

Relax and Heal

Connect your body and mind through yoga and achieve better body and mental wellness. Doing yoga whilst concentrating on your breathing will not only help you gain strength but also flexibility. It will help you relax and feel better from the inside out.



Yoga

Instructor : Tony Luah

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

Price : Member **\$160.50** w/GST
Guest **\$181.90** w/GST

Venue : Aerobics Room

Find Strength Within



Strengthen your muscles, particularly core muscles, while training your arms and legs with pilates. A series of low-impact exercises, performed on a mat, uses gravity and your body weight as resistance to tone your body, improve your posture, coordination and balance.

Pilates - Mat Work

Instructor : Agnes Yoong

Time : Tuesday, 7.30pm to 8.30pm

Price : Member **\$185.11** w/GST
Guest **\$206.51** 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**.