

# WIN PowerMoves Pilates Workshop One-Day Pass, worth \$150



Transform your body and refresh your mind with Pilates at PowerMoves' Studios. Its rustic, lush studio at Novena Specialist Centre offers private and group classes on the Mat and Reformer, with 100 weekly classes to choose from, each with a diverse range of styles and benefits. Whether you're aiming to improve your posture and balance, or build your muscle tone, you'll enjoy better health and greater confidence with regular Pilates sessions at PowerMoves.

**PowerMoves Pilates Workshop:**

Date: 25th February 2017 (Saturday)

Venue: Novena Specialist Center, 8 Sinaran Drive, #02-05, Singapore 307470

Enter Code: **PM#217**  
to increase your chances to win.



## HOW TO WIN

1. Visit [www.womensweekly.com.sg](http://www.womensweekly.com.sg)
2. Click on the "WIN + EVENTS" tab.
3. Select the contest you wish to take part in and fill in the required fields.
4. Fill in the promo code to increase your chances of winning.

**Terms & conditions:**

Promotion is valid from **January 16 to February 15, 2017**. Winners will be notified via email by Feb 20, 2017. Promotion is open to all residents of Singapore, other than employees and their families of SPHM Pte Ltd and its associated agencies.

