



Repeat for **STRENGTH**

Enhance your fitness level with pilates classes! Pilates, a low-impact workout, gets you into deep stretches while strengthening your core muscles through strength and resistance training exercises. Its repetitive movements will result in improve muscle tone and posture too!

Pilates Class

Instructor: Agnes Yoong

Time: Tuesday, 6:30pm to 7:30pm

Fees: 8 sessions

Member **\$200.56** w/GST

Guest **\$222.36** w/GST

Venue: Aerobics Room

