

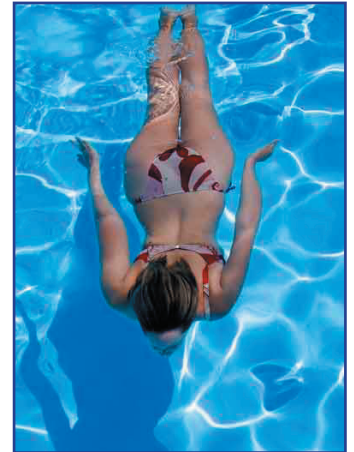
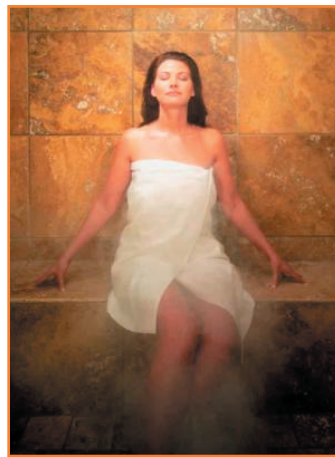


**KINESIS WELLNESS**  
@ Stampark

*Shaping your well-being*

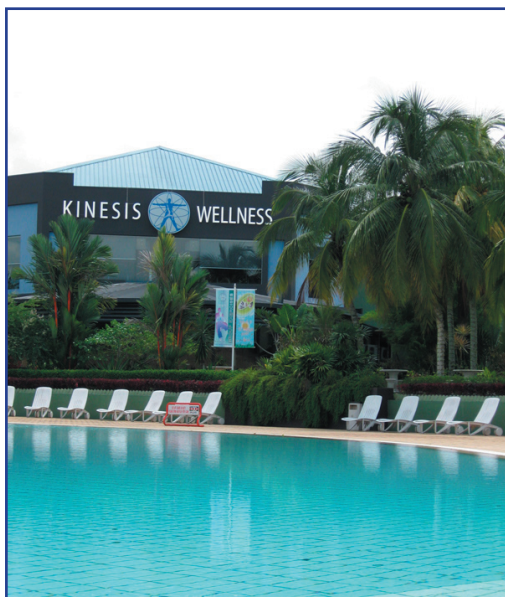
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HAPPY  
SMART  
WELL**



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Cardio Equipment  
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WIFI Connectivity  
Ladies' Loft  
Roof Top Garden  
Group Exercise Classes  
Swimming Pools  
Poolside Fitness Centre  
Beauty Studio (*ladies only*)

**GROUP EXERCISES**

Body Tone (*step aerobics*)  
Body Wave (*aqua aerobics*)  
Body Curve (*exercise ball*)

Body Stretch (*pilates*)  
Body Trim (*ABT*)  
Body Move (*kick boxing*)

