

VIPR™ XPRESS

Tuesdays & Fridays, 7:00 a.m.



ACTIVE LIFE CHIROPRACTIC

Friday, April 26

Studio 1

6:30 p.m. to 8:00 p.m.

Member: \$5 or

1 stamp on your GF Card

Guest: \$10

Registration closes on Friday, April 19




Spring Schedule

Also available on www.amclub.org.sg

FEBRUARY 18 TO JUNE 2

Please sign up for fitness classes 30 minutes in person in advance and at the Sports Counter of the class you plan to attend. All Group Fitness Classes are 55 minutes long with the exception of Body Pump & Spinning which are 50 minutes.

For the consideration of other Members who are already in the class, please refrain from joining the class if you arrive 5 minutes after the start of class.

For Advance classes and techniques, please refer to  schedule.

Monday to Friday:

Saturday, Sunday & Public Holiday:

6:00 a.m. to 9:00 p.m.

6:30 a.m. to 8:30 p.m.



MIND & BODY

Yoga Stretch Dynamic, active, static stretching. To improve overall health and wellness.

Vinyasa Yoga A method which turns static yoga postures into a dynamic flow, one inhale or one exhale dictates the length of time spent transitioning between postures. Attention is placed on the breath and the journey between the postures.

Dynamic Yoga A flow of asanas (postures) combined with powerful breathing exercises that work the mind and body. This cardiovascular workout burns calories. Prior experience in Hatha Yoga (Beginners) is encouraged.

Sivananda Yoga This form basically encompasses 12 basic poses that are designed to benefit the entire body.

Hatha Yoga Learn techniques for relaxing & de-stressing through breathing exercises & postures that helps to increase muscle tone & flexibility. ♦ Intermediate level is also available.

Restorative Yoga A relaxing way to practice yoga, using various props to achieve the form of the yoga pose. Poses can be held for a greater length of time for a deep release. Helps to soothe the nervous system and keeps the mind calm.

♦ **Ashtanga Yoga** Combines power and flexibility with movement & breathing to produce an energetic & detoxifying practice.

♦ **Yin Yoga** A technique that explore the body's subtle energies. Long and deep stretching cultivates a meditative mind.

Power Yoga An introduction class that is ideal for beginners who want to try a challenging practice. A sequence of postures that is energising, fun and dynamic. Those with yoga experience and knowledge of postures is preferred. ♦ Advanced level is also available.

Pilates Core A focus on using the core in a variety of exercises to strengthen muscles, add flexibility coordination and posture, as well as increase awareness of proper body alignment and breathing.

Stretch & Relax A stress relief class that will make you feel better physically, emotionally, and mentally.

♦ **Fletcher Pilates Floorwork** It utilises exercise that involves more arms and head movements, which are generally not emphasised in the Mat repertoire. This will allow participants to work and improve their hip mobility and be able to perform more fluid movements during exercise.

♦ **Pilates Matwork** Designed to help participants develop leaner, longer-looking muscles, establish core strength and stability, and heighten mind-body awareness.

Beginners Pilates Matwork This mat-based workout is designed to help participants develop leaner, longer-looking muscles, establish core strength and stability, and heighten mind-body awareness.

Yoga Core This beginners class can be for all levels, as it incorporates both yoga and core exercises.

TONING/MUSCLE CONDITIONING

♦ **Boot Camp** Using a wide range of functional fitness, techniques and tools, our PT will push you hard. This is the choice to improve your strength, agility, and overall fitness. Expect new challenges as you get faster and stronger as the class is moderate to high intensity.

Circuit training A high-intensity aerobics and resistance training, easy to follow and targets fat loss, muscle building and heart fitness.

TBC (Total Body Conditioning) Experience a sampling of our most popular formats in one class. We combined cardio jam with steps, weights, increase physical strength flexibility, and cardiovascular health.

AEROBICS / CARDIOVASCULAR CONDITIONING

♦ **Zumba® Fitness** Exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring!. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Indoor Cycling It's a great cardiovascular workout utilizing variations in cadence, resistance and body position. The ride you have been looking for. Test your cycling skills - build your strength indoors to improve your outdoor ride.

Boxercise This class utilizes punches, kicks and blocks to strengthen the entire body. Elevate your heart rate to its target zone while learning how to knock out any target that enters your zone.

Dance 101 A beginners class with an exciting and broad mixture of dance styles from Rock 'n' Roll to Latin.

Cardio Grooves Low impact and high fun, this is a great class for those who wanna hit the dance floor on a Friday morning!

AQUATICS

Deep Water Running This class is a fantastic strength & cardiovascular workout, using popular cross-training technique. It is an excellent form of physical rehab and fun alternative to your regular routine. Suitable for all.

