

DYNAMITE COMES IN SMALL PACKAGES

Virgin active | holland village

Virgin Active Fitness Club Holland Village opens at Raffles Holland V - Preview Begins April 2017
GET YOUR FREE CLASS NOW

COMPLIMENTARY GROUP EXERCISE CLASSES IN APRIL

AT SKY TERRACE (ROOF) OF RAFFLES @ HOLLAND V MALL

Welcome to Virgin Active Holland Village, where we've taken the best of our Raffles Place and Tanjong Pagar group training programs and configured them perfectly into the 3rd and 4th floor of the all-new Raffles Holland V mall.

To celebrate the launch of our latest addition, we'd like to invite you for a FREE outdoor class with us in April. Add some extra fun by inviting your buddies along with you - the more the merrier. What are you waiting for? Don't stand still! Also, for every friend that you successfully refer, you get two weeks FREE membership*! Terms and conditions apply.

CALL US AT **6911 0300** OR EMAIL US AT **HOLLAND@VIRGINACTIVE.COM.SG** AND A MEMBER OF STAFF WILL BE IN TOUCH TO CONFIRM YOUR BOOKING.

As these classes are not held within our club premises, do come along in your workout attire 5 to 10 minutes before the class start. Do also bring along a workout towel and a bottle of water.

YOGA STRETCH, BEND AND MAYBE A WEE BIT OF ZEN

Strike poses and moves to find out how flexible you are. Get ready to engage your core, and improve your strength. Suitable for all fitness levels.

Duration - 45 minutes

Intensity level ■■■□□

Sat	08-Apr-17	8:00am
Sun	09-Apr-17	8:00am
Sat	22-Apr-17	8:00am
Sun	23-Apr-17	8:00am

VINYASA YOGA MOVE, BREATHE, CONNECT

Vinyasa is the Sanskrit word for 'connection'. We can interpret this class as a connection between movement and breathing, taught in a flow using a sequence of varied postures. Classes are physically challenging and students are encouraged to work at their own pace.

Duration - 45 minutes

Intensity level ■■■■□

Mon	17-Apr-17	7:00pm
Sun	30-Apr-17	8:00am

POUND® SWEAT, SCULPT, ROCK

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements.

Duration - 45 minutes

Intensity level ■■■■□

Wed	05-Apr-17	7:00pm
Sun	16-Apr-17	9:00am
Sun	30-Apr-17	9:00am

GRIT CARDIO HIGH INTENSITY, GET ATHLETIC AND BURN FAT FAST.

30 minutes of high intensity interval training workout that takes you into overdrive to push harder, get fitter and become super fast. The short, sharp, demanding exercises combine running and plyometric for a full body workout that increases aerobic capacity, cardiovascular, metabolism and power.

Duration - 30 minutes

Intensity level ■■■■□

Sat	08-Apr-17	9:00am
Sun	09-Apr-17	9:00am
Wed	12-Apr-17	7:00pm
Wed	19-Apr-17	7:00pm
Sat	22-Apr-17	9:00am
Wed	26-Apr-17	7:00pm

BROGA ARE YOU BRO ENOUGH?

Broga® is not just yoga, nor is it simply group functional fitness. The classes blend simple, accessible yoga sequences with heart-rate-spiking, high-intensity interval exercises not found in other branded yoga programs. Virgin Active delivers camaraderie that go well beyond the benefits of a typical yoga class and create a high level of camaraderie. Women are welcome!

Duration - 45 minutes

Intensity level ■■■■□

Sat	15-Apr-17	8:00am
Sun	16-Apr-17	8:00am
Sat	29-Apr-17	8:00am

ZUU FIND YOUR INNER GORILLA

A game of body weight versus gravity - Power your body with primal movements by crawling, lunging and roaring your way through this sweat-soaked high intensity session! This class isn't for the faint-hearted. Every ZUU class will be one of the most comprehensive, effective and intense workout sessions you'll ever experience.

Duration - 45 minutes

Intensity level ■■■■□

Mon	10-Apr-17	7:00pm
Sat	15-Apr-17	9:00am
Sun	23-Apr-17	9:00am
Mon	24-Apr-17	7:00pm
Sat	29-Apr-17	9:00am

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VirginActiveSingapore



Virgin Active Fitness Clubs S.E.A.



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Terms and conditions:

Complimentary class cannot be converted to or exchanged for cash. Except for any liability that cannot be excluded by law, Virgin Active Singapore Pte. Ltd. (including its officers, employees and agents) will not be responsible for any liability, including any personal or permanent injury or loss of life; or any loss or damage whether direct, indirect, special or consequential, arising in any way out of the use or enjoyment of the complimentary pass. To participate in a class the guest must have fulfilled all usage criteria before the class commences. Usage criteria include completing and fulfilling a pre-activity Virgin Active Fitness Clubs Health Check Questionnaire. Virgin Active reserves the right to request medical documentation about the pass recipient from a registered medical practitioner before permitting the recipient to attend the class. Any personal information provided will be collected, stored and used in accordance with Virgin Active's privacy policy and collection statement available at www.virginactive.com.sg. By participating in the class, the recipient accepts the rules and regulations of Virgin Active Fitness Clubs and agrees to abide by all directions of Virgin Active.