

FITNESS & WELLNESS CENTRE

COMPLIMENTARY FITNESS AND YOGA SESSIONS

AT SALA RIM NAAM

MONDAY

Yoga for Chakras 8 to 8:45am

Cardio Workout 11 to 11:30am

TUESDAY

Sun Salutations 8 to 8:45am

MOTR® Workout 11 to 11:30am

WEDNESDAY

Hatha Yoga 8 to 8:45am

Core Exercise
11 to 11:30am

THURSDAY

Vinyasa Yoga 8 to 8:45am

Stretch & Recover 11 to 11:30am

FRIDAY

Power Yoga 8 to 8:45am

Muay Thai (for beginners) 11 to 11:45am

SATURDAY

Yoga for Better Brain Health 8 to 8:45am

> **Muay Thai** 11 to 11:45am

SUNDAY

Meditative Yoga 8 to 8:45am

Mobility Exercise
11 to 11:30am

Important Notes: Yoga is best practised on an empty stomach. Please avoid eating a heavy meal at least two hours prior to your session.

Wear comfortable clothing without belts or buckles to ensure ease of movement. If you have any specific health concerns, we recommend consulting your physician before beginning any fitness activities. Kindly inform us of any medical conditions before the session, so we can provide the appropriate care and ensure you receive the full benefit of your practice. Spots are limited and available on a first-come, first-served basis.

Private yoga and fitness sessions are available upon request. For further information or to make a reservation, please contact the Fitness & Wellness Centre at extension 7430 or 7431.