

CAPITAL PLACE

FEBRUARY NEWSLETTER



**LOSE YOURSELF IN THE MUSIC,
FIND YOURSELF IN SHAPE.**

On 23 January 2019, we held a free Zumba class on Level 2 at Komunal. Zumba class ticks all the boxes that fitness instructors look for in a complete cardio workout. The class was thoroughly enjoyed by all who attended.

For more of Capital Place Exercise Classes in 2019, please follow our Instagram [@capitalplacejakarta](https://www.instagram.com/capitalplacejakarta)



COMING SOON IN FEBRUARY - SEKAR PALA

Sekar Pala is currently fitting out on level 3 of the Retail Podium and soon it will be time for you to pamper your taste buds.

Indonesia is rich and plentiful in natural produce, herbs, and spices. It gives people a certain freedom to be creative and resourceful in creating traditional recipes that are not only delicious, but also tell stories about the culture's customs and history.

From the famed Indonesian fried rice to different soups, discover the best dishes in Indonesia.

Take a look on their tasty dishes by visiting their Instagram [Sekar Pala](#)



**ALSO COMING SOON IN FEBRUARY - FORE
COFFEE**

Fore Coffee is in progress of fitting out their new cafe on Level 3 of the Retail Podium.

To spread their passion for coffee, Fore Coffee brew specialty coffee from the finest ingredients. Leveraging network and experience, they use the latest technology in bean blend. Directly from the selected farmer, high-quality beans are processed and roasted to perfection then passed on to their skilled barista, who prepares the cup of happiness to be served to you especially.

See how they brew at [Fore Coffee](#) and download their app through [App Store and Google Play](#).



BE READY TO FEEL LONGER, LEANER, STRONGER!

Due to the popularity of the complimentary monthly exercise classes, we have now increased the frequency to two weekly. Our next exercise class will be Pilates.

Pilates is simply strength and flexibility with control. Pilates will teach you how to move your body correctly. Once you move correctly you will get those great abs and those workout results that you desire. You can also expect to reduce a lot of pain by moving your body correctly – a double benefit.

Join our class in Komunal on 6 February 2019.

Registration is free.

Limited slots!

Please register to [Concierge](#).



GET YOUR POUND ON!

POUND uses the drumming in an effective way of working out. You make the music in this exciting full-body workout. Combining cardio, conditioning and strength training with yoga and pilates-inspired movements. A little something for everyone, POUND is designed for all fitness levels.

Join our class in Komunal on 20 February 2019. Perfect atmosphere for letting loose, getting energized, toning up and rocking out!

Registration is free.

Limited slots!

Please register to [Concierge](#).



TASTE THE SWEET AND GET AN INSTAGRAM-WORTHY PHOTO

Looking for something to do at lunch time? Head over to House of Sweets in the Capital Place complimentary shuttle service and reward yourself with delicious sweet drinks! Check out House of Sweets photo exhibition at Pacific Place, Ground Floor only until 14 February 2019.

Be inspired for your own 'photo shoot'!

For more info, please visit [House of Sweets](#)



LUNAR NEW YEAR

Something sweet, beautiful and auspicious as a perfect gift to celebrate the Year of Earth Pig? You can get this pair of Koi Fish Jelly, made of aloe vera jelly and lychee and rose jelly. Available at La Patisserie, Four Seasons Hotel Jakarta starting now until 10 February 2019.

Please stay tune for more pastry delight [@fsjakarta](#)



HAPPY HOUR, GET-TOGETHER

Planning to gather your co-workers for a fun and exciting after work happy hour? Lalla and RTL is the answer. This gathering can be as formal as you like and is a great way to mingle with your business associates outside of the work setting.



[Website](#)



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