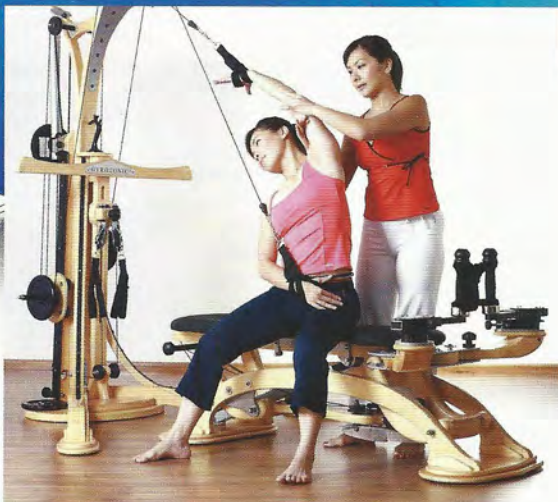




BEST SERVICE STANDARDS



WINNER THE MOVING BODY

This one-stop centre offers exceptional services, from fitness classes and massages to rehabilitative physiotherapy for those with sports injuries. Beginners are also eased into group classes with prior one-to-one sessions.

TOP: REEBOK BOTTOM: NIKE

BEST FACILITIES



WINNER FITNESS FIRST

In addition to its comprehensive range of cardio and free-weight equipment in their air-conditioned studios, this fitness chain offers outdoor gyms and heated pools at selected clubs. Those who get bored while hoofing it on the treadmill can even loan DVDs to watch as they exercise.