

Spring Schedule

January 16 to April 1

monday tuesday wednesday thursday friday saturday sunday

STUDIO 1

	7:15 a.m. Salutation Hatha Yoga @ Poolside Vanana <i>LifeStyle</i>		7:15 a.m. Morning Spinning Ben			
7:30 a.m. Sivananda Yoga Roxanne	7:25 a.m. Spinning Yvonne	7:30 a.m. Body Pump Lynn		7:30 a.m. Warrior 360 Workout Jenny		
8:30 a.m. Spinning Roxanne	8:30 a.m. Body Pump Yvonne	8:30 a.m. Total Torso Blast Matthew	8:30 a.m. ABT+ Jerry	8:30 a.m. Spinning Jenny	9:00 a.m. Spinning Barry	9:00 a.m. Body Pump Regina
9:30 a.m. Body Combat Chris	9:30 a.m. ABT+ Jerry	9:30 a.m. Zumba Pamela <i>LifeStyle</i>	NEW! 9:30 a.m. Zumba Erich <i>LifeStyle</i>	9:30 a.m. Body Pump Jenny		10:00 a.m. Shape Me Up Matthew
10:30 a.m. Body Jam Erich	NEW! 10:30 a.m. 90-minute Endurance Spin Maria Starting Feb. 7 <i>LifeStyle</i>	10:30 a.m. *Body Combat Melvyn	10:30 a.m. Body Pump James	<i>LifeStyle</i> 10:30 a.m. Zumba Azmy Matt	10:15 a.m. Body Combat Hui-Ling	
		11:30 a.m. Beginners Pilates Matwork Ann			11:30 a.m. Beginners Pilates Circuit Annie	
6:30 p.m. Beginners Pilates Matwork Ann		5:15 p.m. Zumba After School Pamela <i>LifeStyle</i>	6:30 p.m. Pilates Stability Annie <i>LifeStyle</i>			

STUDIO 2

* 8:30 a.m. Body Balance Joyce	* 8:30 a.m. Beginners Pilates Circuit Louisa	8:30 a.m. Beginners Yoga Core Yvonne	8:30 a.m. Fletcher Pilates Floorwork Louisa <i>LifeStyle</i>		* 8:15 a.m. Fitball Pamela	
			9:30 a.m. Boxercise Fofoa	9:30 a.m. Beginners Power Yoga Josephine	9:15 a.m. Zumba Pamela <i>LifeStyle</i>	
10:30 a.m. Pilates Matwork Melvyn <i>LifeStyle</i>	10:30 a.m. Ashanga Yoga Fang Ping <i>LifeStyle</i>		10:30 a.m. Dance 101 Erich	NEW! 10:30 a.m. Restorative Yoga Vanana	10:15 a.m. Ashanga Yoga Fang Ping <i>LifeStyle</i>	10:00 a.m. Dynamic Yoga Serena
	6:30 p.m. Beginners Pilates Core Melvyn	6:30 p.m. Beginners Hatha Yoga Josephine	6:00 p.m. Yoga Stretch Vanana			
	7:30 p.m. Vinyasa Yoga Vanana		8:15 p.m. Stretch & Relax Michael	6:00 p.m. Intermediate Hatha Yoga Vanana <i>LifeStyle</i>		

• 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.

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

YOUTH SPACE

9:35 a.m. Beginners Hatha Yoga Serena	9:30 a.m. Restorative Yoga Yvonne	9:30 a.m. Beginners Ashtanga Yoga Fang Ping	9:30 a.m. Body Balance James	• Please note are no classes running on January 23 & 24 (Monday & Tuesday) due to Chinese New Year public holiday.		
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POOL

8:30 a.m. Deep Water Running Pamela		8:30 a.m. Deep Water Running Shirley		7:00 a.m. Adult Masters <i>STARS</i>	7:30 a.m. Adult Masters <i>STARS</i>
	9:30 a.m. Adult Masters <i>STARS</i>		9:30 a.m. Adult Masters <i>STARS</i>		
			10:00 a.m. Adult Learn-to-swim <i>STARS</i>		
	7:30 p.m. Adult Masters & Adult Learn-to-swim <i>STARS</i>		7:30 p.m. Adult Masters & Adult Learn-to-swim <i>STARS</i>		

For all Adult Masters and Learn to Swim enrollment, please visit the Aquatics Counter or call 6739-4450. All Aquatics Classes are 60 minutes long.

MIND/BODY

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. A great way to begin your week.

Beginners Power Yoga

An introduction class, 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.

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.

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.

Yoga Stretch

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

Beginners Ashtanga Yoga

Combines power and flexibility with movement and breathing to produce an energetic and detoxifying practice.

Sivananda Yoga

Sivananda Yoga basically encompasses 12 basic poses which are designed to benefit the entire body.

