

# Give Your Body Some Amore... And See The Results

Try these new classes at Amore Fitness.  
Tough love? Maybe.

But they'll get you the fitness results for the fab bod you want



If you love your body, you give it all it needs. And the truth is, your body needs regular exercise at the very barest minimum, for comprehensive conditioning. Some people take a daily walk or jog. Some

people engage in sports. And some people go to a gym or fitness studio like Amore Fitness.

## Conditioning to sculpt your bod

Amore Fitness has launched another instalment of their signature BodBlitz™ class, which is designed to deliver total body conditioning, toning and strengthening the upper and lower body, so as to increase your range of motion.

Making use of hand weights and resistance bands as well the revolutionary Fitness Stick, a qualified instructor takes a class through various exercises and movement. These tools help target certain muscle groups that tend to be the problem areas of women. Working areas like the arms, abdomen and thighs, Bodblitz™ not only gives you an invigorating workout, it also gives you the toning and conditioning your body needs. With regular attendance in Bodblitz™, you will soon acquire that sleek, svelte figure you've been working toward.

## Cardio to bum your fat

A more exciting alternative to your monotonous hikes or jogs, CardioLatino™ gets your fat burning off, your muscles toning up and your blood racing in true Shall-We-Dance style. It's a fitness challenge performed to the beat of sultry Latin music.

The dance moves target your abdomen, thighs and buttocks, while giving great body awareness and confidence, plus a measure of grace and sensuality. With elements of salsa, cha-cha and samba mixed with hip, urban stylings, you'll be burning off the fat and sweating for more.



Jovienne Ee, reigning champion in the MDA Professional Latin American Dance category, is one of the highly-trained instructors for this fun workout. She was a representative at last year's SEA Games in Manila for Dancesport. Cardio Latino™ helps women achieve a taut body but also teaches them to express themselves through dance.

Sign up for Cardio Latino™ and BodBlitz™ at all Amore Fitness outlets.

### Fitness outlets:

Park Mall #04-02 Tel: 6733 7333

The Arcade #03-18 Tel: 6336 6822

Patio Bugis Junction #03-01 Tel: 6336 6822

Woodlands Civic Centre #06-11 Tel: 6892 1822

East Point Mall #03-17 Tel: 6761 1822

Heartland Mall #03-11 Tel: 6285 1822

Aviation Point #04-01 Tel: 6337 7333

Find out more at [www.amorefitness.com](http://www.amorefitness.com)