

## Group Fitness Classes

Monday, June 28 to Saturday, July 31

Monday	Classes	Instructor	Venue
0800 am	Power Yoga	Serena	Galbriath Room
1020 am	Gentle Yoga & Stretch	Josephine	Galbriath Room
1130 am	Pilates Flow	Elaine Te	Galbriath Room

Tuesday	Classes	Instructor	Venue
0800 am	Gentle Yoga & Stretch	Josephine	Galbriath Room
0910 am	Yoga Stretch	Vanan	Galbriath Room
1020 am	Yoga Stretch	Vanan	Galbriath Room

Wednesday	Classes	Instructor	Venue
0800 am	Pilates	Serena	Galbriath Room
0910 am	Vinyasa Yoga	Mahendra	Galbriath Room
1020 am	Hatha Yoga	Vanan	Galbriath Room

Thursday	Classes	Instructor	Venue
0800 am	Conditioning Yoga	Yvonne	Galbriath Room
0910 am	Yoga Stretch	Vanan	Galbriath Room
1020 am	Yoga Stretch	Vanan	Galbriath Room

Friday	Classes	Instructor	Venue
0800 am	Gentle Yoga & Stretch	Josephine	Galbriath Room
0910 am	Hatha Yoga	Josephine	Galbriath Room
1020 am	Vinyasa Yoga	Mahendra	Galbriath Room

Sunday	Classes	Instructor	Venue
0930 am	Indoor Cycling	Lynn	Gym Studio

### Fees:

Group Fitness Classes at the Club (Quad Studio)

\*Package of 10 sessions - \$150

\*Ala carte/ per session - \$20

### Note:

\*All participants may remove masks during classes but will have to put on once class has ended

\*No intermingling between groups

\*All classes are limited to 10 participants and 1 instructor (unless otherwise stated)

\*All packages and monthly fees will be automatically renewed. Please inform the Sports Counter if you decide to stop the auto renewal.

\*Sign-up is allowed one week in advance by calling sports counter at 6739-4312 or via email [sportscounter@amclub.org.sg](mailto:sportscounter@amclub.org.sg).

**\*Any classes with no sign-ups 1 day prior to the scheduled class will be cancelled. Please call Sports Counter to check.**