



LAGUNA  
LIFESTYLE



# FLOWSIQUE

Marcus is a fitness enthusiast who founded Flowsique in late 2020. For years in the fitness industry, he faced many problems. Majority of the Gym and Certified Trainers in Singapore focuses only on Weight Training, which was one of the major problems for him because his clients complained that they are bored with the same exercises. Thus, Marcus ultimately left the gym to create Flowsique, and pursue further functional tool certifications such as Hydrocore, TRX, ViPR and Steelmace.

“My commitment to everyone is to keep every training session fun, fresh and engaging. I aspire to help students improve their physical fitness, making it less of a repetitive chore. Thereafter, making fitness their lifelong goal.”



## FLOWSIQUE CLASSES

### Hydrocore (45 mins)

The HydroCore bag uses the power of water dynamics to build stability and strength. The weight of the water in the bag keeps flowing in every direction you were moving. Your shoulders, hands, hips, and core have to prevent it from breaking form.

### Rope Flow (45 mins)

Performing the classic figure-8 pattern with the rope effectively opens the hips and wrings out any tension in the mid-back that stiffen because of modern habits like sitting and using technology.

### Steel Mace Flow (45 mins)

Steel Mace Flow takes you from feeling stuck in a workout into an endless ways to move. The uneven weight distribution of the Mace activates your core in order to keep the Mace under control while performing exercises.

## CERTIFICATIONS

- Graduate in Bachelor's of Sports and Exercise Science
- 1st and 3rd in Sports Model Body Building by the National Amateur Body Builder's Association (NABBA) and World Fitness Federation (WFF)

## CLASS DETAILS

	Hydrocore	Rope Flow	Steel Mace Flow
Class Frequency	4 classes per month		
Date & Time	Sunday, 5:00pm to 5:45pm	Saturday, 6:00pm to 6:45pm	Saturday, 5:00pm to 5:45pm
Venue	Outdoor Lawn		
Price	Member: <b>\$35</b> per session, Guest: <b>\$45</b> per session		

Note:

1. Members are only allowed to invite 1 guest along at guest price for Flowsique Classes. Other requests will be subjected to the Management's approval.
2. A minimum of 6 participants is required to form a Flowsique class.
3. All prices are in Singapore dollars and subjected to government prevailing tax.

Register your interest and enquiries by emailing [lifestyle@lagunanational.com](mailto:lifestyle@lagunanational.com) or call **6326 1949**.