

35 Super stretch

Class we like: Gyrotonic

Where: **The Moving Body** (#01-23/24, Robertson Walk, tel: 6235-1051) With its intricate pulley system, the machine may resemble an ancient torture device but it's surprisingly easy to use. During your first session, an instructor will acquaint you with the machine before starting on a series of stretches. Combining principles from yoga, swimming, gymnastics, dance and even tai chi, gyrotonic exercises are made up of fluid, circular movements that allow full joint mobility. Besides strengthening core muscles and connective tissues, the exercises also correct muscular imbalances, combat back problems and boost blood circulation.

Time taken: 1 hour

Perfect for: Those with chronic shoulder, neck or back aches.

Bonus! The studio's in-house cafe, Sprout, serves light sandwiches.



Gyrotonic exercises make you limber.

36 Spinning with a twist

Class we like: Realyrder 101

Where: **Urban Fitness Lab** (54A Boat Quay, tel: 6557-2887) Unlike a regular stationary spinning bike, the machine works more than your glutes and thighs – it tilts sideways, forcing you to engage oblique and core

muscles to stay balanced. It tests your endurance too. Classes begin with an easy warm up before leading in to 12 to 13 short sets of simulated uphill climbs, sprints, dog chases and more.

Time taken: 1 hour

Perfect for: Fitness enthusiasts who want to kick their routine into high gear.

Bonus! The gym also offers hypoxi therapy, a treatment that involves cycling in a giant vacuum contraption. It targets lower body fat.



37 Mystery Pilates

Class we like: ??? (Yes, that's what it's called.)

Where: **Breathe Pilates** (#09-33, Novena Medical Center, tel: 9835-5683) Held every Tuesday (12pm) and Thursday

(1pm), the class is so named because its lesson plan is kept secret and revealed only when you arrive. But if regular sessions are anything to go by, you'll be guided through a full-body pilates session using various equipment such as the jump board (a small trampoline attached to the reformer machine), TRX suspension system and gyrotonic machine.

Time taken: 45min

Perfect for: Those prone to quitting the minute boredom sets in.

Bonus! In addition to an initial posture assessment, an in-house orthopaedic specialist is also available for consultation upon request.

