

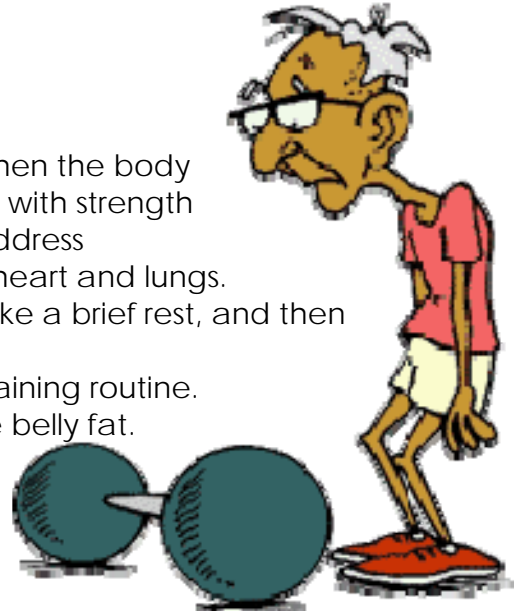
NEW GROUP EXERCISE IN SRI DAMANSARA CLUB!!
PRESENTING

"CIRCUIT TRAINING CLASS"

Advantage of Circuit Training:

- Excellent basic workout to condition and strengthen the body
- This type of workout will combine cardio exercise with strength Training to provide an overall Workout that will address Most of the major muscle groups as well as your heart and lungs. You will perform each exercise in a short burst, take a brief rest, and then Switch to the next activity.
- Can be incorporated into a beginner's weight training routine.
- Circuit Training is an excellent way to help to lose belly fat.

* Training will be conducted every
Wednesday and Saturday Morning at 8:00 am
(Next to Swimming pool / saga room)



	MEMBER	NON-MEMBER
Once a week (4 session a month)	RM 110 / per person	RM 130 / per person
Twice a week (8 session a month)	RM 200 / per person	RM 220 / per person



STAY FIT AND HEALTHY!!

FOR FURTHER INFORMATION, PLEASE CONTACT:

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