



Momentum Studio

PILATES

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The buzz: The only boutique studio in Singapore to apply Pilates techniques to functional training.

What it offers: This small studio space is polished, yet homely. The star is without doubt the Total Gym Incline GRAVITYSystem, a training machine that harnesses your body weight as resistance, as you lie on an adjustable, inclined rolling glide board, while executing moves such as pull ups and squats. Most of the studio's programmes revolve around this piece of kit. Classes have no more than six participants, so there's plenty of student-trainer interaction.

How much: The starter package for first-time customers starts from \$200 for 4 sessions. Customers can sign up for group (\$250 for five) or private (\$1100 for 10) sessions thereafter.

#01-15 Alexis, 354 Alexandra Rd., 6339-2210, www.momentumlabs.sg.

INDOOR SURFING

Surfset Fitness

The buzz: Singapore's first Surfset studio enables you to mimic a surf workout, without getting wet.

What it offers: The studio is compact with cool, surf-inspired wall motifs to help you find your element. Each 45-minute class is conducted on custom-made unstable surfboards, and combines elements of balance, aerobic exercise and core training. Try the beginner-level Balance class, or torch some calories at the Sweat class, which includes high-intensity intervals. Whatever you pick, you're in for a total body toning workout.

How much: A single class costs \$35, while a package of five costs \$165—cheaper than flying to Bali.

3/F, 454B Joo Chiat Rd., 9751-0793, www.surfset.sg.

