

City of Malibu, Community Services Department

Mat Pilates & Barre Fusion

with Jackline Daneshrad



Discover a low-impact, strength-building class designed specifically for seniors! This gentle fusion of Mat Pilates and Barre focuses on improving balance, flexibility, posture, and core strength—while keeping joints happy and movements safe.



Thursdays,
12:15–1:15PM
March 5 – 19
April 2 – 30
May 7 – 28

*No class March 26
Malibu Bluffs Park
\$5 per class

310.456.2489 ext. 357
MalibuCity.org/SeniorCenter

