

Class Descriptions

daily burn



Quick Core

This is a great workout for your abs and core when you don't have a ton of time. JR will lead you through a quick progression and give you the motivation you need.

15m • Easy • Stability Ball, Mat



Supreme Stretch

This short stretching routine is great after a long day at the office or a tough DailyBurn workout. Join Judi as she guides you through all the moves you need to loosen up and stay healthy.

19m • Easy • No Equipment



Metabolic HipHop

Join Keaira in this 20 minute workout as she shows you some moves that will get you ready for the club, and get you in great shape.

20m • Easy • No Equipment



Meditation Yoga

Yoga exercises is the perfect recovery for sore and fatigued muscles. In less than 25 minutes Briohny Smyth takes you through some basic but challenging Yoga moves that will help restore your muscle tissue and get you ready for the workouts ahead.

25m • Easy • Yoga Mat



PowerBall Strength

Anja's full body strength workout with stability balls is no joke! Workout your core, arms, and legs, and try to keep up with Anja and Ken as they do a little salsa dancing.

26m • Easy • Mat, Stability Ball, Dumbbells



Lean Abs

This intense abs routine will get you lean, sexy abs by combining cardio with a number of core exercises. Only 30 minutes long, it's great for fitting a quick workout into your busy schedule.

28m • Easy • Mat



Strength - Pull

This strength class focuses on “pulling” exercises to work your back and biceps.

29m • Easy • Dumbbells, Resistance Band



Lethal Legs

A 30-minute leg workout for strong, toned legs.

30m • Easy • Mat, Dumbbells, Resistance Band



MOVE! African

This intense abs routine will get you lean, sexy abs by combining cardio with a number of core exercises. Only 30 minutes long, it's great for fitting a quick workout into your busy schedule.

30m • Easy • No Equipment



Cardio Sculpt

Judi strengthens and sculpts your body in this intense workout.

32m • Easy • Dumbbells



MOVE! Bollywood

You know you've always wanted to dance in a Bollywood movie - well now you can with Keaira LaShae. She'll take you through both traditional and modern Indian moves straight from Bollywood that will have you smiling as you melt away calories and fat.

32m • Easy • No Equipment



Release Total Body

This full body release session with foam rollers and balls let's you work on all of your trigger points and leaves you feeling restored, relaxed, and better ready to face all the stress the world throws at your body daily.

32m • Easy • Foam Roller, Release Ball



BHT (Butt, Hips and Thighs)

It's time to get your lower body looking great with Anja's Butts, Hips, and Thighs workout.

33m • Easy • Dumbbells



Blast 'N Burn

Judi blasts and burns that fat in this 30 minute video that uses interval training to bring you to your max effort. All you need is a medicine ball, or even a towel will do, and you'll be ready to Blast 'N Burn with Judi.

34m • Easy • Medicine Ball



DailyBurn Total Body

Get a complete workout in only 30 minutes, using just your body weight.

34m • Easy • Mat



Strength -Push

This strength class targets your chest, triceps, and shoulders. You'll work in "push" motions for a great upper body workout.

35m • Easy • Dumbbells, Resistance Bands



Kickin' It with Keaira

Instructor Keaira will take you through kickboxing basics that work your entire body in just 40 minutes.

40m • Easy • No Equipment



Resistance Band Glory

The resistance band is versatile, light and can fit in almost any bag.

38m • Easy • Dumbbells, Resistance Bands



Yoga 1: Surya A

In Yoga 1 - Surya A, Bri will teach you about the fundamentals that you will build upon throughout the entire series. If you're new to Yoga, this video is a must.

38m • Easy • Yoga Mat



Box and Burn

Burn away the calories fast. Anja leads you through a boxing workout that burns calories and builds strength.

40m • Easy • No Equipment



Yoga 2: Surya B - Warrior 1

In Yoga 2 - Surya B, Briohny Smyth will guide you through bringing awareness to your lower body. You'll primarily work on Chair and Warrior 1, practicing the flow of Surya B.

