

**SwimSanity Lessons  
Package Promotion!**

Valid for first 10 sign-ups

**\$250** (10 sessions)



**LAGUNA**

LIFESTYLE





# SWIMSANITY WITH TRACEY

SwimSanity is a high intensity, low impact, aqua workout. High cardio, low weight-bearing, interval, and resistance training in the water. The sessions are led by Tracey, one of their enthusiastic coaches. She will keep you working for a 45-minute High-Intensity Interval Training (HIIT) session, using the water as your weights.

This workout will have you burning calories without the sweat and reduced pressure on your joints, unlike regular land workouts. Whether you are a swimmer or not, this is the aqua workout for you!



## SWIMSANITY LESSONS

Date & Time	Wednesday & Saturday, 9:00am to 9:45am
Venue	Pool Deck Lap Pool
Price	Member & Hotel Guest: <b>\$35</b> , Guest: <b>\$45</b>
Class Size	Minimum 5 participants per session

## BENEFITS

- Suitable for swimmers and non-swimmers
- Open to men and women
- High-Intensity, cardio workout

### Note:

1. Members are only allowed to invite 1 guest along at guest price for swimming classes. Other requests will be subjected to the Management's approval.
2. Participants aged 14 years and above is applicable to join the trial lesson.
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**.