

Group Fitness Classes

Monday, March 15 to Sunday, April 11

These classes will not take place on the following dates and time.

- March 16 - Yoga Stretch @ 910am
- Yoga Stretch @1020am
- March 17 - Vinyasa Yoga @ 910am
- BodyART @ 1130am
- March 18 - Vinyasa Yoga @ 910am
- Yoga Stretch @ 1020am
- ABT @ 1130am
- March 26 - Classes will not be conducted onsite
- April 4 - Classes will not be conducted onsite

Monday	Classes	Instructor	Venue
0800 am	ABT	Serena	Quad Studio
0910 am	BodyCombat	Chris	Quad Studio
0910 am	Hatha Yoga	Serena	ZOOM
1020 am	Gentle Yoga & Stretch	Josephine	Quad Studio
1130 am	Pilates Flow	Elaine Te	Quad Studio
1100 am	BodyART Stretch	Dee Dee	ZOOM
0630 pm	Zumba	Erich	ZOOM

Tuesday	Classes	Instructor	Venue
0800 am	Vinyasa Yoga	Josephine	Quad Studio
0910 am	Yoga Stretch	Vanan	Quad Studio
0910 am	Plyometric	Dee Dee	ZOOM
1020 am	Yoga Stretch	Vanan	Quad Studio
1130 am	Yin Yoga	Yvonne	ZOOM
0630 pm	Gentle Yoga	Mahendra	ZOOM

Wednesday	Classes	Instructor	Venue
0730 am	Circuit Training	Elaine Goh	Quad Studio
0910 am	Vinyasa Yoga	Mahendra	Quad Studio
0910 am	BodyCombat	Chris	ZOOM
1130 am	BodyArt Dynamic	Dee Dee	Quad Studio
1100 am	Pilates	Elaine Te	ZOOM
0100 pm	Indoor Cycling	Erin	Gym Studio
0630 pm	Yoga Stretch	Wati	ZOOM

Thursday	Classes	Instructor	Venue
0800 am	Restorative Yoga	Yvonne	Quad Studio
0910 am	Vinyasa Yoga	Vanan	Quad Studio
0910 am	Yoga Stretch	Josephine	ZOOM
1020 am	Yoga Stretch	Vanan	Quad Studio
1130am	ABT	Serena	Quad Studio
1130 am	Hatha Yoga	Wati	ZOOM
0630 pm	Zumba	Miko	ZOOM

Friday	Classes	Instructor	Venue
0800 am	Hatha Yoga	Wati	Quad Studio
0910 am	Zumba	Serena	Quad Studio
0910 am	Yoga Core	Yvonne	ZOOM
1020 am	Vinyasa Yoga	Mahendra	Quad Studio
1130 am	Pilates	Elaine Te	Quad Studio
1100 am	Plyometric	Dee Dee	ZOOM
0100 pm	Indoor Cycling	Erin	Gym Studio
0630 pm	Vinyasa Yoga	Mahendra	ZOOM

Saturday	Classes	Instructor	Venue
0910 am	BodyCombat	Chris	ZOOM
1130 am	Power Yoga	Serena	ZOOM

Sunday	Classes	Instructor	Venue
0910 am	Vinyasa Yoga	Mahendra	ZOOM
0930 am	Indoor Cycling	Erin	Gym Studio
1030 am	Pilates	Elaine Te	ZOOM
0630 pm	Yoga Stretch	Vanan	ZOOM

Fees:

Group Fitness Classes at the Club (Quad Studio)

- *Package of 10 sessions - \$150
- *Ala carte/ per session - \$20
- * Guest/ class - \$45

Group Fitness Classes virtual (ZOOM)

- *Family access - \$75 monthly
- *Single access - \$50 monthly
- *Pay per class - \$7.50

Note:

- *All package and monthly fees is auto renewal. Appreciate if you could inform the sports counter if you decide to stop the auto renewal.
- *For live classes at the Club's Quad studio (maximum 8 pax unless stated), sign-up is allowed one week in advance by calling sports counter at 6739-4312 or via email sportscounter@amclub.org.sg.
- *Guest are welcome to join our onsite classes however Members will be given priority and guest will be inform their confirm slot 1 day before class.
- *All guest to be accompanied by member at all time during class. Guest fees of \$45 per class/ guest will be charged to member account.
- *Members attending ZOOM class are to sign in with their name and switch on video for attendance.
- *For more information (to receive ZOOM ID & PW) please call the sports counter at 6739-4312.

