



YOGA-AEROBICS PACKAGE

Keep Trim and Fit after all the festive feasting. Yoga-Aerobics Package is designed to burn fats, tone and improve flexibility.

A session of Yoga-Aerobics will consist of the following.

Aerobics for Cardio Workout



Strengthening exercises for the core and legs



Stretching exercises and yoga

Duration of each class: 75 Minutes (1 hr 15min)

Number of sessions per package: 16 sessions

Class Days: Every Tuesday (7pm – 8.15pm)
Every Saturday (3.30pm-4.45pm)

Commencement Date: 6th April 2010

Package price: \$384

*Members with existing promotional yoga package may use 2 sessions from their existing package to attend the classes. However, members are not allowed to transfer all their existing classes to the fat-burning classes.

Terms and Conditions

- Refunds will be not be allowed once payment is received.
- Participants are required to attend the classes scheduled every Tuesday and Saturday.
- In case of public holidays and teachers on leave, classes will be cancelled and replace the week after. Otherwise, classes will take place every week.