**BADMINTON**

**Do I need to be good at badminton?**
No, anyone can play! You can join as a complete beginner and you’ll be taught properly and safely. No previous experience is required, just a willingness to try and keep going.

**Do I need to bring a racket?**
No, we provide everything you need. You just need to come along with a change of clothes.

**What should I wear?**
We suggest comfortable clothing that allows you to move freely and footwear that is suitable for sports. It’s also a good idea to bring a water bottle to stay hydrated.

**Where is the Badminton Centre?**
The Badminton Centre is located at 123 Sportsway. It’s easily accessible with public transport and parking is available on-site.

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**FATBURN EXTREME**

**What is Fatburn Extreme?**
It’s an intense, high-intensity interval training (HIIT) workout that combines cardio and strength training to maximize calorie burn in a short amount of time.

**What should I wear?**
Wear comfortable athletic clothes and sneakers. It’s important to layer up to protect against the cold. We recommend wearing bright colors for visibility.

**Where is the Fatburn Extreme Centre?**
The Fatburn Extreme Centre is situated at 456 Fitness Park. It’s located in the city center and is accessible by public transport.

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**METAFIT**

**What is Metafit?**
Metafit is a high-intensity workout that includes a mix of strength, cardio, flexibility, and mobility exercises. It’s designed to improve overall fitness and body composition.

**What should I wear?**
Wear athletic clothing that allows for a full range of motion. Comfortable footwear is essential to prevent injury.

**Where is the Metafit Centre?**
The Metafit Centre is located at 789 Health Hub. It’s easily accessible by car, with ample parking available.

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**MOKYFIT**

**What is Mokyfit?**
Mokyfit is a fusion of yoga and dance, combining the calming effects of yoga with the rhythmic movements of dance. It’s a great way to improve flexibility and core strength.

**What should I wear?**
Dress in comfortable, loose-fitting clothes that allow for a full range of motion. No shoes are required.

**Where is the Mokyfit Centre?**
The Mokyfit Centre is situated at 012 Urban Soul. It’s within walking distance of the city center.

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**TAI CHI**

**What is Tai Chi?**
Tai Chi is a Chinese martial art that combines movement and mental focus. It’s great for improving flexibility, balance, and overall health.

**What should I wear?**
Comfortable, loose-fitting clothing and comfortable footwear are recommended. Tai Chi is a gentle exercise, so there’s no need for high-impact gear.

**Where is the Tai Chi Centre?**
The Tai Chi Centre is located at 345 Peace Park. It’s a tranquil environment with plenty of natural light.

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**YOGA**

**What is Yoga?**
Yoga is a discipline of physical postures that enhance flexibility, strength, and balance. It’s a holistic practice that also emphasizes the mind-body connection.

**What should I wear?**
Wear comfortable, stretchy clothing that allows for movement. Yoga usually requires minimal equipment, so you’ll only need a mat and possibly some blocks.

**Where is the Yoga Centre?**
The Yoga Centre is located at 678 Mindful Haven. It’s a serene environment with soft lighting and plenty of greenery.

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**Is it suitable for beginners?**
Yes, yoga is excellent for beginners as it helps to improve flexibility, strength, and balance.

**Is it suitable for yogis?**
Yoga is suitable for all levels of yogi, from beginners to advanced practitioners. It’s a personal practice that can be adapted to fit your needs.

**Do you need to bring a yoga mat?**
No, we provide everything you need. It’s a good idea to wear comfortable, stretchy clothes that allow for movement.

**Is my yoga suitable if I’m pregnant?**
Yes, we have classes specifically designed for pregnant women. It’s important to check with your doctor before starting any new exercise program during pregnancy.