

SCHEDULE OF CLASSES

	Monday	Wednesday
Aerobics - Strength	10.00am 4.00pm	10.00am
Stretching	9.00am	9.00am 1.00pm
Balance Class	11.00am	11.00am 4.00pm
Foam Roller Class		2.00pm

NEW !!!

Extended Opening Hours of Gym facilities from 9am till 9pm daily from Monday to Friday.

OUR LOCATION

PhysioWorks @ ECON Health & Wellness Centre

Blk 152B Bishan St 11 #01-271 Singapore 572152

Tel: **6659 0221**

General Line: 6659 0215

Consultation Hours

Mon - Fri 9am - 6pm, **Sat** 9am - 1pm

Tue & Thu Extended hours to 8pm

* Closed on Sun & Public Holidays. By appointment only.



ECON Health & Wellness Centre

Your centre for active living

Wellness Exercise Classes

@ ECON Health & Wellness Centre



The good news is - no matter your age, your health, or your fitness level - you can benefit from moving more.

Whether you are generally healthy or are managing an illness, there are big and small ways to get more active and boost your fitness level. **Leading an active lifestyle is more important than ever.** Regular exercise helps maintain weight, boost energy, and improve confidence.

Start a fitness routine by joining any of our wellness exercise classes!

Get healthy today!



4 Exercise Classes to choose from:

1. AEROBICS - STRENGTH EXERCISE

Learn how to do simple aerobic exercise. Strengthen your muscles involved in respiration as well as the heart muscles to improve its pumping efficiency.

Help tone up your musculature throughout the body. At the end of day, you improve circulation efficiency thus reducing blood pressure. As a result, aerobic exercise can reduce the risk of death due to cardiovascular problems.



2. FOAM ROLLER EXERCISE

Want to kill two birds with one stone? Well, with foam roller exercises you can do just that! Foam roller exercises are like a massage and a workout in one. Foam roller exercises can help to increase the circulation in your muscles and joints to help release some of that tension. It also promotes total stability through relaxation and workout of the entire body.

3. STRETCHING EXERCISE

Increasing flexibility through stretching is one of the basic tenets of physical fitness. Stretching exercises are a good way to prevent injury. Learn different styles of stretching for your body to help loosen up tight muscles.

4. BALANCE EXERCISE

Improved balance not only aids in mobility, but it helps reduce the risk of falling and sustaining serious injury. Balance training can do a lot to help keep us on our feet and active. Address the sources of our sense of balance that include vision, the inner ear and the nerve receptors in our joints. Learn simple exercises that will improve your balance skills.

**SPECIAL
PROMOTION !!!**

**ONLY \$35 / month
for 1 type of class**

**12-15 people can join each class*

Please register at Front Desk of ECON Health & Wellness Centre or call Wendy at **6659 0215**.

NEW !!!

Our new state-of-the-art "**Air**" **Gym** using latest technology, protects joints with personalised SMART card system for you so you can just focus on the exercise, it's automatic so you do not need to worry about setting the weights and repetitions, it would adjust weight and count for you.

Free first trial by appointment only.