

Body by Kris turns 8

Body by Kris (BBK) is celebrating eight fabulous years this season and the celebrations include discounts and a range of exciting new packages.

Body by Kris features 100+ state of the art resistance and cardiovascular training equipment, highly trained, professional staff, the most advance fitness programs and classes, all housed in a 8,000 sq ft space.

Eight years in the making, Body by Kris is geared to provide the ultimate experience for everyone. In celebrating their birthday, BBK is giving discount prices for new memberships, along with a few more surprises in store. The Body by Kris Fitness Elite is teaming up with Tony & Dee salon to present their new members with Rs. 8,000/- worth of free treatments.

Also on offer are BBK's new Pilates, Aerobics and Zumba classes for all enthusiastic members. The art of Pilates has many aspects that enrich our lifestyle which enables us to be healthy throughout our lifetime. Recognising the true value of Pilates, BBK makes available to their members a certified instructress in Pilates and Kundalini Yoga Meditation trained in Singapore with over 15 years experience.

For those who are keen on maybe a round of golf, the BBK premises comprises of its very own indoor golf practice cage where non-members can also use these facilities.