

**True Fitness NTUC Tampines Junction Opening Event
17 January 2012**

True Fitness opened the doors to its seventh outlet in Tampines, Singapore's largest residential area, at the start of year 2012. Located on Level 8 at NTUC Income Tampines Junction, True Group members and the public were invited to have a firsthand experience of its facilities in a special opening event on 17 January 2012.

TRUE FITNESS
NEW TAMPINES CLUB OPENING NIGHT Special!
For True Members & Friends
True Fitness NTUC Income Tampines Junction, Level 8
17 Jan 2012, Tuesday
6.30pm - 9.30pm

Join us for a night of special performances & classes by your favourite instructors. PLUS, compete in our first ever **Roundhouse Kick Challenge** & win hampers worth over \$200!*

Time	Activity	Location	Instructors/Trainers
6.40 pm - 7.30 pm	Zumba® Class BODYSTEP® Class Hot Yoga Class A.C.T. & A.C.T. II Demo Indoor Cycling Experience Class	Group X Studio Hot Yoga Studio	Mathew & Jason Munish Cherrey & Kala Jaime
7.40 pm - 7.45 pm	Welcome Speech by Mr. Patrick Wee, True Group founder & CEO	Muay Thai Ring	Wendy Cho (Emcee)
7.45 pm - 8.00 pm	"Wa' Ku'" Ceremony & Muay Thai Demo	Muay Thai Ring	Wafa, Karthi, Heanick, Elaine & Ritz
8.00 pm - 8.30 pm	BOODCOMBAT™ Class	Muay Thai Ring	Calvin, Rebecca, Jason & Hai Fung
8.30 pm - 9.00 pm	Roundhouse Kick Challenge	Muay Thai Ring	

Workout with the **Stars** from 6.30pm onwards

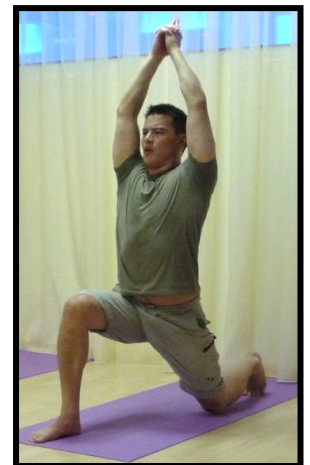
FREE! A Combat Bag, Massage Gun, A.C.T. & Kickboxing Personal Training vouchers (total worth \$200) for 1st 100 attendees.

Investing over \$3.5 million, this new centre spans over a massive 24,000 square feet of gym space with over 100 state-of-the-art cardiovascular training equipment, a comprehensive array of strength and resistance training equipment, a Powerplate® workout area, one dedicated Hot Yoga studio, a Group Exercise studio and Spinning studio. It also houses a Muay Thai Kickboxing Ring, a first among True Fitness gyms in Singapore. "We believe in adding variety to an exercise regime in order to keep things interesting, and we are always on a lookout for innovative equipment to achieve this objective. Examples of such are Kick Boxing held in our Muay Thai Rings, Power Plate®, 1-Vest Training, TRX® Suspension Training® and Agility Circuit Training." Says Mr. Patrick Wee, founder and CEO of the True Group.



From left- Paul Foster, Keagan Kang, Juan and Jian Wei

Celebrities such as Jourdan Lee, Paul Foster, Keagan Kang and the winners of Manhunt Singapore 2011 graced the event and injected it with some star power.



Jourdan Lee

To kick start the activities, attendees were invited to join in a medley of Group Fitness classes such as Hot Yoga, Indoor Cycling Experience, Zumba® and BODYSTEP™. The entire floor was abuzz with activities of attendees doing cardiovascular workouts and free weights training. Members can also be seen rigorously participating in the A.C.T (Agility Circuit Training) and Kickboxing workouts, under the expert guidance of our Personal Trainers.





By 7.30 p.m, a large crowd had gathered around the Muay Thai Ring for the Grand Opening Ceremony “Wai Kru” ritual after a short welcome speech by Mr. Wee. This ritual is widely performed by Thai Kick boxers as a means of honoring or paying respect to their teacher and giving him blessing for a victory.

Our fabulous Personal Training team also performed a 10-minute kickboxing demo that was completed with jabs, uppercuts, kicks and sparring, much to the delight of the audience! Next up, our awesome team of Group Fitness instructors strutted into the spotlight with pulsating martial arts infused aerobics moves from the ever popular Les Mills BODYCOMBAT™ and led the crowd in the highly energetic workout!



Last but not least, the evening ended with the much-awaited Roundhouse Kicks Challenge, whereby the top 3 participants with the most number of Roundhouse Kicks in 30 seconds get to walk away with a hamper worth over \$200! Each hamper consists of a gym bag, an arm pocket from U.S. to

house your iPhone or MP3 players during your workouts, shoe bag, sports towel set, a 1.2kg Tub of Maximuscle Cyclone Performance Drink & Shaker bottle, amongst other items.

Both male and female participants showcased their individual strength, tenacity and stamina and it was indeed an eye-opening segment! Congratulations to the top 3 winners- Russell with an astounding 62 kicks, Dan who managed second place with 61 kicks and Juan who finished off third with 60 kicks.



Nonetheless, the rest did not go back empty handed. The first 100 attendees for the event walked away with a goodie bag worth over \$290, consisting of a True Fitness canvas bag, Agility Circuit Training (A.C.T) and Kickboxing Personal Training Vouchers, plus, a Maximuscle Hamper consisting of a Shaker, Promax Diet bar, Promax Crisp Bar and Viper Active Gel.

What a celebration it was of power-packed classes, Muay Thai Kickboxing and Roundhouse Kicks competition for fabulous prizes! A huge thanks to all our trainers and instructors for their outstanding performances, our Master Trainer (Wendy Cho) for emceeding the event, and all those who were involved one way or another.