

Singapore's
HOTSPOTS
This Month:
WILDEST WORKOUTS

Team Cosmo test the best places on the island for everything.



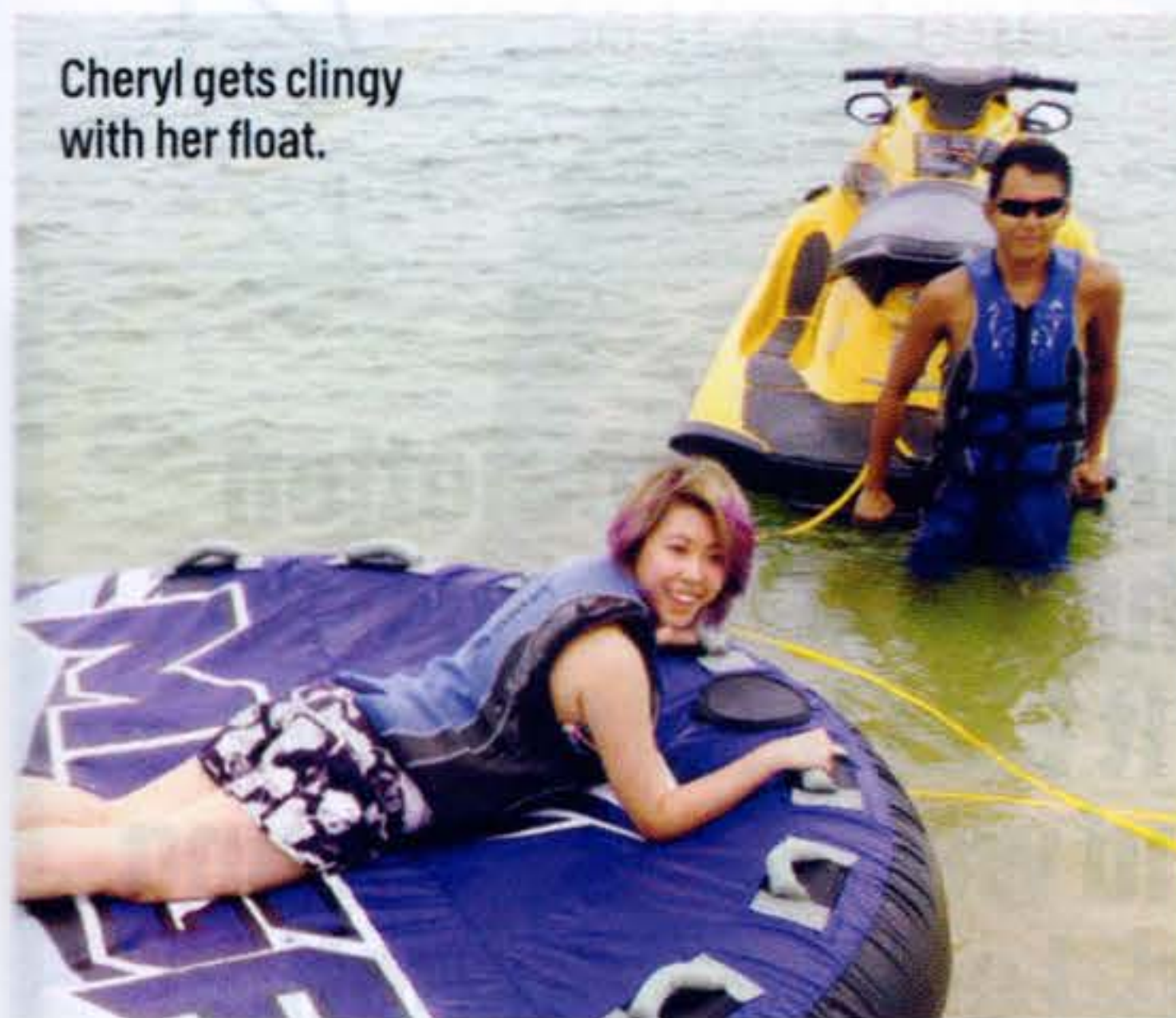
Not even a hint of a wobble!

SURFSET®

The Balance class at SURFSET® studio was a challenging 45-minute workout that combined balance exercises and core moves—on a surfboard! It definitely made simple moves like planks and downward dog much harder. Instructor Gillian even gave a demo of advanced moves I wasn't brave enough to try! She was patient and helpful, going around to explain moves and correct posture. I really enjoyed the experience. The cosy and intimate studio ensures that the class size is kept small and that the instructors can attend to each student. I can't wait to go back!

Charmaine with Gillian, the instructor.

