athletic movements and postures throughout the class.