



ACTIVITIES NEAR YOU

Jurong Central
(From Jan to Mar 2024)

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.



MINISTRY OF HEALTH
SINGAPORE

Supported by:





Jurong East Sport Centre
21 Jurong East St 31

Balance & Muscular Fitness Workshop

Tuesdays, Saturdays – 8.00am
\$6

Body Composition Assessment

Wednesdays, Saturdays – 8.00am
\$7

Discovery Walk in the Park

First Friday of the month – 9.00am
Free

Fitness and Health Assessment

Tuesdays – 9.30am, 4.00pm
Fridays – 10.45am, 12.00pm
Saturdays – 10.45am, 4.00pm
\$7 (promo rate)

Combat Age-Related Loss of Muscle (CALM 1.0)

Tuesdays, Wednesdays – 12.00pm
\$60 for 8 sessions

Combat Age-Related Loss of Muscle (CALM 2.0)

Thursdays – 9.30am
\$48 for 6 sessions (promo rate)

Manage Diabetes with Exercise

Wednesdays – 4.00pm
\$48 for 6 sessions (promo rate)

Manage Hypertension with Exercise

Saturdays – 4.00pm
\$48 for 6 sessions (promo rate)

Manage Obesity with Exercise

Thursdays – 4.00pm
\$48 for 6 sessions (promo rate)

Manage Osteoarthritis with Exercise

Fridays – 4.00pm
\$48 for 6 sessions (promo rate)

Move to Age Better

Wednesdays – 9.30am
Free

Stronger at 40

Thursdays – 12.00pm
\$48 for 6 sessions (promo rate)

Make Every Move Count

Saturdays – 12.00pm
Free

Sport Centres



Jurong East Sport Centre
21 Jurong East St 31

Abs, Buns and Thighs

Tuesdays – 6.30pm
\$70

Step Aerobics

Tuesdays – 7.30pm
\$70

Aqua Aerobics

Tuesdays – 9.00am & 10.00am
Thursdays – 10.00am
Fridays – 10.00am
\$59

Wheel Yoga

Thursdays – 7.30pm
\$91

Community Centres



M - Member / NM - Non-member

Line Dance

Fridays – 6.30pm & 8.15pm
Sundays – 12.45pm & 3.00pm
Jurong Green CC, 6 Jurong West Ave 1
\$59

Hatha Yoga

Mondays – 7.30pm & 8.30pm
Jurong Green CC, 6 Jurong West Ave 1
\$53

Taijiquan

Mondays – 7.30pm & 8.30pm
Jurong Green CC, 6 Jurong West Ave 1
\$40

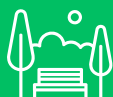
Taijiquan

Sundays – 9.00am
Jurong Green CC, 6 Jurong West Ave 1
\$50

Qigong

Saturdays – 7.00am
Jurong Green CC, 6 Jurong West Ave 1
Free

Parks



Discovery Walk in the Park by Active Health

2nd Thursday of the Month – 9.00am
Jurong Central Park McDonalds' Entrance,
291 Boon Lay Way
Free

Housing Estates



Zumba Gold

Wednesdays – 8.00pm
Blk 422 Jurong West St 42
Free

Zumba

Fridays – 7.30pm
Blk 403 Jurong West St 42, Jurong Central Zone
C RC, Basketball Court
Free

Zumba

Sundays – 9.00am
Blk 414A Jurong West St 42, Multi-Purpose Hall
Free

Zumba

Sundays – 8.00am
Blk 422 Jurong West St 42, Hard Court
Free

Low Impact Aerobics

Fridays – 7.30pm
Blk 493 Jurong West St 41, Jurong Central Plaza
Free

KpopX Fitness

Sundays – 11.00am
Blk 493 Jurong West St 41, Jurong Central Plaza,
493A Pavilion
Free

Active Ageing Centres



*Recommended for seniors 60 years old and above
*Please give a call to respective AAC to find out more before heading down

Anglican Senior Centre (Jurong West)
Blk 499 Jurong West St 41 #01-812
Tel: 6563 0343

Board Games/ Rummikub
Mondays, Thursdays & Fridays - 9.00am
Free

Chair Zumba Gold
Wednesdays – 10.30am
Free

Music & Song Appreciation
Thursdays – 2.00pm
Free

Harmonica Lesson
Mondays – 2.00pm
Free

**NTUC Health Active Ageing Centre
(Jurong Central Plaza)**
Blk 493 Jurong West St 41 #02-01
Tel: 6256 3671

Qigong
Thursdays – 9.00am
Free

Healthy Exercise
Tuesdays – 9.00am
Free

Chair Zumba Gold
Wednesdays – 9.00am
Free

Nagomi Art
Mondays – 10.00am
Free

Crochet/ Knitting
Fridays – 10.30am
Free

Zantangle ART
Mondays – 1.30pm
Free

Patchwork/ Handicraft
Thursdays – 2.00pm
Free

Rummy-O/ Rummikub
Tuesdays & Fridays – 2.00pm
Free

Chair Zumba Gold
Wednesdays – 9.00am
Free

Rolling Exercise
Wednesdays – 2.00pm
Free

Exercise with Razak
Tuesdays – 10.00am
Free

Qigong
Thursdays – 9.00am
Free

Taiji
Mondays – 10.00am
Free



For booking and more details on activities, refer to Healthy365 app or partners' websites