



# SINGITA WELLNESS

Spacious studio • Yoga • Pilates • Barre • Bootcamp  
Massage • Reiki • Gym • Lifestyle café • Pool

## Studio schedule

### MONDAY

9.30am Yoga/Tiffany

5.00pm Circuits/Annick

6.00pm Sound Healing/Gay

### TUESDAY

8.00am Body Sculpt & Core/Michelle

9.30am Yoga/Tiffany  
(RWM members class)

11.00am Bowspring/Kaya

5.00pm Metabolic Training/Michelle

6.00pm Meditation/Petra

### WEDNESDAY

9.30am Ballet Bums n Tums/Michelle

5.00pm Athletic Core/Michelle  
(RWM members class)

6.00pm Dance Fusion Tanisha Jan 9th start  
Dec 12, Jan 9, Feb 13 & Mar 13  
Ladies nights – sign up required

### THURSDAY

8.00am Yoga Alchemy/Natasha

9.30am Full Body workout/Michelle

6.15pm Pilates/Liz

### FRIDAY

8.00am Bums n Tums  
(RWM members class)

9.30am Yoga/Tiffany

### SATURDAY

8.00am Circuits/Michelle

9.30am Pilates/Liz

Call or email to book your place and avoid disappointment

T: +1 246 438 5577 • E: [hello@singitawellness.com](mailto:hello@singitawellness.com)

[www.singitawellness.com](http://www.singitawellness.com) • Fb: Singita Wellness • Ig: singitawellness





# SINGITA WELLNESS

Spacious studio • Yoga • Pilates • Barre • Bootcamp  
Massage • Reiki • Gym • Lifestyle café • Pool

## Studio descriptions

### *Yoga with Tiffany*

Vinyasa, hatha and yin inspired yoga with Tiffany develops strength, alignment, balance and endurance while building a solid foundation for a flowing practice. The practice is mindful, breath-centred and open to all levels.

### *Metabolic Training with Michelle*

This full body workout will include compound movements and functional training to burn calories, build strength and increase agility and flexibility with various athletic drills.

### *Sound Healing with Gay*

Sound Healing with Gong and Tibetan Bowls. Each week will have a different theme including Healing, Manifesting, Chakra Aligning and Sound Journeys.

### *Bodysculpt & Core with Michelle*

Light weights are used in this class to work upper and lower body. No focussed cardio in this class however resistance training will get that heart rate going as well as enhancing your definition and overall muscle tone.

### *Bowspring with Kaya*

The primary function of the Bowspring method is postural alignment for optimal functionality and graceful movement for any lifestyle or body. No matter what your age and skill you will benefit from this class.

### *Circuits with Annick or Michelle*

Focusing on your abs and butt these circuits move from one station/exercise to the next for a calorie burning fun full body workout.

### *Meditation with Petra*

By seeking your inner peace first, we become miracle workers in the world. Destress and build self awareness with these regular meditation classes. Experience greater harmony and joy.

### *Athletic Core Conditioning and Stretch with Michelle*

Improve your golf or tennis game as you strengthen your powerhouse, your core. This class includes a lot of stretching to prevent injuries and increase flexibility improving your overall well being and lifestyle.

### *Dance Fusion with Tanisha*

Blending many dance styles, including dancehalls, Afrobeats, soca and hip hop, Tanisha will lead you through a fun filled energetic class to leave you feeling energized, invigorated and longing for more!

### *Yoga Alchemy with Natasha*

Yoga Alchemy is based on the holistic connection that brings all parts of ourselves into union. Using Yoga asana (poses), pranayama (breath) and dhana (meditation) we remind ourselves into a more natural state of balance. Journey with Natasha each week into a sublime state of tuning in.

### *Full Body Workout with Michelle*

A blend of cardio, resistance training and core conditioning for a full body fun fitness mix.

### *Bums n Tums with Michelle*

No cardio and focus on toning those legs, butts and abs. A great workout to work those trouble areas.

### *Pilates with Liz*

There are many reasons to include Pilates as a regular practice, strengthening and toning your entire body, increasing your mind/body connection and flexibility while focusing on your core.

Call or email to book your place and avoid disappointment

T: +1 246 438 5577 • E: [hello@singitawellness.com](mailto:hello@singitawellness.com)

[www.singitawellness.com](http://www.singitawellness.com) • Fb: Singita Wellness • Ig: singitawellness

