



# ACTIVITIES NEAR YOU

**Bukit Panjang**  
(From Jul to Sep 2023)

## About **Healthier SG**

Healthier SG is a national initiative to transform Singapore's healthcare system to have a greater focus on preventive care to help residents stay healthy, detect health issues early and manage them well. Under Healthier SG, residents will be empowered to take steps to improve their health proactively with the support of their trusted family clinic and community partners.

Healthier SG empowers you to take charge of your health and supports you every step of the way.

## HEALTHIER YOU, WITH **HEALTHIER SG**



MINISTRY OF HEALTH  
SINGAPORE



An initiative of

**FORWARD** 

# Health Promotion Board

All activities offered by HPB are free.

Tel: 1800 223 1313

## Resistance Band Exercises

Date & Time: Sundays at 7.30am

Location: 10 Bukit Panjang Ring Rd

## Resistance Band Exercises

Date & Time: Fridays at 8.00pm

Location: 105 Gangsa Rd

## Tai Chi

Date & Time: Tuesdays at 7.30am

Location: 234A Bukit Panjang Ring Rd,  
Multi-Storey Carpark

## Tai Chi

Date & Time: Thursdays at 7.30am

Location: 434 Bukit Panjang Ring Rd #01-643

## Zumba Gold

Date & Time: Thursdays at 8.00pm

Location: 121 Pending Rd #01-158

## Zumba Gold

Date & Time: Fridays at 9.30am

Location: 242 Bukit Panjang Ring Rd #01-159

## Zumba Gold

Date & Time: Sundays at 7.30am

Location: 105 Gangsa Rd

# Active Ageing Centres

All activities offered at AACs may incur charges.

## Precious AAC (Fajar Spring)

Blk 454 Fajar Rd #01-582

Tel: 6497 6703

## Brisk Walk Exercise @ Zhenghua Park

Date & Time: Thursdays (Fortnightly)  
at 8.30am

## Joyful & Happiness Exercise

Date & Time: Thursdays (Adhoc)  
at 9.00am

## Morning Exercise

Date & Time: Daily at 9.00am

## Resistance / Stretch Band

Date & Time: Wednesdays at 9.00am

## Zumba Gold

Date & Time: Mondays at 9.00am

## Mind-Stimulating and Social Activities

(e.g. Bingo)

## Brisk Walking

Date & Time: Tuesdays at 8.00pm  
Location: Bukit Panjang Zone 10 RC  
Cost: Free

## Brisk Walking Interest Group

Date & Time: Mondays at 8.00pm  
Location: Bukit Panjang CC  
Cost: Free

## Brisk Walking Interest Group

Date & Time: Sundays at 7.00am  
Location: 213A Petir Rd, Community Hall  
Cost: Free

## Brisk Walk Interest Group 23

Date & Time: Sundays at 7.00am  
Location: 116 Pending Rd, Hard Court  
Cost: Free

## Dance Fit Club Interest Group

Date & Time: Tuesdays at 9.00am  
Location: 227A Pending Rd, Community Hall  
Cost: \$6

## Health Qigong Class

Date & Time: Wednesdays at 10.00am &  
Saturdays at 12.00pm  
Location: Bukit Panjang CC #02-08  
Cost: \$50 for 8 sessions

## Line Dance (Elementary)

Date & Time: Mondays at 10.00am & 1.00pm  
Location: Bukit Panjang CC #02-05  
Cost: \$50 for 10 sessions

## Line Dance (Elementary)

Date & Time: Tuesdays at 12.30pm  
Location: Bukit Panjang CC #02-04  
Cost: \$50 for 10 sessions

## North West Brisk Walking Club

Date & Time: Sundays (Exclude 1st Sunday of  
the month) at 7.00am  
Location: Blk 105 Gangsa Rd, Hardcourt  
Cost: Free

## Qigong Interest Group

Date & Time: Mondays - Fridays at 8.00am  
Location: Bukit Panjang CC, Sepak Takraw  
Court  
Cost: \$6 per year

## Stretch Band Interest Group

Date & Time: Mondays at 9.30am  
Location: 234A Bukit Panjang Ring Rd, Bangkit  
Court  
Cost: Free

## Taiji (Elementary)

Date & Time: Saturdays at 12.00pm  
Location: Bukit Panjang CC #04-04  
Cost: \$45 for 12 sessions

## Taiji (Intermediate)

Date & Time: Saturdays at 2:00pm  
Location: Bukit Panjang CC #04-04  
Cost: \$45 for 12 sessions

## Taiji Interest Group

Date & Time: Sundays at 8.00pm  
Location: Bukit Panjang CC, Sepak Takraw /  
Basketball Court  
Cost: \$6 per year

## Taijiquan

Date & Time: Thursdays at 7.30pm  
Location: 441 Void Deck,  
Bukit Panjang Zone 10 RC  
Cost: \$40

## Yoga Class

Date & Time: Thursdays at 8.30pm  
Location: Bukit Panjang CC #02-08  
Cost: \$55 for 10 sessions

## Mind-Stimulating and Social Activities (e.g. Gardening)

# Sport Singapore

Tel: 1800 344 1177

**Active Health Lab - Jurong East Sport Centre**  
21 Jurong East St 31

**Balance & Muscular Fitness Workshop**  
Date & Time: Tuesdays, Wednesdays & Saturdays at 8.00am  
Cost: \$6

**Body Composition Assessment**  
Date & Time: Wednesdays & Saturdays at 8.00am  
Cost: \$7

**Cardiovascular Fitness Workshop**  
Date & Time: Fridays at 8.00am & Saturdays at 9.30am  
Cost: \$6

**Combat Age-Related Loss of Muscle (CALM 1.0)**  
Date & Time: Tuesdays & Wednesdays at 12:00pm  
Cost: \$60

**Discovery Walk in the Park**  
Date & Time: 1st Friday of the month at 9.00am  
Cost: Free

**Fitness and Health Assessment**  
Date & Time: Tuesdays at 9.30am & 4.00pm, Fridays at 10.45am & 12.00pm, Saturdays at 12.00pm & 4.00pm  
Cost: \$7

**Stronger at 40**  
Date & Time: Thursdays at 12.00pm  
Cost: \$48

**Manage Diabetes with Exercise**  
Date & Time: Wednesdays at 4.00pm  
Cost: \$60

**Manage Hypertension with Exercise**  
Date & Time: Saturdays at 2.00pm  
Cost: \$60

**Manage Obesity with Exercise**  
Date & Time: Thursdays at 4.00pm  
Cost: \$60

**Manage Osteoarthritis with Exercise**  
Date & Time: Fridays at 4.00pm  
Cost: \$60

**Active Health Lab - Jurong East Sport Centre**  
291 Boon Lay Way, Jurong Central Park  
McDonalds' Entrance

**Discovery Walk in the Park**  
Date & Time: 2nd Thursday of the month at 9.00am  
Cost: Free

**Active Masters - Choa Chu Kang Sport Centre**  
1 Choa Chu Kang St 54, Atrium Level 2

**Active Masters Square Stepping Exercise**  
Date & Time: Tuesdays at 9.00am  
Cost: Free

**Active Masters - Senja-Cashew Swimming Complex**  
101 Bukit Panjang Rd, Pool Entrance

**Active Masters Square Stepping Exercise**  
Date & Time: Wednesdays at 9.00am  
Cost: Free

**Active Masters - Jurong East Sport Centre**  
21 Jurong East St 31, LCD Studio

**Active Masters Square Stepping Exercise**  
Date & Time: Tuesdays at 9.00am  
Cost: Free