Stretch & Relax

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

Beginners Yoga Core

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

Beginners Pilates Core

A focuses 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.

Body Balance - Les Mills

A combination of Hatha Yoga, Pilates, and Tai Chi, helping to tone and strengthen all muscle groups, and brings calm and focus to the mind. It increases core strength, flexibility and mobility, while improving co-ordination and balance.

Beginner Pilates Circuit

A challenging non-stop workout that includes exercises on the mat, foam roller, magic circle, and other smaller props to help you to develop core strength, stability, and heighten mind-body awareness. Some experience from the Beginners Matwork classes is encouraged.

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.

Beginners Hatha Yoga

Learn techniques for relaxing and de-stressing through breathing exercises and postures that helps to increase muscle tone and flexibility.

TONING/MUSCLE CONDITIONING

ABT+

Designed to tone and improve flexibility. A perfect complement to any workout targeting the Abdominals. With a cardio aspect that will vary from step or dance

Shape Me Up

A cardio workout using innovative body resistance training exercises and weighted bars, suitable for all ages and all levels of fitness.

Body Pump - Les Mills

Non-impact, resistance training using barbell and adjustable weights. All major muscle groups are worked through squats, presses, lifts, and curls.

Total Torso Blast

A challenging and varied Total Body Workout using resistance and body weight exercises.

Warrior 360 Workout

This is a challenging circuit style class aimed at improving strength, endurance and general fitness.

MARTIAL ART

Body Combat - Les Mills

A choreographed class that combines moves and stances from a range of self-defense disciplines like Karate, Tai Chi, Kickboxing, and Tae Kwon Do.

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.

AEROBICS/CARDIOVASCULAR CONDITIONING

Body Jam - Les Mills

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

Spinning

Indoor cycling, simulating outdoor riding; suitable for all levels. Let your instructor and your imagination take you on a ride. Remember your water and padded bicycle pants.

Dance 101

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

Fitball

Give your body a makeover as well as improving your strength, flexibility. Ball workouts are great for improving the cardiovascular system, strengthening muscles, toning, as well as correcting a slouching posture.

AQUATICS

Deep Water Running

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

Adult Master Class

Master Squad provides structured swim programs for adults. These workouts range from Learn to Swim Programs to tailored workouts designed specifically for adult swimmers, whether they are competitive or non-competitive. *Please drop by the Aquatics Counter for more information.

LifeStyle
Leisure Fitness & Adventure Wellness

PILATES
KARATE
YOGA
MUAY THAI
FREESTYLE BOXING

For more information or to sign-up for 1-on-1 lesson, please drop by the Sports Counter.

PRIVATE/SEMI-PRIVATE YOGA CLASSES

One-on-one personalized treatment available, and greatly beneficial.

Please arrange directly with the your instructor of choice by leaving them a message at the Sports Counter to schedule.

Instructors can meet you at one of our studios here at the club.

Private: Cost per session is \$120 per hour.
Semi-Private: Cost per session is \$160 per hour.

Conditions apply. Sessions are all dependent of studio availability.

LifeStyle
Leisure Fitness & Adventure Wellness



Spring Schedule

January 16 to April 1

Also available on www.amclub.org.sg

Dear Members,
Please sign up for fitness classes 30 minutes in advance and in person at the Sports Counter before attending classes.

All Group Fitness Classes are 55 minutes long with the exception of Body Pump and Spinning which are 50 minutes.

For more classes please refer to **LifeStyle** schedule.
Leisure • Fitness • Adventure • Wellness

The American Club

Gym Hours

Monday - Friday: 6:00 a.m. - 10:00 p.m.
Saturday, Sunday & Public Holidays: 6:30 a.m. - 9:30 p.m.
www.amclub.org.sg | Sports Counter: 6739-4312



Social Dance



Saturdays, starting March 31 (6 weeks)
Studio 1
2:00 p.m - 3:00 p.m
Member: \$130 (individual)
\$250 (couple)
Guest: \$143 (individual)
\$275 (couple)
Minimum of 5 couples required

Social Dance is a classification of dance styles where sociability and socializing are the primary focuses. This activity offers you the flexibility to dance with different partners yet you will still be able to lead or follow in a relaxed and easy atmosphere.

In this class, you will master the fundamentals of social dancing such as rhythm, time, tempo, accents, phrasing and counting in beats and bars.

LifeStyle
Leisure Fitness & Adventure Wellness
For more information or to sign up, please drop by the Sports Counter.

Personal Training

Let our experienced Certified Personal Trainers motivate you and make fitness a part of your life!

PT10 Packet \$700

PT5 Packet \$370

PT1 \$80

60 minutes session

Save! Share your session with a friend or family member.
PT5 Package \$400

Terms and conditions apply