

# Fitness

## REFRESH

Refresh your dull fitness routine with Pilates classes! Strengthen your muscles while improving postural alignment and flexibility with the low impact movements for a full body workout. With the art of contrology, your core muscles will get sculpted and you will have better muscular control of your back and limbs!

### *Pilates*

Instructor: Agnes Yoong

Time: Tuesday, 6:30pm to 7:30pm  
Saturday, 10:30am to 11:30am

Fees: 8 sessions | Member \$200.56 w/GST  
Guest \$222.36 w/GST

Venue: Aerobics Room

*This class requires a minimum number of participants to commence.*

