



Cheers and Bottoms Up!

Please join us in welcoming Chef Jeffrey Tan, our new Director of Kitchen. In a change to the existing schedule, Chef Jeffrey will be leading the upcoming Nasi Biryani workshop.

This month we gear up for Singapore's iconic night race. Experience the race in comfort at The Salon with the return of the Race Platter (\$25+) which includes a glass of Tiger beer, or chase the adrenaline with the Flaming Torque. Don't miss The Salon's signature take on the classic Deep-fried Pork Knuckle as OktoberFest comes around, available in limited servings daily.

Thank you to our members who joined us at last month's Claypot Rice Masterclass with Chef Nick. Highlights are available for your viewing pleasure [here](#).

Lastly if you love movies, here's your chance to join [WE Club](#) with a waiver on membership fees. Find out more below.

In the spirit of OktoberFest, proust and see you at the Club.

Oh Chee Eng, CEO

Yoga
in the Park

Day: Every Sunday
Time: 8.30am to 9.30am
Venue: Garden Terrace or Gym Studio (due to rain)
Price: \$5.00+ for members (\$10+ for Members Guests)
 Terms & Conditions apply.

Enjoy a slice of cake and \$25 voucher from us on your birthday month!

September Member Specials at The Salon & Tisettanta Lounge

SEPTEMBER MEMBER SPECIALS



Enjoy Mee Goreng \$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 - 30 September 2017.

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

*Points not applicable.

Club Social Calendar – September & October



Masterclass in the Park: Nasi Biryani with Chef Jeffrey Tan

Minimum: 5 pax | Maximum: 10 pax

2.30pm to 4.30pm, The Salon

Sunday 10 September 2017, \$5.00 nett per person

Join us as Chef Jeffrey guides you on the how-tos in the preparation of a 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

Sunday 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



Members' Health Talk - Everyday Pain and How to Combat It
2:30pm to 3:30pm, The Living Room
Sunday 8 October 2017

This talk by the Chiropractic Focus Group is focused on educating individuals in overcoming and managing their condition, and achieving optimal health and function through natural Chiropractic Care.

[**Register Me**](#)



Halloween Make-up Workshop

Minimum: 5 pax | Maximum: 10 pax

2:30pm to 4:30pm, The Salon

Saturday 28 October 2017, \$5.00 nett per person

Getting ready for an incredible Halloween party or thinking about dressing up to scare your colleagues? When make-up alone is not enough, learn how to use special effects make up to create the magnificent vision that you desire.

Limited to 10 participants on a first-come-first-served basis. Registration closes on **25 October 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:

Lower Body Strengthening
Fitball Workout
Sculpting Class
Upper Body Strengthening

THURSDAY - 1pm to 2pm:

Fitball Workout
Sculpting Class
Upper Body Strengthening
Circuit Training
Lower Body Strengthening

SATURDAY - 10am to 11am:

Upper Body Strengthening
Circuit Training
Fitball Workout
Lower Body Strengthening

EXCLUSIVE OFFERS FOR MEMBERS



**LOVE MOVIES?
JOIN THE CLUB.**

We're partnering with **WE Cinemas** to provide our members with WE Club rewards.

To sign-up or find out more, visit our membership desk or call: +65 6559 6795 or email: contact@legendsfortcanning.com



Complimentary membership
for The Legends Fort
Canning Park members.



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