41m • Easy • Yoga Mat



Cardio Ball

Anja leads you through 6 circuits with a medicine ball that will work your whole body. Leave nothing in the tank and make this workout count!

42m • Easy • Medicine Ball



Power Pilates

JR shows you that Pilates is for everyone in this great workout.

47m • Easy • Dumbbells, Yoga Mat



Mobility Yoga

Release all of your joint and muscle tension with Cody Storey's invigorating Mobility Yoga workout.

51m • Easy • Yoga Mat



Bikini Butt

This is a short, intense workout designed to get your butt swimsuit-ready in no time.

12m • Standard • No Equipment



DB15 Breakin'

Learn some great moves with Alikona while breakin' a sweat and working your core to the max. In just 15 minutes you'll burn a ton of calories while mastering some of the hottest steps on today's dance circuit.

15m • Standard • No Equipment



Intense Abs

Join Eitan for this calorie-burning and stomach-toning workout. Short and effective, your abs will be throbbing after this one. All you need is a water bottle, a yoga mat, and your core.

21m • Standard • Mat



Metabolic Maximizer

Get a full-body workout in just 30 minutes. All you need is a water bottle, towel, yoga mat and your A-game as DailyBurn instructor Cody pushes you to the limit.

30m • Standard • Mat



KIT (Kickboxing Interval Training)

KIT is short for Kickboxing Interval Training. This class uses interval training and basic kickboxing moves to get results.

34m • Standard • No Equipment



Cardio Sports Drills

Bring out your inner athlete with some sports drills in the class. Excellent for honing your skills in any sport, these drills will get you in great shape so you can tackle any challenge.

38m • Standard • Step



Animal Core

Get the toned, lean core you want with Animal Core.

42m • Standard • Mat



TBT 1: Tabata 1

In Tabata 1, Cody takes you through 4 body-weight moves, 8 rounds per move. You'll ignite your metabolism by alternating 20 seconds of work and 10 seconds of rest.

43m • Standard • Mat



UpperBody Rollercoaster

This 45-minute class is a great upper-body workout. Build lean strong arms and defined shoulders with Keaira.

45m • Standard • Mat, Step, Dumbbells



Tactical Cardio

Tactical Cardio is an intense workout that will work your whole body. Join Cody as he guides you through this great cardio workout.

48m • Standard • Medicine Ball



DB Kettlebells 1

In DBK 2, you'll build off the foundations you learned in DBK 1 and learn new moves with the Kettlebell. You'll also need a box or chair for this workout.

51m • Standard • Kettlebell, Mat, Step



DB Kettlebells 2

In DBK 2, you'll build off the foundations you learned in DBK 1 and learn new moves with the Kettlebell. You'll also need a box or chair for this workout.

51m • Standard • Kettlebell, Mat, Step



Hydraulic Lower Body

Rock your legs with Keaira's intense lower body workout.

51m • Standard • Mat, Medicine Ball, Step



5/10 in Nine

In 5/10 in Nine, JR alternates between light and heavy weights to deliver an intense workout. This 9 minute workout is a quick way to burn through the fat and build your muscle at the same time.

9m • Advanced • Dumbbells



KB in 9

Great for those short on time. Get an intense, full-body kettlebell workout in just 9 minutes with Cody. This class is guaranteed to work up a sweat.

9m • Advanced • Kettlebell, Mat



DB15 Inferno

Anja Garcia takes no prisoners with this mini-Metcon workout as she launches an all-out-assault on your body. This is no ordinary 15 minutes - Inferno tests your will and challenges your inner athlete and takes you beyond your previously set goals.

15m • Advanced • Stability Ball, Dumbbells



DB15 MMA

This 15 minute Mixed Martial Arts routine will have you kicking and punching to a leaner stronger body faster than you can say "K.O.!"

15m • Advanced • No Equipment



Tabata Transformation

Tabata is 20 seconds of work followed by 10 seconds of rest. This class is designed to get you moving and torching calories.

38m • Advanced • Mat



Complete Kettlebell Circuit

Train your whole body with the kettlebell or a dumbbell. Watch the fat melt with this intense workout.

