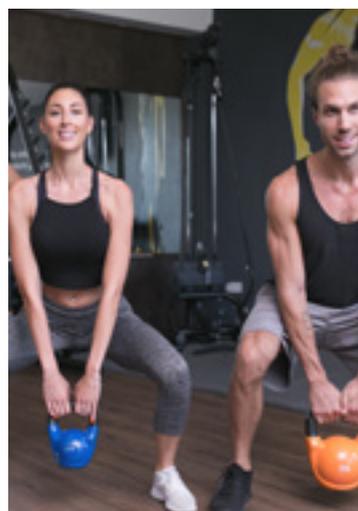


# MYOKA SALINI FITNESS

## Class Schedule



	CLASS	TIME	DURATION	INSTRUCTOR
MONDAY	TABATA	9:00 AM	⌚ 1HR	
	ZUMBA	6:00 PM	⌚ 45MIN	
	AQUA	7:00 PM	⌚ 45MIN	
	YOGA	7:00 PM	⌚ 45MIN	
TUESDAY	AQUAZUMBA	9:30 AM	⌚ 45MIN	
	SPARTACUS MARATHON CIRCUIT	6:00 PM	⌚ 45MIN	
WEDNESDAY	PILATES	8:00 AM	⌚ 1HR	
	PILATES	7:00 PM	⌚ 1HR	
THURSDAY	MUSCLE DRILL	9:00 AM	⌚ 1HR	
	AQUAZUMBA	7:45 PM	⌚ 45MIN	
FRIDAY	SPARTACUS	7:00 AM	⌚ 45MIN	
	ZUMBA	6:00 PM	⌚ 45MIN	
	PILATES	7:00 PM	⌚ 1HR	

BOOKING 24HRS BEFORE THE CLASS IS MANDATORY.  
CLASSES SCHEDULE CAN CHANGE ACCORDINGLY.

# MYOKA SALINI FITNESS

## Classes Overview



### **AQUA CLASS**

Participants can expect a fitness session in the indoor pool that targets the full body and combines resistance exercise with aerobic exercise to burn off excess calories. It's a multi-level fun workout that will leave you feeling refreshed and invigorated.

### **ZUMBA CLASS**

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training.

### **AQUA ZUMBA CLASS**

Aquazumba it is a fun workout in a shoulder level pool. Its a very effective session as you are working against the resistance of the water. Its adapted for all age groups and ideal for an condition as there is no impact.

### **CIRCUIT CLASS**

Circuit training is a form of body conditioning or endurance training using high-intensity aerobics. It targets strength building and muscular endurance. The time between exercises in circuit training is short, often with rapid movement to the next exercise.

### **SPARTACUS CLASS**

A high-intensity circuit designed to torch fat and define your full body. The class consist of 10 different exercises with 45sec each exercise and 15sec rest in between. When ready rest for 2mins. Repeat the Spartacus Circuit for 3 times. One can burn between 700 to 750 calories each class.

### **YOGA CLASS**

In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Full body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds and hip openers.

### **PILATES CLASS**

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. While Pilates training focuses on core strength, it trains the body as an integrated whole. Pilates workouts promote strength and balanced muscle development as well as flexibility and increased range of motion for the joints.

### **TABATA CLASS**

High-intensity interval training, also called high-intensity intermittent exercise or sprint interval training, is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue.

### **MUSCLE DRILL CLASS**

A group class focusing on isolated muscle strength and toning for the whole body.

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