

Free Workout at the Park

With the objective of inspiring the public to choose a healthy lifestyle, Naza TTDI together with Under Armour launched its socially driven initiative, Armour@ThePark, in the month of May. Members of the public can enjoy free workout sessions at 6.30pm every Tuesday until December 19, 2017, at Naza Tower, Platinum Park, KL. The weekly 1.5 hour sessions will incorporate different fitness disciplines such as Isolated Body Workout, Yoga, TRX and Kettlebell Work and RMT Workout. Fitness professionals from Under Armour's gym partners will lead the workout sessions. People of all fitness levels are invited to take part.



L-R: Peter Davis (Under Armour Brand Athlete) and SM Fallq SM Nasimuddin (Deputy Executive Chairman and Group Managing Director of Naza TTDI Group) enjoying the group workout session.