

FAB NEW AGE WITH GOLD 90FM
October 2009 to October 2010

In partnership with Gold 90FM, the True Group organized a series of workshops held at True Fitness and True Yoga centres. Targeted at listeners aged 40 and above, Fab New Age aimed to help seniors adopt a healthier lifestyle through a string of exciting workouts for their age group - because it's never too late to get fit and healthy!

WORKSHOPS AT TRUE YOGA CENTRES

Hot Yoga
24 October 2009

To launch the Fab New Age collaboration, True Yoga first heated things up with Hot Yoga! Participants tried out a series of yoga poses in a heated room up to 38°C. Hot Yoga promotes detoxification, increases flexibility & energy levels, and even promotes weight loss!

The listeners certainly walked away completely rejuvenated from head to toe!



Belly Dancing
21 November 2009

The second Fab New Age workshop had participants moving their hips to the beat! Belly Dancing – an ancient form of dance from India and the Middle East – can help improve muscle tone around the abdomen region, increase flexibility and stamina. Gold 90Fm listeners who came for this workshop had lots of fun shaking their hips in this low impact exercise class!



Bollywood Fusion
23 January 2010

Fab New Age kicked off the brand new year Bollywood Fusion Style! At this workshop, participants reaped the benefits of an improved cardiovascular system, increased stamina and vitality as they danced to the tunes of Bollywood music! Listeners got to work out their whole body including their hips, feet, and even their hands!



Kryoga
20 March 2010

A unique system of yoga created by Master Kamal, Kryoga is a combination of martial arts techniques and yoga postures. At this Fab New Age workshop, Gold 90Fm listeners learnt how to relax and focus on themselves through this contemporary form of yoga.



WORKSHOPS AT TRUE FITNESS CENTRES

Body Balance 24 April 2010

This time, participants got to experience Body Balance, which integrates Tai Chi, Yoga, Pilates, flexibility and core training with uplifting and inspirational music. With controlled breathing, concentration and a carefully structured series of moves, attendees experienced a holistic workout which brought them into a state of harmony and balance.



Wing Chun 4 September 2010

Participants at this workshop learnt the moves that made Ip Man famous and gave Bruce Lee his legendary form! Attendees executed simple and easy punches and kicks in True Fitness's Wing Chun group exercise class, and got a great total body workout as well!



Zumba®
16 October 2010

At the final installation of the workshop series, attendees moved to a mix of dance styles such as the Salsa, Mambo, Flamenco, Chachacha, Samba and more - all in a session of Zumba®! Much like a night out dancing with pals, participants definitely had fun while burning those calories!

