

# SPORTS & RECREATION CLASSES LIST

	AEROBICS	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON	MOVEMENT, FLEXIBILITY & CORE (Jag) 	6:15pm – 7:15pm	Aerobics Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
	ZUMBA (AR)	7:30pm – 9:00pm	Aerobics Room	\$181.90 (8 weeks)	\$203.30 (8 weeks)
TUE	ZUMBA FITNESS (BV)	9:30am – 10:30am	Aerobics Room	\$149.80 (8 weeks)*	\$171.20 (8 weeks)
	LATIN AEROBICS (JE) 	12:00pm – 1:00pm	Aerobics Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
	STRETCH & CORE (JE) 	1:00pm – 2:00pm	Aerobics Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
WED	STRETCH & CORE (JE)	1:00pm – 2:00pm	Aerobics Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
THU	ZUMBA (LO) 	9:00am – 10:00am	Aerobics Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
	JAZZERCISE (MT)	10:00am – 11:00am	Aerobics Room	\$155.15 (8 weeks)	\$176.55 (8 weeks)
	ZUMBA FITNESS (AR)	7:30pm – 9:00pm	Aerobics Room	\$181.90 (8 weeks)	\$203.30 (8 weeks)
SAT	CARDIO KB (BA)	1:30pm – 2:30pm	Aerobics Room	\$ 90.95 (9 weeks)	\$112.35 (9 weeks)
	ZUMBA FITNESS (JA)	3:00pm – 4:30pm	Aerobics Room	\$181.90 (8 weeks)	\$203.30 (8 weeks)
SUN	LATIN AEROBICS (JE) 	9:30am – 10:30am	Harmony Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
	MOVEMENT, FLEXIBILITY & CORE (Jag) 	4:00pm – 5:00pm	Harmony Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)

	PILATES	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	PILATES-MAT WORK (AY)	7:30pm – 8:30pm	Harmony Room	\$185.11 (8 weeks)*	\$206.51 (8 weeks)*

	YOGA	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	YOGA (TL)	10:45am – 11:45am	Aerobics Room	\$160.50 (10 weeks)	\$181.90 (10 weeks)
WED	YOGA (KC)	7:00pm – 8:30pm	Aerobics Room	\$214.00 (10 weeks)	\$235.40 (10 weeks)
FRI	YOGA (TL)	10:00am – 11:00am	Aerobics Room	\$160.50 (10 weeks)	\$181.90 (10 weeks)
SUN	YOGA (TL)	4:30pm – 5:30pm	Aerobics Room	\$160.50 (10 weeks)	\$181.90 (10 weeks)

	CHINESE BRUSH PAINTING	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	CHINESE BRUSH PAINTING (YSG)	9:30am – 11:30am	Harmony Room	\$192.60 (4 weeks)	\$214.00 (4 weeks)

	MULTI-SPORTS	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
WED	MULTI-SPORTS (SHA)	5:00pm – 6:00pm	Aerobics Room	\$192.60 (10 weeks)	\$214.00 (10 weeks)

	OIL PAINTING	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	OIL PAINTING (LTS)	2:00pm – 5:00pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
WED	OIL PAINTING (LTS)	9:00am – 12:00pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
FRI	OIL PAINTING (LTS)	9:30am – 12:30pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
	OIL PAINTING (LTS)	1:30pm – 4:30pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
SAT	OIL PAINTING (LTS)	8:30am – 11:30am	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)

