



ST. GREGORY

THErapy • FITNESS • AESTHETICS • ACTIVE-AGEING

## **Work Your Cha-Cha-Cha with St. Gregory Latino Fitness Dance Class – No Partner Required!**

Led by world-renowned ballroom dance veteran Mark Lucas, St. Gregory Latino Fitness Dance class adds a unique groove to your workout session.

[Singapore, May 2011] Feel intimidated by partner dances? Don't have the time to go for a class after work? Here's an easy, and fuss-free way to get the basics of Latin-American dances while giving your heart and muscles an entertaining workout – St. Gregory Latino Fitness dance class.

Latino Fitness is a dance sport and a lunchtime affair of fun and fitness. Get your hips shaking and your feet moving to the infectious beats of cha cha, jive, samba and rumba. Each 45-minute lesson is a mish-mash of different styles and genres that will provide a satisfying moderate afternoon workout. The lesson is followed by lunch – guests can choose to dine in or busy executives can do takeaways bento-style.

Best thing about St. Gregory's Latino Fitness Dance class is the fact that dance partners are not required, and students can come to class in any outfit and footwear they like, as long they are comfortable (flats are recommended). At the end of the 10-lesson course, students can expect to have grasped the foundation of Latin-American ballroom dance, and will be able to dance with a partner at social events.

"It is an easy way to get into dancing without the pressure of doing it with a partner. You get to work most muscles in the body and improve your posture tremendously at the same time," says Mark Lucas, Principal of Lifestyle Unit and class instructor. Hailing from the UK, Mark is armed with 36 years of dance experience and choreographs each class to suit participants' fitness level and experience.

All one needs to do is to come with an open heart and empty stomach, and be prepared to shimmy the mid-day stress away. The class is open to all adults of all ages and fitness levels. No dance experience is required.

St. Gregory's Latino Fitness Dance is priced at \$35 per class, \$160 for a package of 5 classes or \$300 for a package of 10 classes. Discounts at 15%, 20% and 25% are applicable to group bookings of three, six and nine pax respectively.

All classes start at 12 noon and will span 45 minutes, followed by lunch. Classes will be conducted at Club 5 at PARKROYAL on Beach Road.

For bookings and more information, interested participants can call 6505 5691 or email [fb.prsin@parkroyalhotels.com](mailto:fb.prsin@parkroyalhotels.com).

### **For more information and media interviews, please contact:**

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### **About St. Gregory**

Established in Singapore in 1997, St. Gregory is an integrated lifestyle management built on our unique four pillars of therapy, fitness, aesthetics and active ageing. A pioneer and market leader in the spa and wellness industry, St. Gregory continuously sets the trend for excellent expertise, offering specialised and traditional healing therapies ranging from Chinese Tui Na to Javanese massages and Ayurveda treatments, combined with advanced technologies and techniques from the United States and Europe. The outlets also have comprehensive fitness and wellness facilities to enhance your total well-being. St. Gregory is currently found in Singapore, Malaysia, Japan and China, and is part of the Pan Pacific Hotels Group, which also manages PARKROYAL Hotels and Resorts, Si Chuan Dou Hua Restaurants and PARKROYAL Residences.