



ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

Sengkang West
(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

Sengkang Sport Centre
57 Anchorvale Road #02-07

Fitness & Health Assessment

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

Manage Diabetes with Exercise

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

Manage Hypertension with Exercise

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

Manage Obesity with Exercise

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

Combat Age-Related Loss of Muscle (CALM 1.0)

Date & Time: Wednesdays at 9.30am
Cost: \$60

Move to Age Better

Date & Time: Thursdays & Saturdays at 8.00am
Cost: Free

Discovery Walk in the Park

Date & Time: Last Saturday of the month at 8.00am
Cost: Free

Balance & Muscular Fitness Workshop

Date & Time: Tuesdays, Thursdays & Alternate Saturdays at 10.45am, Alternate Fridays at 4.00pm
Cost: \$6

Cardio Jam by Active Health

Date & Time: Wednesdays & Fridays at 10.45am, Alternate Fridays at 4.00pm
Cost: \$6

Stronger at 40

Date & Time: Thursdays at 4.00pm, Saturdays at 9.30am
Cost: \$48

Balance & Muscular Fitness Workshop

Date & Time: Tuesdays, Thursdays & Alternate Saturdays at 10.45am, Alternate Fridays at 4.00pm
Cost: \$6

Body Composition Assessment

Date & Time: Tuesdays at 8.00am, Wednesdays at 12.00pm, Fridays at 12.00pm, Saturdays at 8.00am
Cost: \$7

Combat Age-Related Loss of Muscle (CALM 2.0)

Date & Time: Fridays at 9.30am
Cost: \$48

Cardio Endurance by Active Health

Date & Time: Alternate Fridays at 4.00pm
Cost: \$6

Submaximal Aerobic Wattbike Fitness Assessment

Date & Time: Wednesdays & Fridays at 8.00am
Cost: \$25



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



M - Member / NM - Non-member

Brisk Walk

Date & Time: 2nd Sunday of the month
at 7.00am

Location: Anchorvale CC, 59 Anchorvale Rd
Cost: Free

Zumba Fitness Course

Date & Time: Mondays at 9.30am
Location: Anchorvale CC, 59 Anchorvale Rd
Cost: \$45(M)/ \$50(NM) for 4 sessions

Zumba Fitness Course

Date & Time: Mondays at 7.15pm & 8.30pm,
Thursdays at 7.45pm, Fridays at 9.30am &
7.15pm
Location: Anchorvale CC, 59 Anchorvale Rd
Cost: \$50(M) / \$55(NM) for 4 sessions

Hatha Yoga (Elementary) Course

Date & Time: Tuesdays at 9.30am, Fridays at
8.30pm, Saturdays at 9.00am & 10.15am
Location: Anchorvale CC, 59 Anchorvale Rd
Cost: \$65(M)/ \$70(NM) for 10 sessions

Hatha Yoga (Intermediate) Course

Date & Time: Sundays at 6.30pm
Location: Anchorvale CC, 59 Anchorvale Rd
Cost: \$75(M)/ \$80(NM) for 10 sessions

Modern Living - Yogarobics Course

Date & Time: Wednesdays at 8.00pm
Location: Anchorvale CC, 59 Anchorvale Rd
Cost: \$70(M)/ \$80(NM) for 8 sessions

Taijiquan Course

Date & Time: Wednesdays at 8.00pm
Location: Anchorvale CC, 59 Anchorvale Rd
Cost: \$40(M)/ \$45(NM) for 12 sessions



Brisk Walk

Date & Time: 1st Sunday of the month at 7.00am
Location: Blk 325C Sengkang East Way
Cost: Free

Brisk Walk

Date & Time: Last Sunday of the month at 7.30am
Location: Blk 307D Anchorvale Rd
Cost: \$5 per session

Taijiquan

Date & Time: Wednesdays at 8.00pm
Location: Blk 317 Anchorvale Rd, Communal Hall
Cost: Free

KpopX Lite

Date & Time: Fridays at 8.00pm
Location: Blk 324 Sengkang East Way, Hard Court
Cost: Free

Resistance Bands Exercises

Date & Time: Saturdays at 9.30am
Location: Blk 327C Anchorvale Rd, Hard Court
Cost: Free

Yoga

Date & Time: Sundays at 9.00am
Location: Blk 353 Anchorvale Lane, Hard Court
Cost: Free

Yoga (Seniors)

Date & Time: Wednesdays at 8.00pm
Location: Blk 324 Sengkang East Way, Hard Court
Cost: Free

Zumba Gold

Date & Time: Mondays at 8.00pm
Location: Blk 324 Sengkang East Way, 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

ECONLIFE! Hub

Block 327A Anchorvale Road, #01-344

Tel: 6385 4946

Chair Zumba Gold

Date & Time: Mondays at 9.30am &

Wednesdays at 1.15pm

Cost: Free

Rummy-O

Date & Time: Weekdays at 9.00am & 1.45pm

Cost: Free

Zumba Gold

Date & Time: Mondays at 10.30am

Cost: Free

Others



其他地点

Lokasi lain

மற்ற இடங்கள்

Zumba Gold

Date & Time: Fridays at 6.00pm

Location: Sengkang General Hospital, 110

Sengkang East Way, Open Space Near

Singhealth Pharmacare

Cost: Free



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