



ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

Jurong Central
(From Oct to Dec 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.



MINISTRY OF HEALTH
SINGAPORE



An initiative of

FORWARD 

Supported by:



Active Health Lab



活跃健康体检中心
Makmal Kesihatan Aktif
துடிப்பான
சுகாதார ஆய்வகங்கள்

Jurong East Sports Centre
21 Jurong East St 31

Fitness and Health Assessment

Date & Time: Tuesdays at 9.30am & 4.00pm,
Fridays at 10.45am & 12.00pm, Saturdays at
10.45am & 4.00pm
Cost: \$7

Manage Diabetes with Exercise

Date & Time: Wednesdays at 4.00pm
Cost: \$48

Manage Hypertension with Exercise

Date & Time: Saturdays at 2.15pm
Cost: \$48

Manage Obesity with Exercise

Date & Time: Thursdays at 4.00pm
Cost: \$48

Combat Age-Related Loss of Muscle (CALM 1.0)

Date & Time: Tuesdays & Wednesdays at
12.00pm
Cost: \$60

Move to Age Better

Date & Time: Wednesdays at 9.30am
Cost: Free

Discovery Walk in the Park by Active Health

Date & Time: 1st Friday of the month at 9.00am
Cost: Free

Balance & Muscular Fitness Workshop

Date & Time: Tuesdays & Saturdays at 8.00am
Cost: \$6

Cardio Jam by Active Health

Date & Time: Saturdays at 9.30am
Cost: \$6

Manage Osteoarthritis with Exercise

Date & Time: Fridays at 4.00pm
Cost: \$48

Sport Centres



体育中心
Pusat Sukan
விளையாட்டு
நிலையங்கள்

Jurong East Sports Centre
21 Jurong East St 31

Pilates

Date & Time: Mondays at 9.00am
Cost: \$118

Step Aerobics

Date & Time: Tuesdays at 7.30pm
Cost: \$70

Aqua Aerobics

Date & Time: Tuesdays at 9.00am & 10.00am,
Fridays at 10.00am
Cost: \$59

Aqua Tabata

Date & Time: Wednesdays at 7.30pm, Fridays
at 6.30pm
Cost: \$96

Wheel Yoga

Date & Time: Thursdays at 7.30pm
Cost: \$91

Yin Yoga

Date & Time: Thursdays at 8.30pm
Cost: \$91

Zumba Fitness

Date & Time: Saturdays at 9.00am
Cost: \$96

Aerobics

Date & Time: Sundays at 10.00am
Cost: \$70

Taijiquan

Date & Time: Sundays at 7.00am
Cost: \$48

Hatha Yoga Intermediate

Date & Time: Mondays at 7.00pm, Thursdays
at 8.30pm & Sundays at 12.00pm
Cost: \$96

Pilates

Date & Time: Tuesdays at 8.30pm
Cost: \$70

Pilates

Date & Time: Thursdays at 7.30pm
Cost: \$118



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



Folk Dance

Date & Time: Mondays at 1.00pm, Tuesdays at 2.00pm, Wednesdays at 2.00pm, Fridays at 2.30pm, Saturdays & Sundays at 10.00am
Location: Jurong Green CC, 6 Jurong West Ave 1
Cost: \$35

Folk Dance

Date & Time: Mondays & Wednesdays at 10.00am
Location: Jurong Green CC, 6 Jurong West Ave 1
Cost: \$40

Folk Dance

Date & Time: Wednesdays at 7.30pm & Thursdays at 10.00am
Location: Jurong Green CC, 6 Jurong West Ave 1
Cost: \$30

Folk Dance

Date & Time: Mondays at 8.00am
Location: Jurong Green CC, 6 Jurong West Ave 1
Cost: \$25

Line Dance

Date & Time: Fridays at 6.30pm & 8.15pm
Location: Jurong Green CC, 6 Jurong West Ave 1
Cost: \$50

