



GYM

YOGA CLASSES



Yoga has become an increasingly popular way to maintain fitness, as it helps to release stress and rejuvenate one's senses, while improving balance and flexibility. The low-impact workout is also perfect for those who want to maintain a healthy mind and body.

The Gym conducts a variety of yoga classes on a weekly basis. Head down to the Sports Counter for more information or check out our Group Fitness classes on the Club Website to get started on your yoga journey!

Types of yoga classes available:

- Vinyasa Yoga • Hatha Yoga • Restorative Yoga • Yoga Stretch • Power Yoga
- Flow & Stretch Yoga • Dynamic Yoga • Pilates Matwork • Pilates Circuit

For more information or updates on Fitness & Leisure events, please visit our website, call the Sports Counter at 6737-4312 or email sportscounter@amclub.org.sg