

SWEAT FEST

Come and join us in a group fitness class where the training engages a variety of muscle groups. Cardio kickboxing is a combination of different martial art techniques with fast-paced cardio. You will learn the basics and it is bound to leave a trail of sweat and accomplishment at the end of the session.



CARDIO KICKBOXING WITH INSTRUCTOR BERRY AHMAD

Saturday, 2pm - 3pm

10 sessions: Member - \$117.70 w/GST | Guest - \$139.10 w/GST

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.