



SWING TO FITNESS

Grab the kettlebell and swing the calories away! Cardio sessions with kettlebell will give you a full body workout, strengthen muscles, and build your endurance while burning fats. The intense and fast-paced movements will get you to your workout goals real soon!



CARDIO KB

Instructor: Berry Ahmad

Time: Saturday, 1.30pm to 2.30pm

Price: Member **\$90.95** w/GST | Guest **\$112.35** w/GST

Venue: Aerobics Room



BE PROACTIVE WITH PREHAB

Work your core muscles and improve flexibility along with a prehab programme. Prehab by training and prepare your body by strengthening targeted areas, reducing the likelihood of an injury. Let's get proactive and prehab!



CORE, FLEXIBILITY & PREHAB

Instructor: Jag

Time: Friday, 6.30pm to 7.30pm

Price: Member **\$128.40** w/GST

Guest **\$149.80** w/GST

Venue: Aerobics 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**.