

SEPTEMBER

FITNESS CLASSES

STUDIO 1	MON	TUE	WED	THU	FRI	SAT	SUN
8.30AM	FUNCTIONAL TRAINING BARRY		YOGA TONE JANE	MORTAL COMBAT MELVYN	YOGALATES DEEPTI		
9.45AM	PILATES FUSION JANE	PILATES CORE DEEPTI	GYMSTICK JANE	ABT JAMES	LINE DANCE BEE KHIM	STRETCH JERRY	YOGA STRETCH KARISHMA
11.00AM	CARDIO DANCE JERRY	MOVEMENT & LONGEVITY ANDYN	TOTAL BODY CONDITIONING TOMMY	HATHA YOGA RUCHICA	ZUMBA SUHAIMI		
12.15PM		ZUMBA SUHAIMI		ZUMBA KK			
1.00PM							
3.00PM	ZUMBA KK						
3.30PM							DANCE 2HR 45MIN
5.30PM					BOLLYWOOD BEATS PAVAN		
6.15PM			YOGA STRETCH KARISHMA				
6.45PM							
7.30PM							

MPH	MON	TUE	WED	THU	FRI	SAT	SUN
7.30AM	STRENGTH & MOBILITY ANDYN						
8.30AM	KETTLEBELL ANDYN	SPIN BEN	PUMP BEN	SPIN TOMMY	PUMP BEN	PUMP LOCK	
9.45AM		FUNCTIONAL STRENGTH TOMMY	TRX CORE TOMMY	PILATES TRX JANE	BARRE FUSION JANE	SPIN SHAUN	BOOT CAMP LOCK
11.00AM	CYCLE FLOW TOMMY	MYOFASCIAL RELEASE RUCHICA	QIGONG TOH		CYCLE FLOW TOMMY	TRX BARRY	KICK BOXING LOCK
2.00PM				MAHJONG 4HR	MAHJONG 4HR		
4.00PM		TABLE TENNIS 2HR					
4.30PM	TABLE TENNIS 2HR		TABLE TENNIS 2HR			TABLE TENNIS 2HR	TABLE TENNIS 2HR
6.30PM		DANCE 3HR					
7.00PM			KICK BOXING LOCK		TABLE TENNIS 2HR		

SWIMMING POOL	MON	TUE	WED	THU	FRI	SAT	SUN
8.30AM		AQUA POH LENG	AQUA POH LENG	AQUA JERRY	AQUA JEK		

Fitness classes: \$16.35 per lesson (Including GST or Uff @\$150/- Monthly)
*A MINIMUM OF 3 PARTICIPANTS IS REQUIRED FOR THE CLASS TO PROCEED.

To register for a class , please log into "Member log in account". Classes can be booked **7 days** in advance. Guests will be charged **\$21.80** (including GST & administrative fee) and they may be turned away if class is full. The management reserves the right to amend the group fitness schedule whenever necessary.

DESCRIPTION OF CLASSES

MIND & BODY

Yoga Tone (Low–Moderate) – Stretch, strengthen, and tone in one balanced session.
Hatha Yoga (Low) – Slow, foundational yoga to build flexibility and calm the mind.
Yoga Stretch (Low) – Deep stretches to release tension and improve mobility.
Core Yoga (Low–Moderate) – Strengthen your core while enhancing balance and posture.
Sound Bath (Low) – Relax and recharge through immersive sound healing.
Qigong (Low) – Gentle movements and breathing to boost energy and wellbeing.

STRENGTH & CONDITIONING

Circuit Training (Moderate–High) – Full-body workout through timed exercise stations.
Strength & Mobility (Low–Moderate) – Build strength while improving joint movement.
Kettlebell (Moderate–High) – Dynamic training for power, strength, and endurance.
Pump (Moderate–High) – Barbell workout targeting all major muscle groups.
Functional Strength (Moderate) – Train for real-life movement and injury prevention.
RX Core (Moderate) – Suspension training focused on core stability.
TRX (Moderate–High) – Full-body strength using bodyweight resistance.
Chair Fit (Low) – Low-impact strength workout with chair support.

CARDIO & HIGH ENERGY

Cardio Dance (Moderate) – Dance your way to better fitness and stamina.
Zumba (Moderate–High) – Fun, high-energy dance workout to upbeat music.
Bollywood Beats (Moderate) – Vibrant dance fitness inspired by Bollywood.
Kickboxing (High) – Punch, kick, and sweat in this high-intensity class.
Mortal Combat (High) – Combat-style workout for agility and endurance.
Boot Camp (High) – Intense, full-body training for strength and stamina.
#32 Dance fitness (High) – Packed with non-stop fun, combining dynamic dance moves with music from a variety of genres and rhythms.

SPECIALISED FITNESS

Pilates Fusion (Low–Moderate) – Core-focused workout for strength and posture.
Piloxing Fusion (Moderate–High) – A mix of Pilates, boxing, and dance.
Barre Fusion (Low–Moderate) – Ballet-inspired toning for strength and flexibility.
Gymstick (Moderate) – Resistance training to build strength and coordination.
Movement & Longevity (Low) – Improve mobility for long-term health.
Myofascial Release – Designed to help release tension stored in the fascia – the connective tissue that surrounds muscles throughout the body.

AQUA FITNESS

Aqua (Low–Moderate) – Low-impact water workout that's easy on joints, high on results.

OTHER

Line Dance (Low–Moderate) – Easy-to-follow group dance for coordination and fun.
Stretch (Low) – Improve flexibility and aid recovery.

Legend

Low – Gentle / Beginner-friendly

Moderate – Steady effort / Some fitness required

High – Intense / Challenging workout