

ANN'S FITNESS

KIDDIES Jungle Gym

October - November 2009

IMPORTANT: Class Bookings and Cancellations are compulsory for both adults and kids classes. Classes will only commence with a minimum of **5 person** therefore, you may not be informed of a class cancellation without a name reservation for that particular class. Kindly call us or text at **017 421 2757**.

ADULTS CLASSES

MORNING CLASSES			EVENING CLASSES		
	9.15-10.15am	10.30-11.30am		6.15-7.15pm	7.30-8.30pm
MON	MAT/BALL PILATES (I) <i>Ann</i>	DANCE AEROBICS <i>Ann</i>		HATHA YOGA (O) <i>Dorothy</i>	MEDITATION <i>Yogesh</i>
TUE	AEROBICS SCULPTING <i>Dorothy</i>	HATHA YOGA (O) <i>Dorothy</i>		AEROBICS SCULPTING <i>Ann</i>	DANCE AEROBICS <i>Ann</i>
WED	DANCE AEROBICS <i>Ann</i>	LINE DANCING <i>Ann</i>	5.00-6.00pm	MAT/BALL PILATES (I) <i>Ann</i>	AEROBICS SCULPTING <i>Ann</i>
THU	PILATES STRETCH (O) <i>Ann</i>	AEROBICS SCULPTING <i>Ann</i>		AEROBICS SCULPTING <i>Dorothy</i>	HATHA YOGA (O) <i>Dorothy</i>
FRI	HATHA YOGA (O) <i>Dorothy</i>	AEROBICS SCULPTING <i>Dorothy</i>	(O) Open Class (All Level) (I) Intermediate Class		
SAT	Note: Classes on Saturday's will only commence WEF 7th Nov 09		1.15-2.15pm	2.30-3.30pm	3.45-4.45pm
			AEROBICS SCULPTING <i>Ann</i>	DANCE ENGINE <i>Ann</i>	LINE DANCING <i>Ann</i>

CLASS DESCRIPTION

MAT/BALL PILATES

Pilates is a balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates works several muscle groups simultaneously through smooth, continuous motion, with a particular concentration on strengthening and stabilizing the *core* (the *abdomen, back and pelvic girdle region, sometimes referred to as the "powerhouse"*).

HATHA YOGA

The most ancient forms of yoga and one of the most practiced. Classes include the traditional asana, breathing exercises, stretching and relaxation.

MEDITATION

Learn to relax and unwind. Meditation is a way to enjoy a deep sense of Relaxation whilst calming your nerve. A journey of self -discovery and an Evening filled with joy. Totally non-religious!!

DANCE AEROBICS

A fun class with choreographed dance routine from salsa, hip-hop, funk, and ballet and jazz. The class teaches body awareness together with rhythm. Allow yourself to release and express emotions through dance with getting your aerobics workout.

AEROBICS SCULPTING

Class is packed with total cardiovascular workout from Hi toLo Intensity & Step Aerobics workout. Class using fitball, body weight, barbells, dumbbells and more

DANCE ENGINE

If you love to dance, this class is great for you as you will learn choreographed dance to a full song from High School Musical and many more.

LINE DANCING

Line dancing is a form of country & western dance that helps enhance co-ordination and memory. It is fun and easy to learn and is great for everyone!

CLASS FEES

Class	Fees per/ class
Yoga	RM 10.00
Pilates	RM 10.00
Line Dancing	RM 10.00
Aerobics/ Sculpt	RM 7.00
Dance Aerobics	RM 7.00
Dance Engine	RM 7.00

<p>LOCATION : 1ST FLOOR, FF13/18 LANGKAWI FAIR SHOPPING MALL JALAN PERSIARAN PUTRA 07000 LANGKAWI, KEDAH.</p>	<p>Mobile: (+6) 017 421 2757 www.annvfitness.com Email: info@annviftness.com</p>
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KIDS CLASSES

bootcamp		CLASSES	
MON	9.30-1.30pm		
	KIDDIES BOOTCAMP (3-5 yrs old)		
TUE	9.30-1.30pm	5.00-6.00pm	6.15-7.15pm
	KIDDIES BOOTCAMP (3-5 yrs old)	KIDS FUN WORKOUT <i>Joy</i>	DRAMA & SPEECH (8-12 yrs old) <i>Kate</i>
WED	9.30-1.30pm		
	KIDDIES BOOTCAMP (3-5 yrs old)		
THU	9.30-1.30pm	5.00-6.00pm	6.15-7.15pm
	KIDDIES BOOTCAMP (3-5 yrs old)	KIDS AEROBICS <i>Ann</i>	ARTS & CRAFTS <i>Ann</i>
FRI	9.30-1.30pm	5.00-6.00pm	6.15-7.15pm
	KIDDIES BOOTCAMP (3-5 yrs old)	OBSTACLE TRAINING <i>Ann</i>	SONGS & RHYMES <i>Ann</i>

CLASS DESCRIPTION

OBSTACLE TRAINING

This 45 min session combines fun, challenges and creates the child's ability to socialize in a safe and caring environment. Children will develop skills of balance, agility, alertness, strength, body coordination and most importantly, the ability to listen to instructions. This will also develop a positive personality, confidence and self-esteem in the child.

KIDS FUN WORKOUT

This class promotes Concentration, Focus and Attention while giving your children an opportunity to express themselves through joyful and fun fitness movements. Class uses fit ball, step board, Hula Hoop and many more.

ARTS & CRAFTS

Our Art and Craft allows children to use their creativity with handy craft work that will keep their minds stimulated. Sessions are also based on Recycling and the Environment. In this class, crafts are made using recycled materials found at home and the surroundings. We are here to create awareness and teach children the importance of RECYCLING

DRAMA AND SPEECH (8-12 years old)

This session is great for children to practice their English language. Sessions are compromise on everyday-based conversations to help children speak confidently and create positive attitude.

SONGS & RHYMES

This class teaches kids English through songs and rhymes. This helps children at an early age to create an active listening and focus.

KIDDIES BOOTCAMP (4 hours)

Kiddies Boot Camp helps your child's development and teaches them to respond positively to discipline with the right approach. This camp allows them to learn through Play Activity, Music & Movement, Moral & Hygiene, Arts & Crafts, Phonics and Directed Activity (pre-reading/ numbers) Jungle Gym Fitness, Songs & Rhymes and many more.

1 Day Program	RM 25.00 (1 day)
1 Week Program	RM 99.00 (5 days)
1 Month Program	RM 250.00

Note: Kids will have 30-45 mins Lunch-Break. Parents are required to pack their lunch box, as food is not provided.

CLASS FEES

Class	Fees per/ class
Obstacle Training	RM 10.00
Songs & Rhymes	RM 10.00
Kids Fun Workout	RM 10.00
Drama & Speech	RM 10.00
Art & Craft	RM 10.00
Kids Aerobics	RM 10.00

LOCATION:
1ST FLOOR, FF13/18
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07000 LANGKAWI, KEDAH.

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