

# Working Out the Core

Core muscles keep our body stable and in balance. Our movements like sitting, standing, picking up things are made possible with core muscles too. Often, core muscles exercises are neglected in fitness routine. It is important to incorporate exercises to train core muscles and improve torso strength and stay in good shape. Join the low intensity core muscles exercise programmes now and reap the benefits!

## Stretch & Core

Instructor: Jerry

Time : Tuesday, 1.00pm to 2.00pm  
Wednesday, 1.00pm to 2.00pm

Venue : Aerobics Room

Price : Member **\$145** w/GST  
Guest **\$160** w/GST

## Movement, Flexibility & Core

Instructor : Jag

Time & Venue : Monday, 6.15pm to 7.15pm,  
Aerobics Room  
Sunday, 4.00pm to 5.00pm,  
Harmony Room

Price : Member **\$145** w/GST  
Guest **\$160** w/GST

