

Yogilates

A fusion exercise of both Hatha Yoga and Pilates. While Yoga generates awareness, endurance and flexibility from the various postures, Pilates mat work creates real core strength, precise alignment, and muscular co-ordination throughout the range of motion.

Benefits

Learning Yogilates will assist you to sit and stand in good alignment, to improve your muscles strength and balance, and will help you develop stronger abdominal muscles.

Programme

An one-hour programme begins with warm up postures for the spine and major muscles, followed by yoga asana for strengthening and balancing, and then Pilates mat work for training core muscles. The session ends with relaxation stretches.

Instructor

Lucia Tong

Duration

10 weeks
(10 August to
15 October 2011)

Day / Time

Tuesday / 9.30am to 10.30am

Cost

S\$ 200.00 for 10-week course)
(* Minimum sign up - 5 sessions per term)

S\$ 30.00 for drop-in or trial session



Adult Gymnastics/Cheerleading

Designed to instill the basic fundamentals of Adult Gymnastics – you will have a chance to use all apparatus – vault, beams, floor exercise and trampoline. This exciting class will incorporate a warm-up and cool down session, along with conditioning exercises like skipping, jumping and stretching. A great way to keep the body fit and toned!

The cheerleading class is designed for girls and boys age 12 and above. The participants will be taught tumbling skill, jumps and motion techniques, and it is advantages for athletes who simply wish to maintain physical fitness and flexibility.

So get ready to explore the basic movements and patterns of gymnastics.

Instructor

Jon Gutierrez / Fan Yi Bin

Duration

10 weeks
(10 August to 15 October 2011)

Day / Time

Thursday
7.00pm to 8.30pm

Cost

S\$ 300.00 for a
10-week course)
(* Minimum sign up –
5 sessions per term)

**S\$ 40.00 for drop-in
or trial session**



Boxercise

A combination of aerobics outwork and martial arts techniques. BOXERCISE utilizes punches and kicks to strengthen the entire body. This very popular programme will offer a cardio, kick-boxer's workout – concentrating on footwork, proper hand and foot co-ordination with basic kicks involved. This is a non-contact class.

The one-hour class begins with a major-muscle group warm-up, followed by a fun BOXERCISE session which involves stamina training for both upper body and abdominals. This class is conducted to the beat of HI-ENERGY music.

Instructor

Lucia Tong

Duration

10 weeks
(10 August to 15 October 2011)

Day / Time

Thursday / 9.45am to 10.45am

Cost

S\$ 200.00 for 10-week course
(* Minimum sign up - 5 sessions per term)

S\$ 30.00 for drop-in or trial session



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