Line Dance

Date & Time: Sundays at 12.45pm
Location: Jurong Green CC, 6 Jurong West Ave 1
Cost: \$55

Line Dance

Date & Time: Sundays at 3.00pm
Location: Jurong Green CC, 6 Jurong West Ave 1
Cost: \$60

Taijiquan

Date & Time: Mondays at 7.30pm & 8.30pm
Location: Jurong Green CC, 6 Jurong West Ave 1
Cost: \$40

Taijiquan

Date & Time: Sundays at 9.00am
Location: Jurong Green CC, 6 Jurong West Ave 1
Cost: \$50

Qigong

Date & Time: Saturdays at 7.00am
Location: Jurong Green CC Basketball Court, 6 Jurong West Ave 1
Cost: Free



KpopX Fitness

Date & Time: Saturdays at 2.45pm
Location: Blk 312A Jurong East St 32, Hard Court
Cost: Free

KpopX Fitness

Date & Time: Sundays at 11.00am
Location: Blk 493 Jurong West St 41, Pavilion
Cost: Free

KpopX Lite

Date & Time: Thursdays at 10.30am
Location: Blk 312A Jurong East St 32, Hard Court
Cost: Free

Low Impact Aerobics

Date & Time: Tuesdays at 11.00am
Location: Blk 312A Jurong East St 32, Hard Court
Cost: Free

Yogalates

Date & Time: Tuesdays at 7.00pm
Location: Blk 493 Jurong West St 41, Pavilion
Cost: Free

Zumba Gold

Date & Time: Wednesdays at 8.00pm
Location: Blk 422 Jurong West St 42, Hard Court
Cost: Free

Zumba Gold

Date & Time:
Location: Blk 493 Jurong West St 41, Pavilion
Cost: Free

Zumba

Date & Time: Fridays at 7.30pm
Location: Basketball Court At 403/406 Jurong West
Cost: Free

Zumba

Date & Time: Saturdays at 4.00pm
Location: Blk 312A Jurong East St 32, Hard Court
Cost: Free

Zumba

Date & Time: Sundays at 8.00am
Location: Blk 422 Jurong West St 42, Hard Court
Cost: Free

Active Ageing
Centres



活跃乐龄中心

Pusat Penuaan Aktif

துடிப்புடன் முதுமையடைத

ல்நிலையங்கள்

*Recommended for seniors 60 years old and above

*Please give a call to respective AAC to find out more before heading down

NTUC Health AAC (Care)
(Jurong Central Plaza)
Blk 493 Jurong West St 41 #02-01
Tel: 6256 3671

Taiji

Date & Time: Mondays at 10.00am
Cost: Free

Square Stepping

Date & Time: Tuesdays, Wednesdays &
Thursdays at 10.00am
Cost: Free

Crochet/ Knitting

Date & Time: Fridays at 10.30am
Cost: Free

Stocking Craft

Date & Time: Thursdays at 10.30am
Cost: Free

Zantangle ART

Date & Time: Mondays at 1.30pm
Cost: Free

Patchwork/ Handicraft

Date & Time: Thursdays at 2.00pm
Cost: Free

Rummy-O/ Rummikub

Date & Time: Tuesdays & Fridays at 2.00pm
Cost: Free

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

Board Games/ Rummikub

Date & Time: Mondays, Thursdays & Fridays at
9.00am
Cost: Free

Chair Zumba Gold

Date & Time: Wednesdays at 10.30am
Cost: Free

Story Telling

Date & Time: Fridays at 2.00pm
Cost: Free

Harmonica Lesson

Date & Time: Mondays at 2.00pm
Cost: Free

Music & Song Appreciation

Date & Time: Thursdays at 2.00pm
Cost: Free

Karaoke

Date & Time: Wednesdays at 2.00pm
Cost: Free

Parks



公园

Taman

பூங்காக்கள்

Discovery Walk in the Park by Active Health

Date & Time: 2nd Thursday of the Month at
9.00am
Location: Jurong Central Park, McDonalds'
Entrance
Cost: Free



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