



#One Nation Together

Saluting 52 Years of Singapore Independence

Every August fills us with pride as we commemorate Singapore independence and celebrate how far our nation has grown since its humble beginnings. This month, join us as we celebrate in the best way we know - through a celebration of Singapore flavors.

Registrations to this month's Pulut Panggang workshop and Masterclass in the Park with Chef Nick will be closing soon. These sessions are not to be missed if you've always wanted to try your hand at unpretentious local delicacies.

Thank you to our members who joined us at last month's Rose and Pistachio cake workshop, highlights are available for your viewing pleasure [here](#).

Cheers and see you at the Club.

Oh Chee Eng, CEO



Congratulations to **Mr. Cai Xiaofeng**, our newly-minted Top Spender for the month of July. Mr. Cai has won a pair of actual day tickets to the 52nd National Day Parade.

You can be a winner too!

Don't forget that event booking expenses also account towards your Club spend.

Good luck!



August Member Specials at The Salon & Tisettanta Lounge

AUGUST MEMBER SPECIALS



Enjoy Seafood Horfun \$10+
Available for dine-in at The Salon



1 for 1 Refreshing Smoothies
Available at The Salon and Tisettanta Lounge

Available daily at The Salon and Tisettanta Lounge from 1 - 31 August 2017.

For reservations and inquiries, contact The Salon at 6799 8809 or fnb@hfcsingapore

*Points not applicable.

Club Social Calendar – August & September



Pulut Panggang Workshop with Wanie

Minimum: 5 pax | Maximum: 10 pax

2.30pm to 4.30pm, The Salon

Saturday 5 August 2017, \$5.00 nett per person

Typically made with pulut rice, grated coconut, dried prawns, coriander and belacan, Pulut Panggang is a delicious Malay kuih wrapped in banana leaves. The fragrance of coconut glutinous rice with spicy prawn filling wrapped in banana leaves makes it the ultimate tea-time snack.

Limited to 10 participants on a first-come-first-served basis. Registration closes on 2 August 2017 or when full.

Register Me



Masterclass in the Park: Claypot Rice with Chef Nick

Minimum: 5 pax | Maximum: 10 pax

2.30pm to 4.30pm, The Salon

Saturday 19 August 2017, \$5.00 nett per person

Named for how it is traditionally cooked in a claypot over a charcoal stove, here's your chance to learn how to whip up your own Claypot Rice. Say goodbye to long waits at the hawker centre and savour this dish from the comfort of your own home.

Limited to 10 participants on a first-come-first-served basis.
Registration closes on 16 August 2017 or when full.

Register Me



Masterclass in the Park: Nasi Biryani with Chef Hamzah

Minimum: 5 pax | Maximum: 10 pax

2.30pm to 4.30pm, The Salon

Saturday 10 September 2017, \$5.00 nett per person

Aromatic and spicy with saffron-infused basmati rice and spicy chicken, join us as Chef Hamzah imparts the know-how in preparing his signature Chicken Nasi Biryani.

Limited to 10 participants on a first-come-first-served basis.
Registration closes on 7 September 2017 or when full

Register Me



Introduction to Zumba

Minimum: 5 pax | Maximum: 10 pax

11.00am to 12.00pm, Gym Studio

Saturday 24 September 2017, \$5.00 nett per person

ZUMBA is the hottest new craze! Tone your abs, arms, hips and buns with the latest dance moves.
Join Shah in an hour long fusion of cardio, hip hop, salsa and aerobics.

Limited to 10 participants on a first-come-first-served basis. Registration closes on 20 September 2017 or when full

Register Me



Fitness in the Park

Sign-up for free classes like Fitball, High Intensity Circuit Training and Body Sculpting conducted by our qualified Dynaforce professional instructors. For more information contact the gym team or membership department.

MORE FREE FITNESS CLASSES at the gym. Every Tuesday, Thursday and Saturday.

TUESDAY - 12pm to 1pm:

August 2017 - Lower Body Strengthening

August 2017 - Fitball Workout

August 2017 - Sculpting Class

August 2017 - Upper Body Strengthening

THURSDAY - 1pm to 2pm:

August 2017 - Fitball Workout

August 2017 - Sculpting Class

August 2017 - Upper Body Strengthening

August 2017 - Circuit Training

August 2017 - Lower Body Strengthening

SATURDAY - 10am to 11am:

August 2017 - Upper Body Strengthening

August 2017 - Circuit Training

August 2017 - Fitball Workout

August 2017 - Lower Body Strengthening

EXCLUSIVE OFFERS FOR MEMBERS



Celebrate the 52nd Singapore National Day in bliss at Chinois Spa.

Enjoy 50% off the 60 minutes Chinois Touch Massage (U.P. \$150 nett)

Limited to the first 100 The Legends Fort Canning Park members
Valid from now to 31 August 2017

Contact Chinois Spa at 6836 3363 or visit www.chinoisspa.com.sg for more information.
Terms and conditions apply.



Stay and Sleep in Style

Members: from SGD209+ |
Member's Guest: from \$275++ guests of members

For reservations and enquiries, contact Reservations at 6559 6769 or email reservations@hfcingsingapore.com.

Terms and conditions apply.



Body scrub + 60-Minute Body Massage (\$158.00)

Exfoliate and hydrate your skin with Chinois Spa's Lavender Sea Salt Scrub, leaving your skin smooth and soft and enjoy a highly therapeutic, body, mind and soul-soothing massage to have you feeling serene & revitalized.



Facial (\$98.00)

A delightful aromatic blend of pure essential oils makes this facial unforgettable. This experience includes cleansing, gentle exfoliation with enzyme power mask and an aromatic massage. The ideal mask best suited for your skin type to improve hydration and soothing. Ideal for sensitive skin

Members also enjoy 30% off non-promotional a la carte treatments at Chinois Spa.

For enquiries, please call Chinois Spa at 6836 3363.



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Our mailing address is:

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