

Package Rate

Floatfit HIIT and Yoga

Member: **\$150** (4 sessions)

Guest: **\$160** (4 sessions)



LAGUNA

LIFESTYLE



FLOATFIT PROGRAMME

Make the pool your gym! Redefine your fitness routine with a 30 minute group exercise class with a mix of HIIT and Yoga style movements on water using the world's first floating exercise mat, the AquaBase.



CLASSES

Floatfit HIIT



A revolutionary, high intensity low impact, cross training workout

Member: **\$40** per session
Guest: **\$50** per session

BENEFITS

- Strengthens coordination & balance
- Builds cardiovascular fitness and muscular strength
- Increase body flexibility and enhancing posture
- Promotes mental wellbeing

Floatfit Yoga



Employing Vinyasa yoga, merging breath and movement to strengthen the body and mind

Member: **\$40** per session
Guest: **\$50** per session

Note:

1. Members are only allowed to invite 1 guest along at guest price for Floatfit Classes. Other requests will be subjected to the Management's approval.
2. All prices are in Singapore dollars and subjected to government prevailing tax.

Register your interest and enquiries by emailing lifestyle@lagunanational.com or call **6326 1949**.