



ACTIVITIES NEAR YOU

Sengkang East
(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.

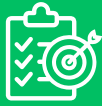


MINISTRY OF HEALTH
SINGAPORE

Supported by:



Active Health Lab



Sengkang Sport Centre
57 Anchorvale Rd

Balance & Muscular Fitness Workshop

Tuesdays, Thursdays, Alternate Saturdays –
10.45am
\$6

Body Composition Assessment

Tuesdays, Alternate Saturdays – 8.00am
Wednesdays, Fridays – 12.00pm
\$7

Combat Age-Related Loss of Muscle (CALM 1.0)

Wednesdays – 9.30am
\$60 for 8 sessions

Combat Age-Related Loss of Muscle (CALM 2.0)

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

Discovery Walk in the Park

Last Saturday of the month – 8.00am
Free

Fitness and Health Assessment

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

Manage Diabetes with Exercise

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

Manage Hypertension with Exercise

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

Manage Obesity with Exercise

Saturdays – 2.15pm
\$48 for 6 sessions (promo rate)

Manage Osteoarthritis with Exercise

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

Move to Age Better

Thursdays, Alternate Saturdays – 8.00am
Free

Stronger at 40

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

Submaximal Aerobic Wattbike Fitness Assessment

Wednesdays, Fridays – 8.00am
\$25

Cardio Jam by Active Health

Wednesdays – 10.45am
\$6

Cardio Endurance by Active Health

Fridays – 4.00pm
\$6

Sport Centres



Sengkang Sport Centre
57 Anchorvale Rd

Hatha Yoga

Mondays – 8.00am
\$91

Pilates

Mondays – 9.30am, 7.00pm
\$95

Aqua Tabata

Tuesdays – 9.00am, 11.00am
Wednesdays – 7.00pm, 8.00pm
Thursdays – 8.00am, 9.00am, 7.00pm
Fridays – 10.00am, 11.00am
\$96



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



Low Impact Aerobics

Sundays - 8.30am
Blk 186 Rivervale Crescent, Multi-Purpose Hall
Free

Low Impact Aerobics

Fridays - 8.00am
Blk 135A Rivervale St, Multi-Purpose Hall
Free

Low Impact Aerobics

Wednesdays - 7.30pm
Blk 143 Rivervale Dr, Multi-Purpose Hall
Free

Pilates

Thursdays - 7.30pm
Blk 143 Rivervale Dr, Multi-Purpose Hall
Free

Resistance Bands Exercises

Saturdays - 8.30am
Blk 120D Rivervale Dr, Multi-Purpose Hall
Free

Resistance Bands Exercises

Sundays - 8.00am
Blk 178 Rivervale Crescent, Multi-Purpose Hall
Free

Resistance Bands Exercises

Thursdays - 8.00am
Blk 143 Rivervale Dr, Multi-Purpose Hall
Free

Resistance Bands Exercises

Tuesdays - 10.30am
Blk 164 Rivervale Crescent, Multi-Purpose Hall
Free

Resistance Bands Exercises

Wednesdays - 10.00am
Blk 192 Rivervale Crescent, Multi-Purpose Hall
Free

Resistance Bands Exercises

Thursdays - 9.00am
Blk 192 Rivervale Crescent, Multi-Purpose Hall
Free

Resistance Bands Exercises

Mondays - 8.30am
Blk 135A Rivervale St, Multi-Purpose Hall
Free

Resistance Bands Exercises

Sundays - 9.30am
Blk 186C Rivervale Dr, Rivervale Gateway,
Multi-Purpose Hall
Free

Yoga

Mondays - 8.00pm
Blk 156B Rivervale Crescent, Rivervale
Green, Multi-Purpose Hall
Free

Yogalates

Sundays - 9.15am
Blk 178 Rivervale Crescent, Multi-Purpose
Hall
Free

Zumba Gold

Tuesdays - 7.30pm
Blk 124E Rivervale Dr, Multi-Purpose Hall
Free

Zumba Gold

Thursdays - 10.00am
Blk 192 Rivervale Crescent, Multi-Purpose
Hall
Free

Zumba Gold

Fridays - 9.00am
Blk 164 Rivervale Crescent, Multi-Purpose
Hall
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

COMNET@182 Rivervale Crescent
Blk 182 Rivervale Crescent #01-311
Tel: 6385 0260

Chair Zumba Gold
Mondays - 9.00am
Free

Exercise
Tuesday, Wednesday - 9.00am
Free

Pai Da (Patting exercise)
Thursdays - 9.30am
Free

Square Stepping
Thursdays - 10.00am
Free

Community Centres



M - Member / NM - Non-member

Body Toning
Saturdays - 11.15am
Rivervale CC, Dance Studio 2
\$92 per term

Line Dance (Adult) - Elementary
Mondays - 6.30pm
Rivervale CC, Seminar Room 1
\$60 per term

Recreational Folk Dance (Elementary)
Wednesdays - 1.00pm
Rivervale CC, Multi-Purpose Hall
\$40 per term

Recreational Folk Dance (Intermediate)
Thursdays - 1.30pm
Rivervale CC, Dance Studio 1
\$35 per term



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