



SINGAPORE
POLO CLUB

INTRODUCING HATHA YOGA

**Focusing on strength, stamina
& core stability - especially for riders!**

Suitable for both beginners & experienced individuals

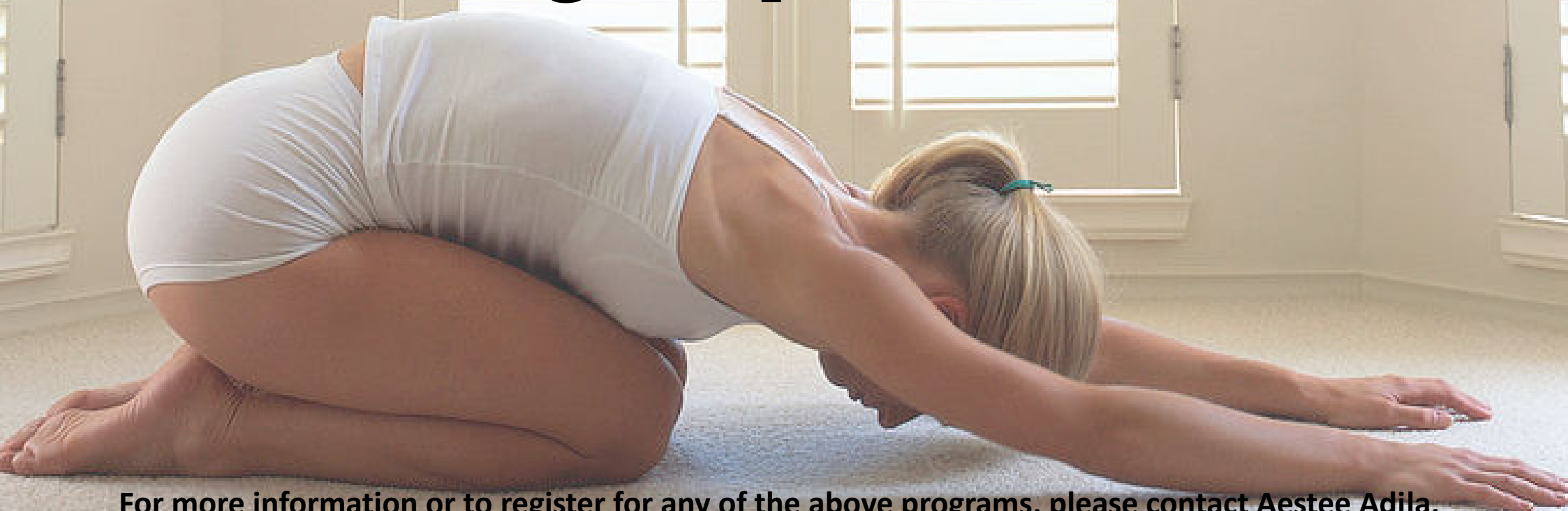
Every Monday at 8pm

POWER YOGA

**Looking to increase your cardio capacity? Join this vigorous
& dynamic workout for a toned, lean body aimed at those
seeking strength, flexibility, a clear mind & a boost of energy!**

Every Wednesday at 8pm

Sign up now!



**For more information or to register for any of the above programs, please contact Aestee Adila,
Membership Services & Marketing Executive at tel: 6854 3979 or email: aesteadila@singaporepoloclub.org**