

TIMEOUT HONG KONG

Time Out Hong Kong



INSIDE

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'boss of culture'
Funky furnishings!
Racism & education
Pheasant: you game?

**KNOW MORE.
DO MORE.**

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EXCLUSIVE—
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X
TERENCE YIN
TRANSPARENT

THE VERY BEST OF



(SHH! DON'T TELL THE TOURISTS)

Secret walks, brilliant bars and vintage shops
– discover the gems that visitors miss

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Date: 26 October 2011

Frequency: Fortnightly

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Pilates for men

Traditionally men hit the gyms to boost their muscles and get ripped, but now here's an alternative.

Pilates. I know what you're thinking, but pilates is definitely not just for the girls. Pilates can prevent work-out induced injuries as the exercise helps to **enhance flexibility**, as well as improving strength, posture and, most importantly, **endurance**.

Iso Fit is now operating pilates classes exclusively for men. The courses will focus on flexibility and enhancing performance in other sports. First 20 men signing up to 10 or more sessions will receive one free lesson. 8/F, Yu Yuet Lai Building, 43-55 Wyndham St; 2869 8630 or visit www.isofit.com.hk.

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