

## Virtual Group Fitness Classes (ZOOM)

OCTOBER 4 – OCTOBER 31, 2021

MON	CLASSES	INSTRUCTOR
1100 am	Body ART	Dee Dee
0630 pm	Vinyasa Yoga	Josephine

TUE	CLASSES	INSTRUCTOR
1100 am	Yin Yoga	Yvonne
0630 pm	Gentle Yoga	Mahendra

WED	CLASSES	INSTRUCTOR
1100 am	Pilates	Elaine Te
0630 pm	Yoga Stretch	Wati

THU	CLASSES	INSTRUCTOR
1100 am	Hatha Yoga	Wati
0630 pm	Zumba	Erich

FRI	CLASSES	INSTRUCTOR
0800 am	Hatha Yoga	Wati
1100 am	Yoga Flow	Yvonne

SAT	CLASSES	INSTRUCTOR
0800 am	Yoga Stretch	Vanan
0910 am	Body Combat	Chris Lim
1130 am	Power Yoga	Serena

SUN	CLASSES	INSTRUCTOR
0800 am	Hatha Yoga	Josephine
0910 am	Vinyasa Yoga	Mahendra
1015 am	Pilates	Elaine Te

### Fees for classes

Unlimited access to all virtual classes (contact the Sports Counter to receive ID & PW details)  
 Single Member - \$50 monthly (auto renewal of package unless the Sports Counter has been informed)

Family Package - \$75 monthly (auto renewal of package unless the Sports Counter has been informed)

Ala Carte - \$7.50 per class