



Group Exercise Schedule from 17th – 23rd February 2020

Monday 17 Feb 2020	Tuesday 18 Feb 2020	Wednesday 19 Feb 2020	Thursday 20 Feb 2020	Friday 21 Feb 2020	Saturday 22 Feb 2020	Sunday 23 Feb 2020
	1230-1330	1230-1330	1230-1330		1000-1100	
	Barre Sculpt <i>Dawn</i>	Pilates <i>Melvin Goh</i>	ABT <i>Melvin Goh</i>		Dynamic Yoga <i>Melyvn Goh</i>	
1900-2000	1830-1930	1900-2000	1900-2000	1900-2000		1700-1800
Yogalates <i>Dawn</i>	Aroma -Yoga <i>Dawn</i>	Dynamic Yoga <i>Melyvn Goh</i>	Vinyasa Yoga <i>Dawn</i>	Hatha Yoga <i>Audrey T</i>		Yin Yoga <i>Audrey T</i>

All classes are priced at \$19+ per session for Hotel Guests.
Classes are complimentary for Fairmont Singapore Fitness & Lifestyle Members only.
No Classes are available on public holidays.

ABT

A low impact but high intensity body workout, focusing mainly on the abdominal, butts and thigh area of the body to banish excess bulge.

AROMA YOGA

Incorporating aromatherapy and Vinyasa yoga movements for balance, relaxation and meditation.

BARRE SCULPT

Develop long lean muscle by the strengthening, toning and sculpting benefits of both Barre workouts and Pilates without building bulk, this beginner friendly class can help one improve not just the physique but also one's posture along the way. A low impact cardiovascular workout that improves your endurance while protecting your joints.

DYNAMIC YOGA

This rigorous workout develops strength, flexibility and balance with the use of continuous yoga movement. It synchronizes breath and movement to help the body energy flow.

HATHA YOGA

Hatha yoga uses the breath to link the body and the mind with classical yoga poses, it builds flexibility and strength at a slower pace during the lesson. This well-rounded style balances and opens the body.

PILATES

This session focuses on body alignment, muscle lengthening and endurance building whilst stretching muscles and releasing tension.

VINYASA YOGA

A vigorous style of yoga based on a rapid flow through sun salutations. Vinyasa yoga classes are often termed as a flow class, which refers to the continuous flow from one posture to the next.

YOGALATES

This practice combines the strength and flexibility exercises of a Yoga class along with the core tightening and strengthening benefits of Pilates that also helps one achieve a slimmer physique and better posture

YIN YOGA

It explores the body's subtle energy's deep stretching endurance; to cultivate a peaceful and meditating mind. In the Yin practice, concentration is keeping joints mobile, the practice is quiet and passive, and it has a quality of stillness

YOGALATES WITH SOL RING

Yogalates with Sol Ring is the combination of using Sol Ring Yoga and Pilates movements. It helps to strengthen core, lengthen the body, loosen fused fascia and stretches the muscle to relieve fatigues of the day.