



ACTIVITIES NEAR YOU

Pioneer

(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.

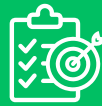
Healthier SG empowers you to take charge of your health and supports you every step of the way.



MINISTRY OF HEALTH
SINGAPORE

Supported by:





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

Cardio Jam by Active Health

Saturdays – 9.30am
\$6

Cardio Endurance by Active Health

Fridays – 8.00am
\$6

Sport Centres



Jurong West Sport Centre -
Dance Studio
20 Jurong West St 93

Aqua Aerobics

Mondays - 8.30am
\$59

Aqua Aerobics

Mondays - 6.30pm, 7.30pm
Wednesdays - 7.30pm
Saturdays - 8.15am
Sundays – 8.15am
\$70

Housing Estates



Zumba

Fridays - 8.00pm
Blk 664E Jurong West St 64
Multi-Purpose Hall
Free

Zumba

Mondays - 7.30pm
Blk 607A Jurong West St 65
Multi-Purpose Hall
Free

Zumba Fitness

Fridays - 8.00pm
Blk 664E Multi-Purpose Hall
Free

Dancing

Fridays - 7.30pm
Blk 602 Jurong West St 62, #01-177
RN Centre
\$40

Gardening Interest Group

Daily - 9.00am
Blk 988D Jurong West St 93
Free

Community Centres



M - Member / NM - Non-member

Zumba Fitness

Thursdays - 6.30pm
The Frontier CC
60 Jurong West Central 3
\$90 per term (8 sessions)

Hatha Yoga (Elementary)

Wednesdays - 5.30pm
The Frontier CC
60 Jurong West Central 3
\$80 per term (8 sessions)

Hatha Yoga (Elementary)

Sundays - 11.30am
The Frontier CC
60 Jurong West Central 3
\$65 per term (10 sessions)

Parks



Pioneer Zone 7 Fun Walk

Second Sunday of the month - 7.30am
Jurong Central Park, Junction off Jalan Boon Lay & Boon Lay Way
Free



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

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

**Please refer to SupportGoWhere
(<https://go.gov.sg/aacgowhere>) to locate the nearest AAC.
Alternatively, residents may also seek services in any of the
following AACs nearby:**

1. THK AAC @ Boon Lay
2. NTUC Health Active Ageing Centre (Taman Jurong)
3. THK AAC @ Taman Jurong

Others



Zumba

Sundays - 8.30am
1 Jurong West Central 2
Jurong Point Shopping Centre
Sheltered Space
Free

Yogalates

Saturdays - 1.00pm
1 Jurong West Central 2
Jurong Point Shopping Centre
Jurong Point 1, #03-06 C/D
Platinum Yoga
Free

KpopX Fitness

Sundays - 8.30am
1 Jurong West Central 2
Jurong Point Shopping Centre
Sheltered Space
Free

Back, Neck and Shoulder

Saturdays - 1.00pm
1 Jurong West Central 2
Jurong Point Shopping Centre
Jurong Point 1, #03-06 C/D
Platinum Yoga
Free



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