

## Virtual Group Fitness Classes

(ZOOM)

Saturday, June 21 to Sunday, July 18

Monday	Classes	Instructor
0910 am	Hatha Yoga	Serena
1100 am	BodyArt Stretch	Dee Dee
0630 pm	Zumba	Erich

Tuesday	Classes	Instructor
0910 am	Plyometric	Dee Dee
1130 am	Yin Yoga	Yvonne
0630 pm	Gentle Yoga	Mahendra

Wednesday	Classes	Instructor
0910 am	Body Combat	Chris
1100 am	Pilates	Elaine Te
0630 pm	Yoga Stretch	Wati

Thursday	Classes	Instructor
0910 am	Yoga Stretch	Josephine
1130 am	Hatha Yoga	Wati
0630pm	Zumba	Mico

Friday	Classes	Instructor
0800 am	Hatha Yoga	Wati
0910 am	Yoga Core	Yvonne
1100 am	Plyometric	Dee Dee

Saturday	Classes	Instructor
0800 am	Yoga Stretch	Vanan
0910 am	BodyCombat	Chris
1130 am	Power Yoga	Serena

Sunday	Classes	Instructor
0910 am	Vinyasa Yoga	Mahendra
1015 am	Pilates	Elaine Te
0630pm	Yoga Stretch	Vanan

**Fees for classes:**

Unlimited access to all virtual classes (Contact the Sports Counter @ 6739-4312 to receive login details)

Single Member - \$50 monthly

Family Package - \$75 monthly

Ala Carte - \$7.50 per class

Please note that all packages will be automatically renewed. Please inform the Sports Counter if you wish to stop the auto renewal.

