

Malibu Fitness

15 Executive Drive Farmington, CT. 06032

860-677-8888

Spinning- Your **spinning journey** begins with a single pedal stroke. A mind and body connection with hills, climbs, jumps and sprints. Bring a towel and water bottle. Heart rate monitors recommended. 45-60mins.

SET – Strength Endurance Training the use of barbells, hand weights, balls, Step and jammin music. A class dedicated to total body muscular and strength training by applying the fusion of both **strength and cardio intervals** to speed up your metabolism.

Zumba-Move your hips and increase your heart rate in this fun dance inspired class with a **salsa flair!** International and Latin music. You'll have so much fun you won't believe its exercise.

Mix It Up-cardiovascular improvement by incorporating dance/**zumba movement** into flowing aerobic routines a contemporary interpretation of hi/lo aerobic class ending with abs.

Just Abs-1/2 hour of kick your abs workout utilizing the resist-a-ball, coupled with pushups and stability poses.

Express Circuit- combines the benefits of cardio and resistant training in a format that utilizes timed intervals in a circuit format (taught by a trainer on the gym floor 45mins) weather permitting we go outside.

Boot Camp – a power packed class of **athletic drills** done in a fast-paced format to challenge the cardiovascular and muscular-skeleton system. In other wards a great total body workout.

Mat-Pilates - non impact balance of exercises designed to stretch and **strengthen tone and align the body**. Focus on posture and working from your center. Please bring your own mat for hygienic reasons.

Yoga- gain strength and flexibility. A **place to breathe deeply**, strengthen and nourish your body and awaken your spirit. Please bring your own mat for hygienic reasons.

Silver Fit- A gentle workout for our senior clientele Mon/Fri taught by a member of the Personal Training Staff

Personal Training - and Private Yoga Sessions are always available inquire at the front desk.

Wear proper attire to class. Bring a towel and water bottle.

During severe winter weather, please call the club to see if classes will be held.

**Classes are subject to change depending on participation and when we have a
Classes subject to change when subs are filling in.**

www.powerhousect.com . www.malibufitness.us