

Rhythmic Gracefulness

Dance skills to move in harmony to the rhythm and beats of the music with gracefulness. This exotic dance's complex movements of your torso give you a good body workout too!

Belly Dance (Beginner)

Instructor: Nadia A. Sueoka

Time: Wednesday, 6.00pm to 9.00pm

Price: 10 Sessions | Member **\$246.10** w/GST
| Guest **\$267.50** w/GST

Venue: Harmony Room

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

For enquiries, please call **Sports and Recreation Department** at **6357 3566 / 567** or email **snr@rtc.com.sg**.

More than Stretches

Practising yoga is more than getting a good stretch, increasing flexibility and improving muscle strength. It also relieves tension, helping us relax and sleep better. Let's get started on a yoga journey and enjoy the benefits!

Yoga

Instructor: Tony Luah

Time: Tuesday, 10.45am to 11.45am
Friday, 10.00am to 11.00am
Sunday, 4.30pm to 5.30pm

Price: 10 Sessions | Member **\$214.00** w/GST
| Guest **\$235.40** w/GST

Venue: Aerobics Room

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