39m • Advanced • Kettlebell

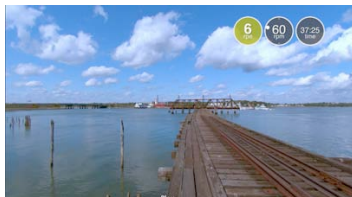
 | VIRTUALACTIVE



British Columbia Coast Bike

Rushing rivers, granite domes, and serene coastlines await you on this tour of Canada's Pacific Northwest. Explore the smooth highways and rugged mountain bike trails of Vancouver Island, Vancouver, and the Sea-to-Sky corridor. Trainer Buddy Machua guides you through a varied fifty-five minute interval workout, mixing speed and hill work.

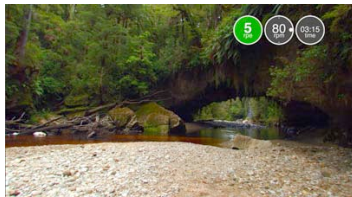
56m • Standard • Cycle



Coastal Maine Bike

Coastal Maine provides some of the most serene biking paths in the United States. Ride through Acadia National Park, bike up Cadillac Mountain, and explore downtown Portland. Trainer Jet Noir leads you on a moderate fifty-five minute interval workout down the gorgeous Atlantic Coast.

56m • Standard • Cycle



South Island New Zealand Bike

New Zealand's South Island is an adventurer's paradise. Ride through rainforests in search of towering limestone arches in Oparara Basin, climb to panoramic alpine vistas in the Fiordland, and grind your way to the top of Skippers Canyon. Trainer Caroline Jordan's fifty-five minute interval workout features big, challenging hill climbs.

56m • Standard • Cycle

 POWER MUSIC
GROUP Rx



BOOT 3

BOOT Volume 3 changes your routine, which changes your body! The periodized format using 12 dumbbell exercises creates phenomenal results. Two important components comprise the BOOT class: BOOT Education and BOOT Class. Three intensity levels are explained in comprehensive detail in the BOOT Education section, followed by the hour-long class demonstration. Improve strength, cardiovascular response, balance and flexibility in one hour. DISCOVER YOUR INNER ATHLETE!

51m • Standard • Dumbbells



WAR 3

WAR Volume 3 brings out the warrior in you! Side kicks, descending elbows, body rips, speed ball, power squats, and more, all designed to help you gain strength, agility and overall fitness. The battlefield is ready for conquering. BECOME ARMED & DANGEROUS!

60m • Standard • No Equipment



POWER STEP 4

POWER STEP Volume 4 truly brings athleticism to the step! Burpees, Power Jacks, Ladder Training, Split Push Ups, Tuck Jumps, Plank Jumps and more. Get ready to burn some major calories while having the time of your life. PUT POWER IN YOUR STEP!

60m • Standard • Step



RIP 7

RIP Volume 7 continues to bring you innovative weight room training exercises into the group fitness arena! New on the roster are RIP SHOTS, Diagonal Chest Flys, Diagonal Reverse Flys, and the Scorpion. Get stronger with every class.

58m • Standard • Dumbbells, Step, Bar, Plate

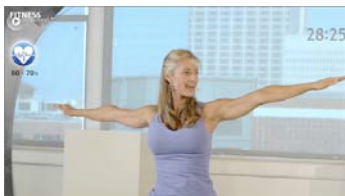
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Mat Pilates

If you're new to pilates, try the Mat Pilates class. Strengthen and tone with this mat-based pilates class, designed for the beginner, but great for all fitness levels.

30m • Easy • Yoga Mat



Yoga Basics

This yoga class focuses on the fundamentals of a fitness-based yoga class. The class moves at a pace that allows you to learn the postures, while getting a quality workout focused on strength, balance, and coordination.

51m • Easy • Yoga Mat



Straps - Lower Body

If you are looking for an atypical workout that builds strength in the difficult to target stabilizer muscles, check out our Straps classes. This class uses suspension training straps to focus on the lower body.