— CT
454B Joo Chiat Road, 3rd Storey.
Tel: 9751 0793



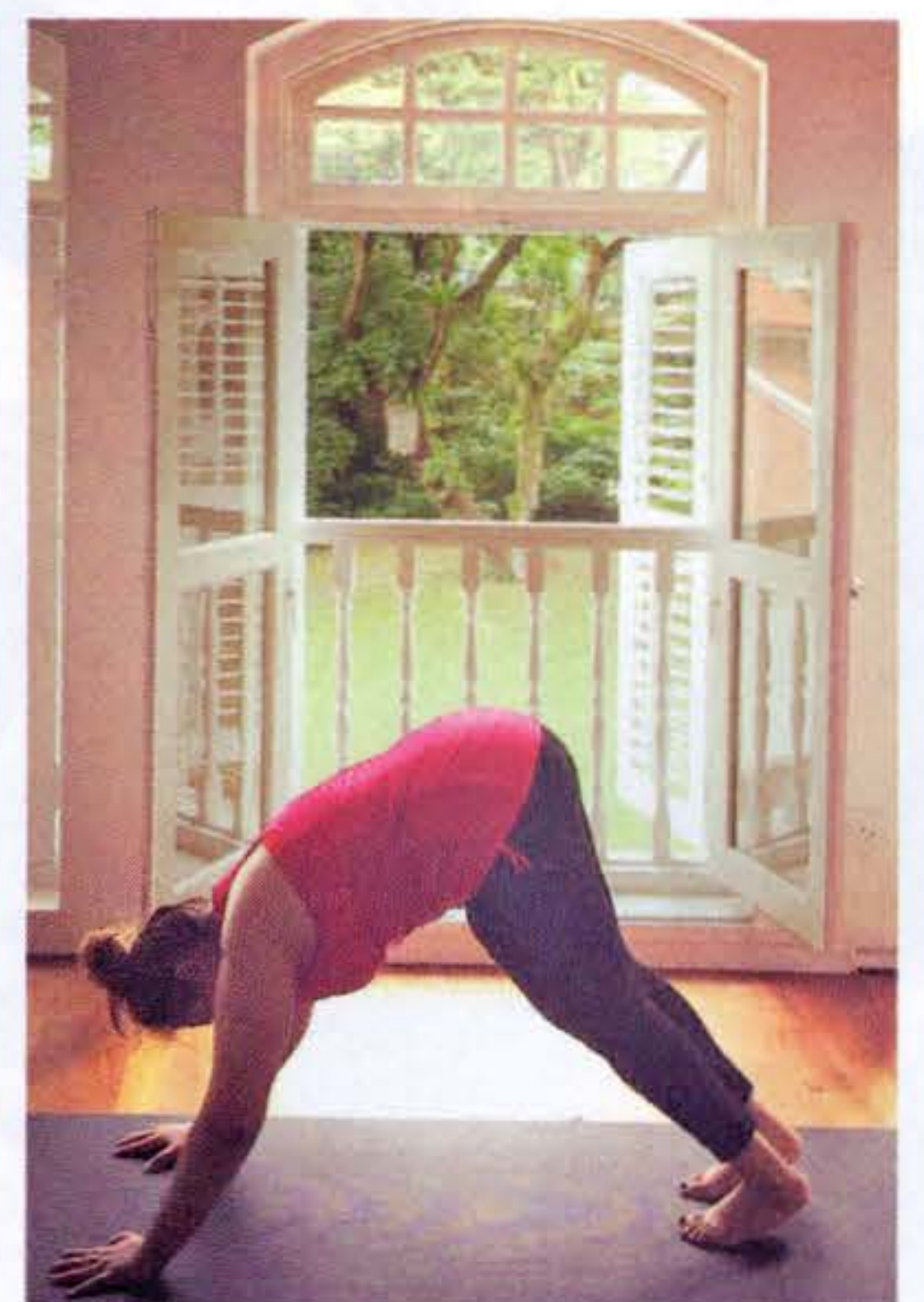
Cheryl gets clingy with her float.

SEABREEZE WATER SPORTS

You know that scene in the movies where the good guy lands up clinging to the roof of a moving vehicle for dear life? Well, I lived out my action hero dreams for twenty minutes, as I clung onto a round float while an instructor on a high-powered jet ski took me on a scenic tour around Sentosa beach. It was thumbs up for me the entire time (a.k.a the signal to go faster), causing the float to jump over waves as sprays of salt water ruined my blow out faster than you can say #YOLO. I fell off once—not bad for a first-timer—but my biceps felt good enough to give He-Man a run for his money. — CC



Wave House Sentosa, 36 Siloso Beach, Sentosa. TEL: 6376 4336



TAHITI DANCE FITNESS

I was initially sceptical to try out this Tahiti Dance Fitness class because I wasn't sure how rigorous of a workout it was (and I'm a terrible dancer!). I had to use my core muscles for most of the dance steps which involved lots of movement of the waist and hip area. Don't worry if you can't keep up as the instructor, Beatrice, makes sure you're not left behind. Overall, this fun (ladies-only) session helped me feel more good about my body, work on my abs and groove to the beat! — FM

#02-01, Greatwood Building. Tel: 8374 8408



Getting our luau on.



KAPAP ACADEMY

Don't be surprised if you find yourself wailing/screaming/running around like a headless chicken in this Modern Street Combatives class at Kapap Academy (because I totally did!)

What can be said for heels could be applied here: No pain, no gain. The unique street defense system draws from various martial arts to help you to stay safe on the mean streets. It's no wonder us females make 70 per cent of the students here! The instructors are super nice but they sure don't cut back during demos to re-enact danger scenarios realistically—I learnt that the hard way when I found myself flailing on the ground and spewing expletives (oops!). I'm glad I stuck it out because I learnt loads. Persevere and you'll be rewarded. Kapap Academy is not one of those chichi workout places—though that might change with the new Raffles Place branch—but whatever you learn here is really useful and rather essential! — EN

22 Keong Saik Road. Tel: 90276996

THE YOGA COLLECTIVE

As a try-anything-once enthusiast, I decided to give the Triple Threat Bootcamp (\$35 per session) The Yoga Collective (@TheYogaCo) a go. The intense 90-minute workout combines practices of Hatha Yoga, gymnastics, and High Intensity Interval Training (HIIT). It's an intermediate level class, so don't guilt yourself if you're not perfect—instructor Erica ensures you sweat out your inhibitions. I was beat by the end of the class, and every limb went snap, crackle and pop. But I survived, and felt rejuvenated and accomplished.

— AG
73 Kim Yam Road, Level 3. Tel: 63343306



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