LES MILLS

BODYPUMP® The fastest way to tone up. This class combines high-energy music, barbells and a hard-as-nails instructor to push you to your limit! Non-impact and moderate to high intensity

BODYBALANCE® All the best bits from Yoga, Pilates and Tai Chi combined for a well rounded mind and body experience. Low-impact and moderate intensity

BODYJAM® A cardio workout where you are free to enjoy the sensation of dance; the fun workout fuses the latest dance moves and the hottest new sounds.

BODYCOMBAT® This kick-box style class combines martial art techniques with butt-kicking music for a fantastically motivating workout. High impact and high intensity.

CLASS LEVELS

B BEGINNERS CLASS An introductory or orientation class for participants who have little experience of the class.

M MULTI-LEVEL CLASS Suitable for all fitness and co-ordination levels. This means that it is a class that you can work in your own pace according your fitness level and goal.

♦ Fees apply

STUDIO 1

april 22 monday	april 23 tuesday	april 24 wednesday	april 25 thursday	april 26 friday	april 27 saturday	april 28 sunday
	* 7:00 a.m. VIPR™ Xpress David M	7:30 a.m. Body Pump Regina M	7:15 a.m. Indoor Cycling Ben M	* 7:00 a.m. VIPR™ Xpress David M		
7:30 a.m. Sivananda Yoga Roxanne M	7:30 a.m. Indoor Cycling Yvonne M			7:30 a.m. Indoor Cycling Win M <i>today only!</i>		
8:30 a.m. Indoor Cycling Roxanne M	8:30 a.m. Body Pump Yvonne M	8:30 a.m. TBC Serena M	8:30 a.m. TBC Jerry M	8:30 a.m. Body Pump Win M	8:30 a.m. Indoor Cycling Barry M	9:00 a.m. Body Pump Regina M
9:30 a.m. Body Combat Chris M	9:30 a.m. TBC Jerry M	9:30 a.m. Zumba Fitness Serena M	9:30 a.m. Body Combat June M <i>monthly specials</i>	* 9:30 a.m. Beginners Power Yoga Josephine B	9:30 a.m. Zumba Fitness Nira M	
10:30 a.m. Body Jam Erich M	* 10:30 a.m. 75-min Ashtanga Yoga Josephine M	10:30 a.m. Body Sculpt David M	10:30 a.m. Body Pump James M	10:30 a.m. Zumba Fitness David M	10:30 a.m. Body Combat Juztin M	10:00 a.m. Dynamic Yoga Serena M
		11:30 a.m. Beginners Pilates Matwork Ann B	* 11:30 a.m. Vinyasa Yoga Vanan M		11:30 a.m. Pilates Circuit Annie M	
6:30 p.m. Beginners Pilates Matwork Ann B	6:30 p.m. Vinyasa Yoga Kristina M	6:30 p.m. Zumba Fitness David M	6:30 p.m. Yoga Stretch Vanan M			
	* 7:30 p.m. Pilates Core Elaine M		7:30 p.m. Stretch & Relax Michael M			

YOUTH SPACE

8:30 a.m. Body Balance Joyce M	8:30 a.m. Beginners Pilates Matwork Louisa B	8:30 a.m. Yoga Core Yvonne M			
9:30 a.m. Beginners Hatha Yoga Serena B	9:30 a.m. Restorative Yoga Yvonne M	9:30 a.m. Body Balance Yvonne M	9:30 a.m. Body Balance James M	9:30 a.m. Carodio Grooves James M	
			10:30 a.m. Zumba Fitness Erich M	10:30 a.m. Restorative Yoga Vanan M	

* Classes will be monitored for attendance. Should classes reflect a continuous low attendance, they may be discontinued or changed.

MIND & BODY studio



10:15 a.m.
75-min Ashtanga Yoga
Josephine
M

POOL

8:30 a.m. Deep Water Running Erin M	8:30 a.m. Deep Water Running Shirley M	8:30 a.m. Deep Water Running Shirley M
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- Please arrive on time to class; no entry into a class that has been in progress for more than five minutes.
- Class with no sign ups will be cancelled 10 minutes after the starting time.
- No classes on Singapore Public Holidays.
- Instructor and venue are subject to change without prior notice.
- Classes can be cancelled without prior notice.
- Please place all personal belongings in lockers – not in the studios.
- Sign up for back-to-back classes, in advance, is prohibited.
- Please note that all our Free Group Fitness classes are of Beginners & Multi-levels.

SPRING SCHEDULE | FEBRUARY 18 TO JUNE 2

We value your feedback, please fill in the surveys provided in the studios or the Sports Counter. Please note that all our Free Group Fitness Classes are of Beginner's Level. For Advance classes and techniques, please refer to **Lifestyle Schedule**.