

get ready to get pumped

THIS YEAR, EXPECT YOUR METTLE TO BE TESTED AT AMORE WOMEN'S DAY

Want to feel good and get a great glow at the same time? Mark October 11 and 12 on your calendar for Amore Women's Day Out. Back in town for the sixth year, it is the biggest aerobic-based sporting event that binds women of all ages. You'll get to test your fitness mettle at the Aerobics Challenge, an intensive three-hour workout that calls for endurance and stamina. For an equally fat-blasting but less strenuous workout, Experience Fitness offers three 20-minute segments of aerobics, kickboxing, stretching and BellyBlitz (an introduction to belly-dancing) or CardioLatino (a Latin-inspired dance routine). Consider joining Body.Mind.Soul, a rejuvenating two-part session of outdoor yoga and stretching.

Mothers can bond with their children in Power of 2, a newly choreographed segment in collaboration with the Singapore Sports Council. Groove to the latest pop songs with easy dance moves that promote rhythm and coordination. Other fringe activities include Kids@ Play Zone, muay thai and Samba Soccer, which are free for the public and open to all ages.



What: Amore Women's Day Out

When: October 11 & 12, 9.30am to 8pm

Where: Ngee Ann City Civic Plaza
Register online at www.womensdayout.sg or any of the nine Amore Fitness outlets by Sept 22. You can also register at the roadshows on Sept 20 and 21 at Plaza Singapura from 11am to 8pm. Prices start from \$20 and registration is based on a first-come, first-served basis.