



Wellness Week - Special Yoga Program

Visiting Yoga Practitioner - Anabel Chew

Anabel is the Co-Founder of WeBarre, Asia's leading Barre fitness studio with locations in Singapore and Hong Kong. Join her classes as she takes you to a journey of strengthening the mind and body through combining fitness and mindfulness.

8 Nov - 5pm | 10 Nov - 8am | 13 Nov - 5pm at The Beach

12 Nov - 8am at Yoga Deck

Yoga Flow

A medium to fast paced class, we draw awareness and move with the breath, flowing through Vinyasa into a series of seamless movements to build strength, flexibility and stamina

9 Nov & 11 Nov - 8am at the Beach

Mindful Morning

Nourish your mental wellness as much as your physical fitness. Start your day with feel-good stretches and core exercises to wake the body. This session incorporates Mindfulness Practice of being present, aware and focused, and to set a positive intention for the rest of your day.

9 Nov - 5pm | 13 Nov - 8am | 14 Nov - 5pm at Yoga Deck

Barre by WeBarre

The WeBarre workout is an exhilarating workout inspired by ballet, pilates and strength training. Class will be a fusion of isometric and dynamic movements to challenge you to build strength yet moving gracefully with poise. Great for beginners or anyone who is pre or post-natal too.

11 Nov - 9pm | 14 Nov - 8am at Yoga Deck

Myofascial Release

We utilise Lacrosse Balls to help release muscle tension and unknot all those trigger points. Lacrosse Balls are perfect for targeting the shoulders, glutes, hip and calves. Walk away releasing unwanted tension and feel like a brand new person again. A must-do if you have particularly tight back and shoulders.

10 Nov - 5pm | 12 Nov - 5pm at the Beach

Pilates HIIT

Enjoy the best of both worlds! This is an energetic, full body workout that is low-impact yet high intensity. Strengthen your core, challenge your cardio and take it easy on your joints. Guaranteed a good sweat session to build lean muscles and torch those calories!

Kindly consult with our Yoga Master. Please wear proper attire to join the classes, yoga attire for the sessions on the yoga deck.

Please come 15 minutes before the session starts. Rules and regulations apply for safety reasons. For further information, please call The Spa at '191'