



BURN Class Schedule

Yoga classes are 60 minutes in length, unless otherwise noted.
All other BURN classes are 45 minutes in length, unless otherwise noted.



See online schedule for most up-to-date changes, cancellations, and substitutions

MON	TUE	WED	THU	FRI	SAT	SUN
MORNING						
TRX MetCon 7:00am <i>Jonathan C.</i>	Power 7:00am <i>Jonathan C.</i>	Tabata 7:00am <i>Jonathan C.</i>	Bike 7:00am <i>Kaitlin C.</i>	Power 7:00am <i>Nicole P.</i>	Circuit Row 9:00am <i>Jonathan C.</i>	Strong Row 9:00am <i>Liza E.</i>
Strong Row 8:00am <i>Liza E.</i>			Power 8:00am <i>Sarah D.</i>	Strong Row 8:00am <i>Nicole P.</i>	Bike 10:00am <i>Shawn W.</i>	Pilates Fusion 10:00am <i>Maeve B.</i>
	Tabata Burn 10:00am <i>Liza E.</i>	CoreCon 10:00am <i>Jonathan C.</i>	TRX All-In 10:00am <i>Jonathan C.</i>	Vinyasa Yoga 10:00am <i>Meghan R.</i>	Broga® 11:00am <i>Jonathan C.</i>	Power 11:00am <i>Jonathan</i>
AFTERNOON / EVENING						
Tabata 12:15pm <i>Jonathan C.</i>	Vinyasa Yoga 12:00pm <i>Anna S.</i>	Power 12:15pm <i>Joseph R.</i>		Indo-Row® 12:15pm <i>Jonathan C.</i>	TRX All-In 1:15pm <i>Jonathan C.</i>	
Pilates Fusion 5:15pm <i>Jolene W.</i>	Pilates Fusion 5:15pm <i>Maeve B.</i>	Vinyasa Yoga 4:00pm <i>Izzy V.</i>	CoreCon 5:15pm <i>Jonathan C.</i>	Happy Hour Yoga 4:15pm <i>Anna S.</i>		Indo-Row® 4:00pm <i>Jonathan C.</i>
Pounds & Watts 6:15pm <i>Joseph R.</i>	Bike 6:15pm <i>Shawn W.</i>	Circuit Row 6:15pm <i>Jonathan C.</i>	UrbanKick® 6:15pm <i>Joseph R.</i>	Bike 5:30pm <i>Shawn W.</i>		Kripalu Yoga 5:00pm (75min) <i>Alexa N.</i>
UrbanKick® 7:15pm <i>Joseph R.</i>	Power 7:15pm <i>Sarah D.</i>	TRX MetCon 7:15pm <i>Jonathan C.</i>	Tabata 7:15pm <i>Joseph R.</i>	Power 6:30pm <i>Liza E.</i>		
When BURN classes are not in session, Personal Training (1:1 or 2:1) sessions and Open Studio time (use of equipment and facilities) are available for booking.						

Signature BURN and Strength & Conditioning Classes

Power

One of our "signature" BURN classes. 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

One of our "signature" BURN 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.

Circuit Row

One of our "signature" BURN classes. This total body circuit team 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.

Pounds & Watts

Floor-based strength and cardio drills with quick transitions onto bikes for steep hills and fiery sprints make this a class you won't want to miss. You'll challenge yourself using free weights & kettle bells (Pounds) and track your output (Watts) on the latest Schwinn indoor cycling technology. Add to the mix some inspiring beats and enthusiastic instruction, and you're sure to shed some serious sweat.

Strong Row

Floor-based strength and cardio drills with transitions onto water Indo-Rowers for endurance and interval waves make this a class you won't want to miss. Add to the mix some inspiring beats and enthusiastic instruction, and you're sure to shed some serious sweat.

TRX All-In

This challenging and non-stop workout on the TRX will increase total-body flexibility, mobility and stability all while engaging the core. Although this class is designed to introduce basic principles of TRX Suspension Training, it still offers a challenging and workout - class size is limited.

TRX MetCon

TRX Suspension Training intervals combined with ground based cardio and strength drills. This metabolic conditioning challenge is guaranteed to keep your heart pumping and body burning mega calories while you are engaged in conditioning your entire body.

Cardio BURN Classes

Bike

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®

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®

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.

Core BURN and Yoga Classes (Free mats provided)

CoreCon

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.

Pilates Fusion

This class flows through a challenging series of classical and contemporary Pilates exercises that focuses on your core strength, flexibility and balance. Pilates Fusion is different from traditional mat Pilates because it also incorporates some cardio training to BURN more calories and continue to build longer, leaner muscles.

Broga®

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.

Kripalu Yoga

Kripalu yoga is a highly restorative branch of yoga that emphasizes the mind-body connection and going at your own pace. Kripalu is a practice focused on the connection between pranayama (breathing) and asana (postures) in order to bring one's mind, body, and energy into harmony in a manner that is beneficial to the practitioner both on and off the mat. In addition to practicing slow vinyasa and maintaining asana, practitioners are introduced to three types of yogic breathing and an optional meditation. ALL LEVELS welcome.

Vinyasa Yoga

Using different joint stability exercises (shoulders, hips, core), these Vinyasa-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.