



## ADULT FITNESS

Commencing 8 January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15
	HIIT IT!					
9-9:45	9-9:45	9:30-10:15	9-9:45	9:30-10:15	9-9:45	9-9:45
BOOTCAMP		BOOTCAMP	HIIT IT!		HIIT IT!	BOOTCAMP
		19:15-20:00pm			10-10:45	10-10:45
		BOOTCAMP			TRX SHRED	HIIT IT!
\$35 per session. Spaces limited to 8 per session per day. 5 and 10 Pack Packages available for discount.						

**BOOT CAMP:** This class is designed to build strength, stamina and fitness through a variety of exercises using various equipment.

**Body-W8** – A low intensity bodyweight strength and conditioning class for all fitness levels using resistance bands. This class will give you a full body workout and will help you to build strength and fitness through a variety of exercises performed standing up and in a mat. Bring resistance band.

**Core Sculpt** – This class includes exercises for definition, strength, agility and core power and stability. During this class, you will feel your abs burning and you will work your entire core.

**HIIT IT!:** A 45 minute fitness program that incorporates HIIT, strength, cardio, mobility, endurance, agility and core training for all fitness levels, using bodyweight. It is a powerful and energetic program which will give you a full body workout.

**TRX SHRED:** Tone muscles groups and improve your overall posture, stability and mobility with this suspension strength training class. Suspension training uses your body weight in different angles to engage more muscle groups at the same time. Strengthen, tone and shred your body in this ultimate deep burn class!

**ZUMBA FITNESS:** A fun, easy to follow energetic fitness program which will show you the spicy rhythms of Latin and international music! Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

*Vaccinations Status checked for all classes. Non-vaccinated participants currently not allowed for group classes.*

**Bring your own mat for all classes. Open to all fitness levels.**

To register visit [www.swagagym.com](http://www.swagagym.com)

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