

AUGUST 2018

**FIT-Sessions are held at Gate 2 (100Plus Promenade) or Lawn Bowls, unless otherwise stated.*

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
Zumba Gate 2*	Boot Camp Gate 2*	Cardio Blast Gate 2*	Yoga Lawn Bowls*	Superfit.Community (Run) Gate 2*	Yoga Lawn Bowls*	Superfit.Community (Run) Gate 2*	Cardio Blast Gate 2*
		1		2	3	4	5
		Hi-lo Aerobics and Zumba Fitness	Leg Strengthening, Poses, Thigh, Inner Thigh	Scope of focus: Functional Stability - Postural Control, Balance, and Rotation	Leg Strengthening, Poses, Thigh, Inner Thigh	Scope of focus: Functional Stability - Postural Control, Balance, and Rotation Venue: 100Plus Promenade Gate 16 / 17	Cardio Kickbox and Zumba Fitness Venue : OCBC Square
6	7	8		9	10	11	12
Zumba Circuit Venue: OCBC Square	Tabata - Upper Body Conditioning	Cardio Circuit and Zumba Fitness	Core Poses, Upper Back, Twisting	National Day	Hip Opening, Poses, Lower Back, Balancing	Scope of focus: Anaerobic Conditioning - Metabolic Conditioning and Lactic Threshold	Zumba Fitness and Cardio Freestyle
13	14	15		16	17	18	19
Zumba Circuit	Total Body Conditioning - Upper Body Ripping	Cardio Fun and Bolly Dance	Arm Poses, Shoulders and Inversion	Scope of focus: Explosive Isolation Exercises for Power	Core Poses, Upper Back, Twisting	Scope of focus: Explosive Isolation Exercises for Power	Zumba Fitness and Cardio HIIT
20	21	22		23	24	25	26
Zumba Circuit	Cardio HIIT - Buddy Resistance	Hari Raya Haji		Scope of focus: Agility - Sprints and Stair Climbs for Speed	Arm Poses, Shoulders and Inversion	Scope of focus: Agility - Sprints and Stair Climbs for Speed	Cardio Fun and Zumba Fitness
27	28	29		30	31		
Zumba Fitness	Total Endurance - Upper Body Conditioning	Cardio Fun and Bolly Dance	Hip Opening, Poses, Lower Back, Balancing	Scope of focus: Compound Exercises for Strength and Endurance	Leg Strengthening, Poses, Thigh, Inner Thigh		