

Mother & Baby

Your favourite pregnancy, baby & toddler mag

TRUE STORY

"My baby died a week before his due date"

10 Healthy Habits to Teach your Tot

Code Read
Make Sense of Junior's Learning Style

MUST READ!

Body After Baby

SPECIAL

The skinny on...

- ▶ Your Post-Pregnancy Body
- ▶ Dieting Do's and Don'ts
- ▶ Perfect Post-baby Looks

action figures

mum's
black
book

Need to pummel your pathetic post-baby body back into shape? **M&B** gives you the skinny on child-friendly fitness centres to work out in. by **CINDY LIM**



PHOTO GETTY IMAGES

GET WITH IT: Its group exercise classes include yoga, cardio dance, power stretch, cardio combat, kickboxing and total body conditioning. Members can also take up its anti-ageing Sky Genesis package, which is targeted at weight management and body toning.

TOT TALK: It can help members make special arrangements in advance with Cherie Hearts childcare centre (within the

same building) to take care of their children for two hours while they work out, at no extra charge. Subject to availability.

RATES: Special mums' off-peak rates are \$550 for a year. The special access hours are from 9am to 11.45am, 2pm to 4.45pm and from 8pm.

HOW: Call 6271-0818, or go to www.skyfitness.com.sg.

FITNESSWERKZ

#03-00 MALACCA CENTRE, 20 MALACCA STREET.

"I'm a super yummy mummy because of FitnessWerkz. I find their programmes extremely effective and the results have been amazing. I've lost more than 10kg and I have been in perfect health since joining FitnessWerkz!"

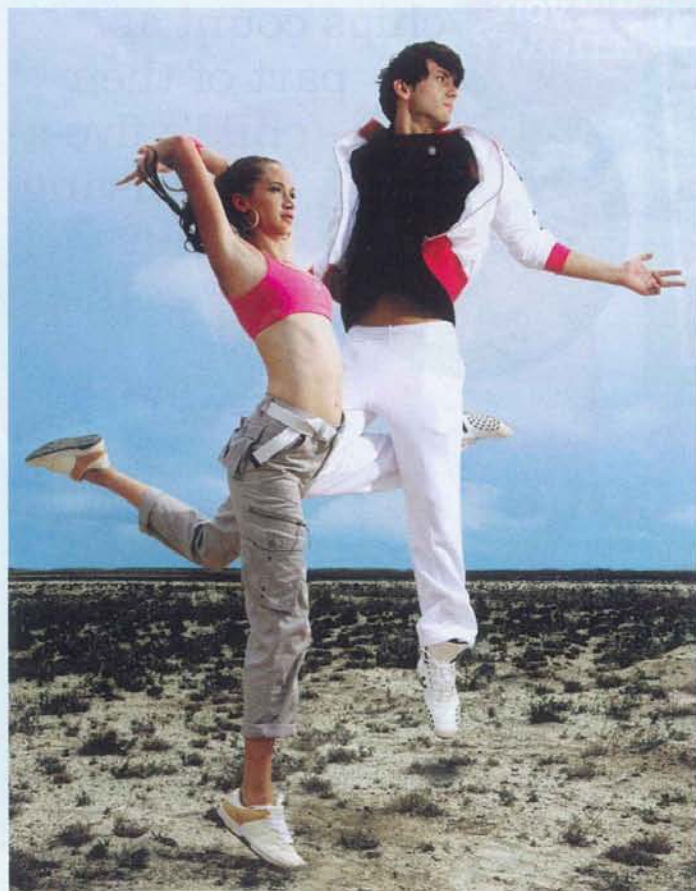
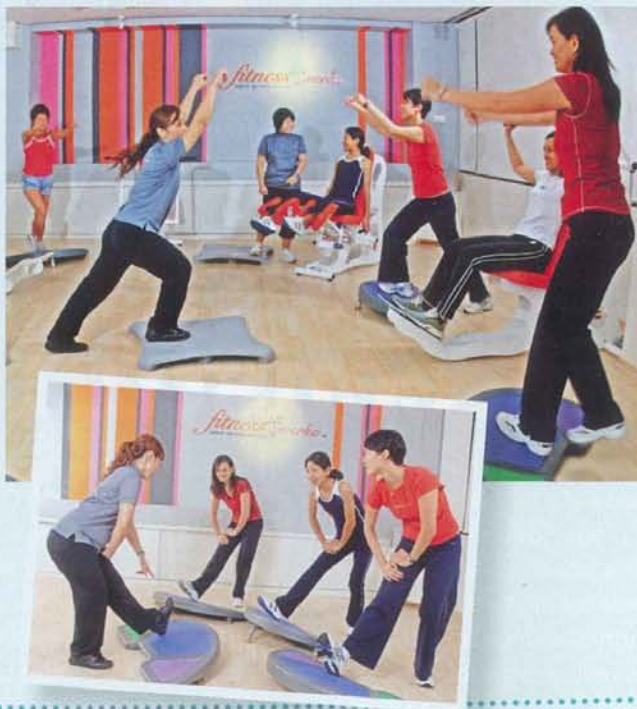
MANISHA BENIWAL, 33, MUM TO MAHIEKA, 3.

GET WITH IT: Its 30-minute express circuit workout combines aerobic exercises with strength training and body toning on 10 different hydraulic machines. This way, women burn calories and tone their bodies without building bulk.

TOT TALK: Small corner with yoga mats, within mum's sight, allows kids to play freely. Puzzles, crayons with drawing paper and toys are also available.

RATES: Membership rates start at \$50 a month nett. Trials are available, at \$25 a week (unlimited visits).

HOW: Call 6438-9790, or go to www.fitnesswerkz.com.



AMORE LIVING

#05-18 TAMPINES 1, 1 TAMPINES CENTRAL 1

"Amore's postnatal workouts are definitely effective. I'm a big fan of the dance workout, where I get to learn a new dance skill and increase my agility as well. I definitely feel better after losing those couple of kilos!"

DIANA KOH, 29, A MOTHER OF TWO.

GET WITH IT: Signature Blitz group exercises feature high-intensity, low-impact cardio workouts for body conditioning as well as multi-regional stretching exercises.

TOT TALK: The Kid Fit Club entertains kids with board games, art and craft activities, books, movies, even Nintendo Wii Fit games. There's also an exercise area, with staff on hand to provide assistance.

RATES: A fitness membership costs \$412 for three months (unlimited visits), along with a joining fee of \$120. The Kid Fit Club is only available at Amore Living at Tampines 1.

HOW: Call 6789-8822 or the spa at 6784-1822, or go to www.amorefitness.com.

