

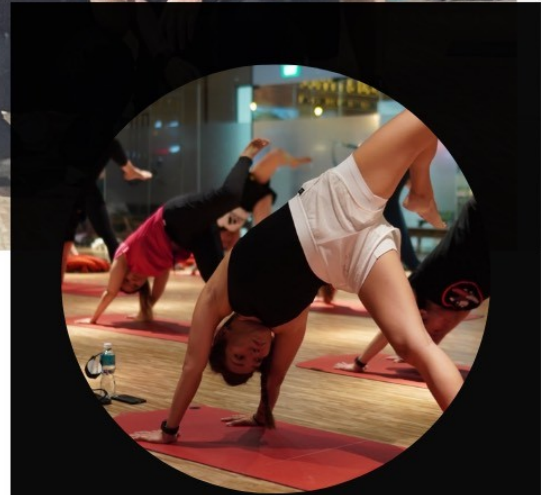
CHIMPCHAMP DIGEST

MAY 2023



MAY PROMO: UNPRECEDENTED 5-5

CLASS PACK	5	\$	28.0	Validity	8 weeks
	10		19.9		12 weeks
	30		18.9		35 weeks



LES MILLS BODYBALANCE

100



RESULTS

- Achieve perfect mind-body balance
- Strengthen your posture
- Reduce your stress



Combining yoga based movements with pilates principle to drive core activation!

10 tracks with different focus and awesome music to movement flow, time to experience the vinyasa.

Sat 6.30pm Marina Square
Mon 8.10pm Marina Square



FUN FACTS OF SIN MING

Your why of coaching?



I am thrilled to coach because I made new friends and allows me to connect to like minded people (note: they are really strong!)

One dark secret of you?

I used to keep chou chou!



? Bodycombat or Bodypump!☺

Can it be both? I admit I would love one more than the other sometimes.

believe → Inspire me please!

Everytime when you see someone doing exceptionally good it's because they have put time and earned it thru a journey. That you are not entitled to start where they are if you hadn't put the same amount of work. This shouldn't discourage you but encourages you to start somewhere.



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