

Based on UK & Singapore Famous Fun & Fitness Programme



AKIDS GYM

A Kids Gym programs will help Build your child's character by giving them the Confidence to try new things! Children can endow great physical benefits from muscle strength and balance to healthy bones and flexibility.



Aerobic exercise helps your mind and mood too. How? It releases "feel-good" chemicals into your body. When you can, get outside and move in nature.



YogiBees

Yoga at an early age encourages self-esteem and body awareness with a physical activity that's non competitive. Fostering co-operation and compassion.

Diet Counselling for Kids

Dietitian gives practical advice on healthy diet for children - to help make sure they don't gain too much weight, or to lose weight if they need to.



Gymnastics

We're more than mats, bars and beams. We're building blocks for life.



ACTIVITIES

• Dance • Music • Art & Craft • Mind Games • Kick Boxing



Krav Maga Workshops

The Most effective self defence system around for women & young children.



MOTHER & CHILD PROGRAMME

Parent and Child classes at Little GYM promote early development and provide a strong foundation for learning ahead.



POWER YOGA & AEROBICS

Power yoga, a dynamic fitness based derivative of yoga, is modelled on Ashtanga yoga. Benefits of Power Yoga
1. Calorie burning. 2. Increases stamina, strength, flexibility and tone. 3. Promotes blood circulation and boosts the immune system. 4. Alleviates stress and tension. 5. Eliminates toxins through sweat.



A Birthday Party

At Little Gym, Kids love'em. So do parents! Fully supervise parties are held one at a time, so your child's party has the entire Gym to themselves. Our facilities and staff are bright, cheerful and friendly. Every party includes plenty of music, movement, games and fun, Balloons Decoration, Loot Bags, created especially to meet the needs of each child. A party at Little Gym is a "nostress" birthday party for parents because we handle everything from invitations to clean up. Kids have a blast and parents rest easy.

Awesome Birthday Bash at



GYM • AEROBICS • YOGA

Fun, Fitness & Activity Centre

A GYM LIKE NO OTHER

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