



## POOLSIDE FITNESS CENTRE

@ Stampark

*...a world unto itself*

Make living a fit and healthy lifestyle one of your priorities in life. Join as a member of our Poolside Fitness Centre @ Stampark.

### CARDIO ZONE

Treadmills

Stoppers

Upright Bikes

### STRENGTH ZONE

Upper body equipment

Lower body equipment

Barbells

Dumbbells



**Tel: 082-463869**



[www.stamparkplace.com](http://www.stamparkplace.com)



### GROUP EXERCISES

Body Tone (*step aerobics*)

Body Wave (*aqua aerobics*)

Body Stretch (*pilates*)

Body Curve (*exercise ball*)

Body Sculpt (*step-ball-belly*)

Body Trim (*ABT*)

Body Move (*kick boxing*)

Join PFC and get to swim and enjoy Waterpark for FREE!

