Healthier SG ACTIVITIES NEAR YOU

Sengkang North
(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:

Health Promotion Board

People's Association

Sport SINGAPORE

AIC
agency for integrated care

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

Line Dance
Saturdays - 8.15pm
Blk 223A Compassvale Walk, Hardcourt
Free

Resistance Bands Exercises
Tuesdays - 8.00pm
Blk 276 Compassvale, Multi-Purpose Hall
Free

Resistance Bands Exercises
Wednesdays - 9.00am
Blk 292 Compassvale St, Multi-Purpose Hall
Free

Resistance Bands Exercises
Fridays - 8.00pm
Blk 223A Compassvale Walk, Hardcourt
Free

Resistance Bands Exercises
Fridays - 8.30am
Blk 252 Compassvale St, Multi-Purpose Hall
Free

Tai Chi
Tuesdays - 8.00pm
Blk 223A Compassvale Walk, Hardcourt
Free

Tai Chi
Fridays - 7.30pm
Blk 237 Compassvale Walk, Hardcourt
Free

Yogalates
Saturdays - 8.00pm
Blk 299D Compassvale St, Multi-Purpose Hall
Free

Yogalates
Thursdays - 8.30am
Blk 252 Compassvale St, Multi-Purpose Hall
Free

Zumba Gold
Saturdays - 9.30am
Blk 237 Compassvale Walk, Hardcourt
Free

Chair Yoga
Fridays - 5.30pm
Blk 286C Compassvale Crescent RN Centre
M: $70 | NM: $80

Bollywood Dance
Saturdays - 2.00pm
Blk 291C Compassvale St, #01-258
$70 for 4 Sessions

*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. Precious Active Ageing Centre (Compassvale Ancilla)
2. COMNET@182 Rivervale Crescent
3. ECONLIFE! Hub
4. Precious Active Ageing Centre (Punggol Ripples)
5. COMNET@206A Punggol Place

Community Centres

M - Member / NM - Non-member

Line Dance
Saturdays - 7.00pm
Sengkang CC, Netball Court
Free

Resistance Bands Exercises
Tuesdays - 8.00am
Sengkang CC, Netball Court
Free

Zumba Gold
Sundays - 7.30pm
Sengkang CC, Netball Court
Free

Brain Health Exercises For Seniors
Fridays - 10.30am
2 Sengkang Square, Community Hub
$12 for 1 session

Recreational Folk Dance (Elementary)
Fridays - 2.00pm
2 Sengkang Square, Community Hub
$50 for 8 sessions