

Free

Body Composition Analysis

Learn how fit your body really is!

Muscle - Fat Analysis

Skeletal Muscle Mass & Body Fat Mass

Obesity Diagnosis

Body Mass Index, Percentage Body Fat
& Waist-Hip Ratio

Nutritional Evaluation

Protein, Mineral & Fat

GYM | AEROBICS | STEP | KICKBOXING | PILATES | YOGA | SCULPTING | DANCE | CARDIOLATINO® | BELLYBLITZ® | STRETCHFIT® | BOLLYBLITZ® & MORE

AMORE FITNESS & BOUTIQUE SPA Ladies Exclusive

	Bugis Village	Bugis Junction	Heartland Mall	Jurong Point 2	Plaza Singapura	Thomson Plaza	Woodlands Civic Centre
FITNESS		6336 6822	6285 1822	6337 7333	6733 7333	6223 3822	6892 1822
SPA	6338 1822		6280 7822	6226 7822	6334 4822	6732 1822	6894 2822

AMORE LIVING For Everyone

	Tampines 1	City Square Mall
FITNESS	6789 8822	6781 1822
SPA	6784 1822	6789 1822

AMORE DEFINE SPA For Everyone

Liang Court
6339 7822
(Couples Suites by Appointment)

amore
www.amorefitness.com