



Corporate Health
Initiative Pte Ltd

CHI- Fitness Boot Camp

What exactly is a Fitness Boot Camp?

Fitness Boot Camp is a fun, results orientated body conditioning program that's conducted at Fort Canning. Every session is conducted in the great outdoors using the most sophisticated piece of Fitness equipment ever made; YOUR BODY.

What is a typical workout?

The good news is; there isn't one. Each session that you come to will be challenging in a different way, that's the beauty of these programs, you get to experience new ways of challenging your body and mind while having fun! What you can expect however, is one hour of functional conditioning exercises using your body weight, basic fitness equipment and anything your instructor sees in the park that can be used to get your body moving! From circuits, obstacle courses, stretching and interval training.

What results can I expect?

This program is suitable for people of every fitness level. Your fitness level will be assessed periodically, your first assessment will be your baseline measurement which we will be working on improving throughout your time with us. Assessments are done within the sessions approximately every 4 weeks.

How much does it cost?

You can purchase a block of 4 or 8 sessions, a block of 4 sessions is \$110, block of 8 sessions is \$200. The blocks of sessions are valid for 6 and 12 weeks respectively. A drop-in session is \$30.

Do I have to attend every session?

You are not obliged to attend every session however please be aware of the validity of your package.



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When and where is it conducted?

Sessions are conducted each Tuesday 7am. The Fitness Boot Camp is located right at the very top of Fort Canning, near the Fort Gate. More days and times are planned for a later date. Just above Legends and Fort Canning Centre and only a short walk from Dhobt Gaut MRT.

What happens if it rains?

If it rains, we still train! Rain, hail or shine your training session will still be on. In the event that it is wet, the training session will be moved to a nearby undercover area, expect to still get a bit wet however.....

What do I need to bring?

First and foremost you need to bring an open mind! You should also bring a towel (not a new one as you may need it to lie down on the grass), and bring plenty of drinking water (1 or 2 500ml bottles)

Who are the trainers?

All our trainers are fully qualified fitness professionals whose goal is to improve your health and fitness regardless of your initial fitness level.

How do I sign up?

For a registration form please email info@chi.com.sg or call Daniel at 9137 4423.

