



The writer tries out a capoeira at Reset. PIC/PRADEEP DHIVAR

**SELF**  
WORKOUT GOALS

**SONIA LULLA**  
sonia.lulla@mid-day.com

**For a variety of workouts**

What appeals to us about Reset is the array of fitness classes it has on offer. We give the capoeira and yoga classes a go, both of which win us over. The capoeira, helmed by Professor Reza Baba Massah, is immersive, reminiscent of an art class. We find ourselves interacting with every member via a series of agility, strength, and gymnastic drills that could best be described as short bursts of play. A check on the heart rate monitor of our Fitbit reveals that we are well within the fat-burning zone, hinting at a session that was intense, but far from wearisome. We are smiling as we give Afro moves a shot and test our gymnastic abilities through cartwheels and jump ropes.

Spanning three floors — the gym, studio and a functional zone — Reset has a spacious environment to offer. That care has been taken to rope in enthusiastic trainers enhances the experience of working out in the gym, which boasts of high-end equipment. In fact, we also overhear an ongoing seminar for the trainers, as an instructor talks of cues on teaching female clients. A sauna, spa and luxurious changing room are the icing on the cake.

**VERDICT:** It is recommended that clients adhere to a fitness routine that they find enjoyable, in order to stay motivated. Such outlets seem to offer this. The good quality equipment ensures that members are less likely to injure themselves.

**AT** Krishna Chandra Marg, Reclamation, Bandra West.  
**COST** Packages vary between approx. ₹10,000 per month to ₹80,00 per year

Intensity: \*\*\* Clarity of cues: \*\*\*\*  
Ambience: \*\*\*\*

# Find your fitness mojo

Mid-day's in-house fitness freak tries out four new hubs that are creating a buzz in the city's health circuit, while a professional trainer gives her verdict on each

**For a personal touch**

Nestled in the bustling suburb of Andheri, this outlet that closely resembles a CrossFit box is not the first of its kind. Yet, where Alfa 7 Seas scores is in its personalised training. The team offers four programmes — strength and conditioning (on the lines of interval training), Olympic and power lifting, conditioning, and Alfa strength (focused on aesthetics). We train with head coach Divy Chheda, who takes us through circuits crafted on the lines of the first programme. What appeals to us is the clarity of cues, which highlight amends in forms that we've adhered to for years. Alfa 7 Seas is also among the few

fitness studios that give members access to the True Form Runner treadmill, which is controlled by the athlete's force of movement, and not the stipulated speed of the belt.

**VERDICT:** The trainer-member ratio is healthy. The inclusion of high-end CrossFit equipment means that members can avail the benefits of newer technologies.

**AT** Platinum Heights, Versova Telephone Exchange, Andheri West.  
**COST** Approx. ₹18,00 per month

Intensity: \*\*\* Clarity of cues: \*\*\*\*  
Ambience: \*\*\*



PIC/SNEHA KHARABE

**For those who like to shake a leg**

Tucked away in a lane in Goregaon, the luxurious Nritya Shakti Studio is owned by dancer Shakti Mohan. It is set to launch a dance intensive on January 15, which will give dance enthusiasts a chance to try out 12 different styles. A contemporary offering by Mihir Grover piques our interest. An hour-

long class has us intently follow the cues, lest we lag behind. A beautifully choreographed warm-up sequence ensures we mentally detach ourselves and slip into our element for the final sequences.

**VERDICT:** A good-quality intensive is the perfect mix of interval and



PIC/SHADAB KHAN

**For the athlete in you**

This venture by former cricketer Zaheer Khan recently launched its third outlet in Bandra. Pro Sport banks on the attention it gives to injury prevention, while also catering to athletic development. The certified trainers have a background in sports. We perform a series of functional movements designed by coach Adnan Sulia, who focuses on full-body movements instead of restricted muscles. What we love about the session is the attention given to highlighting the science behind the routine to the client. Added to this is the focus given to the ex-

ecution of the movement, which is complemented by the stress on maintaining a fast pace.

**VERDICT:** The focus on intensity (in terms of both, speed and weight), together with due attention given to the form is appreciated. The incorporation of multiple movements in the same set is another plus.

**AT** Claden Holm, 15th Road, Bandra West.  
**COST** Annual membership ₹1,80,000

Intensity: \*\*\*\* Clarity of cues: \*\*\*\*  
Ambience: \*\*

Expert verdict by personal fitness trainer Aarti Mehra

agility training, flexibility, strength and endurance.

**AT** Shri Sai Corporate Park, Bangur Nagar, Goregaon West.  
**COST** Approx. ₹15,000 for one month

Intensity: \*\* Clarity of cues: \*\*\*\*  
Ambience: \*\*\*\*



PIC/FALGUNI AGRAWAL