



# MOVE FOR NOVEMBER.

THIS NOVEMBER, WE'RE CHALLENGING YOU TO MOVE WITH PURPOSE.

**SUN, 16 NOV | OPEN TO GUESTS**

Join us for a refreshing start to your Sunday morning with movement, mindfulness and connection!


Every 3<sup>rd</sup> Sunday of the Month | Open to public

TIME	EVENTS	VENUE
7:00AM	<b>AK x FF Community Run</b> Kickstart your morning with an energizing run with fellow members and guest.	AK mall EAST entrance (meeting point)
8:30AM	<b>SUNRISE YOGA with Nick Heng</b> Flow into calm with a guided yoga session under the morning light.	AVENUE K ROOFTOP @ LVL4
9.30AM	<b>Breathwork &amp; Ice Plunge</b> Reset your mind and body with powerful breathwork followed by a revitalizing ice plunge challenge!	

*\*\*Event is open to all members and the public. Feel free to bring your family and friends along!*

IN PARTNERSHIP  
WITH :



LUXE  SPA



Members, secure your spot on the Fitness First SEA app.

Guests, register here:

