

Sensational Voyage

2 - 16 NOV 2022



FLOATHIIT BY FLOATFIT

3 & 14 Nov
Main Pool, Deck 16 MID
SGD 15 / person

Torch those calories while going easy on your joints with everything from high intensity training to yoga.



WOMEN'S HEALTH TALK & ACUPRESSURE YOGA BY WENLIN

3 Nov
Palm Court, Deck 19 FWD

Discover the benefits of acupressure yoga and breathwork for your health at our talk by Wenlin.



SOUND HEALING CLASS BY SPACE 2B

3, 7, 8, 10, 14 & 15 Nov
Palm Court, Deck 19 FWD
SGD 10 / person

Tune in to the healing power of sound and relax with the crystal clear timbre of singing bowls and gongs.



AQUA DRUM VIBES

15 Nov
Main Pool, Deck 16 MID
SGD 15 / person

A brand new programme for a low impact, full-body workout that will have you drumming along in the pool.

The perfect antidote to busy city life, our Sensational Voyage takes you down a journey that engages every one of your senses. Join us and rediscover the connection to your body and spirit.



AQUA YOGA QIGONG

3 Nov
Main Pool, Deck 16 MID
SGD 10 / person

Restore calm and peace with a soothing workout while enveloped in water that supports your joints.



CRYSTAL LIFE EXPRESS MASSAGE

Main Lobby, Deck 6 MID
SGD 9 for 5 mins

Find quick relief after an active day at the Main Lobby with a relaxing neck and shoulder massage.



Classes are subject to change without prior notice. Refer to RWC Daily on class timings and reservations can be made at Box Office, Deck 6 MID.