30m • Standard • Suspension Straps



Straps- Upper Body

If you are looking for an atypical workout that builds strength in the difficult to target stabilizer muscles, check out our Straps classes. This class uses suspension training straps to focus on the upper body.

31m • Standard • Suspension Straps



Groove

Find your groove with the Groove class. This exciting class features moves found in other popular dance classes like Zumba and Flirty Girl Fitness.

31m • Standard • No Equipment



Rhythm

Get moving with the hot Latin Rhythm dance class! Perfect for the beginner, this fun class will teach you many of the moves found in other Latin-style dance classes, all while giving you a great workout.

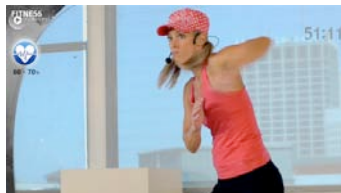
35m • Standard • No Equipment



Center of Gravity

This fusion class combines yoga and pilates with a focus on strengthening the glutes and core to improve balance and coordination.

41m • Standard • Yoga Mat



Triple Cardio

This triple-threat cardio class is designed to get you moving with three different types of workouts in one class. Triple Cardio features Kickboxing, Step and Hi/Lo in one high-energy class.

55m • Advanced • Step



Roadee Ride 1

Roadee Ride 1 gives you a realistic cycling experience and a great workout.

44m • Standard • Cycle



Weston

This ride starts in downtown Kansas City and heads north to historical Weston, Missouri. The rider in this video is accompanied by hundreds of other riders participating in the annual Tour de Cure.

48m • Standard • Cycle



Ireland

Enjoy both urban and country riding as you tour from the east to west coast of Ireland. Become immersed with Irish pride as you enjoy the visions of Cathedrals, rocky beaches, cities, and grasslands. You even get to attend the annual St. Patrick's Day parade in downtown Dublin.

52m • Standard • Cycle



South Africa

The ride starts in downtown Cape Town, South Africa and continues along the entire Cape Peninsula. The ride is a compilation of road footage and scenic shots including exotic animals, mountains, and beaches.

52m • Standard • Cycle



Colorado

This ride begins at a rodeo in the foothills of Colorado and then heads deep into the surrounding mountains of Yampa Valley. The ride continues through open ranges and valleys as you head to downtown Steamboat Springs for a concert!

47m • Advanced • Cycle



Portals

Participants journey to several global destinations through portals that instantly transport the rider from one location to the next. The simple "after-effects" used in Portals blended with great music gently provide an escape from the otherwise rigorous workout.

48m • Advanced • Cycle

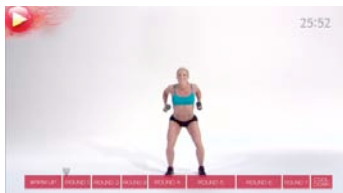


Roadee Ride 2

Roadee Ride 2 is perfect for the advanced cyclist looking to crank up the intensity and torch calories.

52m • Advanced • Cycle

move



Sport 101

Sport 101 is built on the foundations of aerobic training, both cardio and strength repetitions. This particular class focuses on strength intervals using light dumbbells that are conducted quickly to maintain an elevated heartbeat.

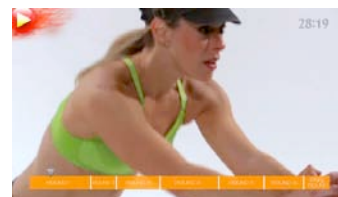
30m • Easy • Dumbbells



Synergy 101

Synergy 101 is a spiritual, revitalizing, introductory class utilizing the principles found within the Synergy series. Sarah will guide you through salutations that will release, inspire, and elongate your body.

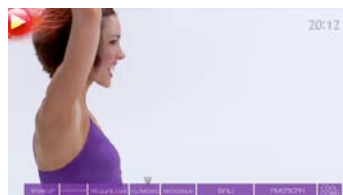
30m • Easy • Yoga Mat



Force 101

Force is a 30-minute heart-pumping, bone crunching, entry-level class that will introduce you to the moves and exercises that are used in upcoming Force classes.

