



Group Exercise Schedule from 1 April 2021 – 30 April 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1230-1330	1230-1330	1230-1330		1230-1330	1000-1100	
ABT <i>Melvyn Goh</i>	Yoga with Sol Ring <i>JiMin</i>	Zumba <i>Melvyn Goh</i>		Pilates with Sol Ring <i>JiMin</i>	Yoga Stretch <i>JiMin</i>	
1900-2000		1900-2000	1900-2000			1700-1800
Yogalates <i>Dawn Sim</i>		Power Yoga <i>Melvyn Goh</i>	Flow Yoga <i>Dawn Sim</i>			Yin Yoga <i>Audrey T</i>

All classes are priced at \$25+ per session for Hotel Guests.

Classes are complimentary for Fairmont Singapore Fitness & Lifestyle Members only.

All classes are conducted in English. JiMin's class can be conducted in both English and Korean.

No Classes are available on all Public Holidays, Xmas's Eve, New Year's Eve and CNY's Eve

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.

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.

ZUMBA DANCE

It is a combination of dance and aerobic elements, which involves salsa, samba, meringue and hip-hop moves. It's an excellent work-out to improve your cardiovascular system, improve your coordination, for weight loss, and a perfect stress buster.

POWER YOGA

It is a powerful class focusing on movement with breath; using deep breathing techniques and linking postures together to create dynamic sequences. This is a multi-level class for students looking for an energizing, detoxifying, powerful and fun practice.

FLOW 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.

PILATES WITH SOL RING

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

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

YOGA STRETCH

In Yoga Stretch class, the use of yoga postures to fully stretch the body, aids to improve flexibility, range of motion, muscle toning and loosening of the joints. Suitable for all levels and ages.