	DANCE	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON	LATINO JAM (Den)	9:30am – 11:00am	Aerobics Room	\$171.20 (8 weeks)	\$192.60 (8 weeks)
	BELLY DANCE (NS) ★	10:30am – 11:30am	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
	BELLY DANCE (NS) ★★	11:30am – 1:00pm	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
WED	LATINO JAM (Den)	9:30am – 11:00am	Aerobics Room	\$171.20 (8 weeks)	\$192.60 (8 weeks)
	BELLY DANCE (NS)	7:00pm – 8:00pm	Harmony Room	\$246.10 (8 weeks)	\$267.50 (8 weeks)
	BELLY DANCE (NS)	8:00pm – 9:30pm	Harmony Room	\$246.10 (8 weeks)	\$267.50 (8 weeks)
THU	BELLY DANCE FOR MOM & BABY (NS)	10:30am – 11:30am	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
	BELLY DANCE FOR MOM & BABY (NS)	11:30am – 1:00pm	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
SUN	BELLY DANCE (NS)	10:30am – 11:30am	Harmony Room	\$246.10 (8 weeks)	\$267.50 (8 weeks)
	BELLY DANCE (NS)	11:30am – 1:00pm	Harmony Room	\$246.10 (8 weeks)	\$267.50 (8 weeks)
	MARTIAL ARTS (ADULTS)	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON	TAIJIQUAN (NTK) ★★	9:00pm – 10:15pm	Aerobics room	\$112.35 (4 weeks)	\$133.75 (4 weeks)
THU	TAIJIQUAN (NTK) ★★	8:30pm – 9:30pm	Harmony Room	\$74.90 (4 weeks)	\$96.30 (4 weeks)
SAT	XINGYI QUAN (SZF)	8:30am – 9:45am	Aerobics Room	\$374.50 (10 weeks)	\$395.90 (10 weeks)
SUN	TAIJIQUAN (NTK) ★★	5:00pm – 6:00pm	Harmony Room	\$74.90 (4 weeks)	\$96.30 (4 weeks)
	MARTIAL ARTS (KIDS)	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
SUN	CHILDREN TAEKWONDO (TT) (5 yrs - 12 yrs old)	9:30am – 11:00am	Aerobics Room	\$64.20 (4 weeks)	\$85.60 (4 weeks)
	TENNIS AND SWIM CAMP	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON - FRI	HALF DAY CAMP (4 yrs - 13 yrs old)	9:00am – 12:00pm	Tennis Court/Pool	\$74.90 (1 day) \$374.50 (5 days)	\$85.60 (1 day) \$417.30 (5 days)
	FULL DAY CAMP (4 yrs - 13 yrs old)	9:00am – 3:00pm	Tennis Court/Pool/ Aerobics Room	\$128.40 (1 day) \$642.00 (5 days)	\$139.10 (1 day) \$695.50 (5 days)
	PERSONAL TRAINER	VENUE	FEE		
	30 MINS SESSION (RL & ID)	The Gym	\$428.00 (10 Sessions) \$561.75 (15 Sessions)		
	KICK START 45 MINS (RL & ID)	The Gym	\$224.70 (3 Sessions)		
	1 HOUR SESSION (RL & ID)	The Gym	\$749.00 (10 Sessions) \$1043.25 (15 Sessions)		

AEROBICS  
PILATES  
YOGA  
CHINESE BRUSH PAINTING  
MULTI-SPORTS  
OIL PAINTING  
DANCE  
MARTIAL ARTS  
PERSONAL TRAINER

AR - Aaron / BA - Berry Ahmad / BV - Brigid Varghese / JA - Jarren / Jag / JE - Jerry / LO - Lorena / MT - Maegen Teh  
AY - Agnes Yoong  
TL - Tony Luah / KC - KC Lam  
YSG - Yap Sin Guan  
SHA - Shahrin  
LTS - Low Tho Seng  
CH - Cheryl / PC - Pamela Chia / NS - Nadia A Sueoka / Den  
NTK - Ngiam Tong Kheng / TT - Terence Tan / SZF - Su ZiFang  
RL - Ramlee / ID - Indra

★ BEGINNERS    ★★ INTERMEDIATE    ★★★ ADVANCE    \*FX CARD

Classes are subject to change without prior notice. Pre-registration for classes and activities is a must.  
Classes will commence only if the minimum number of participants has been met. Prices are inclusive of GST, unless otherwise stated.  
For more details and enquiries, please call **S&R Department** at **6357 3566 / 567** or email **s&r@rtc.com.sg**.