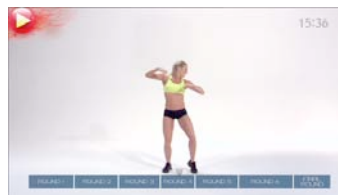
30m • Easy • No Equipment



Tempo 101

Blast each and every tiny core muscle in a rhythmic format that helps you forget the training. Join Rachael in a 30-minute standing core routine for a great trunk workout.

33m • Easy • No Equipment



Core

In Core you will express your international attitude while learning entry level dance exercises in Flamenco, Bali, American Dance, Merengue, Cha-Cha, and Reggaeton.

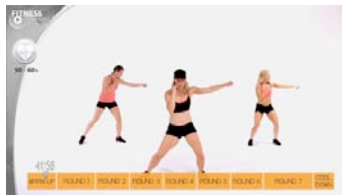
31m • Standard • No Equipment



Sport 201

Build on your Sport 101 success with a longer, more intense version that will have your blood pumping and muscles burning.

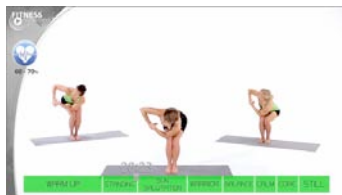
44m • Standard • Dumbbells



Force 201

Now that you know the moves, put them into action! Force 201 uses the same great kickboxing and MMA moves as Force 101, but in a 45 minute program that's higher-intensity for a more powerful workout.

44m • Standard • No Equipment



Synergy 201

Don't stop now! Our Synergy 201 class takes the principles learned in Synergy 101 and incorporates them into a longer, more challenging - and more rewarding - experience.

45m • Standard • Yoga Mat



Tempo 201

Put the moves you learned in Tempo 101 into action. The Flamenco, Meringue, Cha-Cha, and other international-style moves come back in a big way.

46m • Standard • No Equipment



Tempo 301

You'll use the same moves as 201, but this is a higher-intensity class, which focuses more on the fitness elements of this class.

50m • Advanced • No Equipment



Force 301

Take it to the limit! Force 301 is 55 minutes of non-stop extreme butt-kicking fitness that will have you in fighting shape in no time flat!

53m • Advanced • No Equipment



Synergy 301

Reach your maximum potential and fully awaken your spirit with our advanced Synergy 301 program.

54m • Advanced • Yoga Mat



Sport 301

Do you have what it takes to Sport 301? This high-intensity program is 55-minutes long and definitely not for the faint of heart. Put yourself to the test and go all-in with this awesome interval workout.

54m • Advanced • Dumbbells

CLASSIC.



Beginner Cycling

If you are new to the sport of cycling, try this beginner level cycling class for a challenging workout that will help you build a foundation of understanding for future rides.

32m • Easy • Cycle



Ab Assault

Only have a little time to work out? Embark on a 20 minute guided ab routine. The class name says it all!

19m • Standard • Mat



FB30X

Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? FB30x really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

29m • Standard • Mat, Stability Ball, Dumbbells



Yoga I

A class for all students that includes basic to intermediate poses sequenced at a moderate pace that provides improvements in overall strength, endurance, flexibility, and body awareness.

33m • Standard • Yoga Mat



Yoga II

A class for all students that includes basic to intermediate poses sequenced at a moderate pace that provides improvements in overall strength, endurance, flexibility, and body awareness.

33m • Standard • Yoga Mat



Complete

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

38m • Standard • Stability Ball, Dumbbells, Resistance Bands



Latin Hip Hop

Spice up your workout with this Latin inspired dance class. It's fun and effective, using interval training combining fast and slow rhythms for an effective aerobic workout while at the same time targeting your legs, abs, glutes and arms.

43m • Standard • No Equipment



Cycling I

Cycle classes are fun, exhilarating indoor cycle journeys built on the foundational principles of outdoor cycling. Enjoy the many benefits of this amazing sport while having a blast in a lively atmosphere set to great, motivating music.

