

# CHAIR FITNESS TRY-OUT

THURSDAY, 24 SEPTEMBER 2023  
11AM, STUDIO, GYM AT BASEMENT 1

Love to sit and tire to walk or run? We heard you!

Sit with us and try out an exclusive fun "Chair Fitness" with a Movement Educator. You will learn some tips in promoting overall mobility.

We welcome all fitness level including beginner, you just need to bring a water bottle along with you. Let's put on your sports gear and join the fun!

## CHARGES

SRC Member	\$15 per person
Guest	\$20 per person

Closing date for registration is **Tuesday, 22 September 2023**. This exclusive try-out only limited to 12 pax. To register please contact **Keith at 65950580 or WhatsApp 81291554**. You may drop-by at the gym counter to find out more.