46m • Standard • Cycle



Pilates

Learn to utilize and strengthen your powerhouse: deep abdominal muscles, obliques and lower back. This one-hour class combines the precise movements of Pilates with traditional fitness elements.

46m • Standard • Yoga Mat



Step

This high energy, heart pumping class uses step choreography to keep you moving and grooving to the beat of the music. This program is a great choice for overall expenditure.

50m • Standard • Step



HardCore

HardCore is a condensed high-intensity workout for the trunk, glutes, and hips. HardCore introduces atypical exercises that make training these stubborn muscles fun and entertaining.

30m • Advanced • Mat, Stability Ball



Kickboxing I

A combination of aerobics, boxing and martial arts - is one of the most popular fitness trends to hit gymnasiums in recent years. This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination and balance.

41m • Advanced • No Equipment



Kickboxing II

Develop new skills and a strong core as you burn a ton of calories in this fierce but fun kickboxing class. Easy-to-follow combinations of upper-body strikes, lower-body strikes, blocks and athletic drills make up this killer cardio workout.

44m • Advanced • No Equipment



Strike

Circuit-based MMA class with a cardio emphasis. Get ready for punches, knees, and crunches. But beware; this fat blasting class is not for the faint of heart.

44m • Advanced • Step, Dumbbells



Advanced Step

The same heart pumping, feet stomping, choreography that you're familiar with from our regular Step class. This version of Step is for the participant looking for the next level.

47m • Advanced • Step



Cycling II

Cycling II brings the authentic outdoor riding experience into the studio. You'll enjoy a solid indoor cycling workout that will improve your cardiovascular endurance as your cycle instructor challenges you with techniques, drills and ride profiles used by competitive cyclists!

51m • Advanced • Cycle



Pump

Pump is a dumbbell class that strengthens your entire body. This 55-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

53m • Advanced • Dumbbells

**Recorrido de Weston**

Este recorrido inicia en el centro de la Ciudad de Kansas y se dirige al norte, al histórico Weston, Misuri. El ciclista en este video va acompañado de cientos de otros ciclistas que participan en el Tour de Cure anual.

48m • Fácil • Bicicleta

**Península del Cabo, Sudáfrica**

El recorrido inicia en el centro de Ciudad del Cabo, Sudáfrica. El viaje es una compilación de película en carretera y tomas escénicas filmados durante el exhaustivo recorrido Cape Argus llevado a cabo en marzo a lo largo de la Península del Cabo.

48m • Fácil • Bicicleta

**Islas Guadalupe, Caribe Francés**

Este recorrido consiste en un viaje a lo largo del frente playero, paisajes abiertos y a través del centro de ciudades. Guadalupe es una región de ultramar de Francia y tiene una población de 405,500 residentes. Disfrute el paisaje durante el paseo en el este de Grande-Terre pasando colinas y llanuras.

49m • Fácil • Bicicleta

**Recorrido de Irlanda**

Irlanda es un lugar maravilloso para visitar en la primavera. Este video lleva al ciclista desde Dublín (donde se une al desfile de San Patricio) en la costa este, para luego cruzar la región central hacia la costa oeste. Panorámica y espectacular, esta costa, principalmente rural, tiene encanto en abundancia y atractivo místico.

52m • Fácil • Bicicleta

**Valle de Yampa, Colorado**

El recorrido inicia con un rodeo en las estribaciones y luego se adentra en las montañas de los alrededores del Valle de Yampa. El viaje continúa cruzando campo abierto y a través del valle a medida que se dirige al centro de Steamboat Springs a un concierto musical.

47m • Avanzado • Bicicleta

**Recorrido de México**

Este recorrido es un viaje maravilloso que inicia en Oaxaca, a través de las montañas hacia Las Ruinas del Rey. Los ciclistas verán y experimentarán la verdadera belleza que México ofrece mientras viajan tanto en un escenario cultural como de paisajes.

51m • Avanzado • Bicicleta