



ACTIVITIES NEAR YOU

Tampines 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.

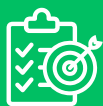
Healthier SG empowers you to take charge of your health and supports you every step of the way.



MINISTRY OF HEALTH
SINGAPORE

Supported by:



**Our Tampines Hub****1 Tampines Walk****Body Composition Assessment**

Saturdays – 9.00am
\$7

Fitness and Health Assessment

Tuesdays – 4.00pm
Wednesdays – 9.30am
Saturdays – 12.00pm
\$7 (promo rate)

Balance & Muscular Fitness Workshop

Wednesdays, Saturdays – 10.45am
\$6

Combat Age-Related Loss of Muscle (CALM 1.0)**Assessment/ Check In**

Thursdays – 10.45am
\$60 for 8 sessions

Domains

Thursdays – 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 Thursday of the month – 9.00am
Free

Manage Diabetes with Exercise

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

Manage Hypertension with Exercise

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

Manage Obesity with Exercise

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

Manage Osteoarthritis with Exercise

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

Move to Age Better

Tuesdays – 9.30am
Free

Stronger at 40

Saturdays – 2.30pm
\$48 for 6 sessions (promo rate)

Submaximal Aerobic Wattbike Fitness Assessment

Tuesdays – 8.15am
\$25

Sport Centres**Our Tampines Hub
1 Tampines Walk****Abs, Bun & Thighs**

Tuesdays - 10.30am
Fridays - 9.00am
\$59

Aqua Aerobics

Thursdays - 8.15am, 9.15am, 6.30pm
Fridays - 9.00am, 10.00am
\$59, \$70, \$96

Hatha Flow Yoga

Saturdays – 5.00pm
\$91

Yoga Flow and Stretch

Sundays - 9.00am
\$91

Yoga Wheel

Fridays - 1.00pm
\$75

Zumba Gold

Mondays - 12.00pm
Wednesday - 10.00am
\$96

Housing Estates



Zumba

Saturdays - 9.30am
Blk 230A Tampines St 24
Tampines East Zone 6 RC
#01-21, Link Building
Free

Yogalates

Fridays - 7.30pm
Blk 216 Tampines St 23
Tampines East Zone 2 RC
#01-37, Void Deck
Free

Qigong

Fridays - 8.00pm
Blk 230A Tampines St 24
Tampines East Zone 6 RC
#01-21, Link Building
Free

Line Dance

Wednesdays - 7.30pm
Blk 267 Tampines St 21, Games Court
Free

KpopX Fitness

Tuesdays - 9.00am
Blk 216 Tampines St 23
Tampines East Zone 2 RC
#01-37, Void Deck
Free

KpopX Fitness

Sundays - 8.00am
Blk 209 Tampines St 21 #01-1339,
Basketball Court
Free

Community Centres



M - Member / NM - Non-member

Active Fitness Workout

Tuesday, Wednesday, Fridays, Saturdays -
10.00am
Tampines East CC Atrium
Free

Aerial Yoga

Sundays - 10.00am
Tampines East CC Dance Studio
\$120 for 4 lessons

Taijiquan

Tuesdays, Wednesdays - 8.00pm
Tampines East CC Atrium
\$60 for 12 lessons

Pilate Matwork

Wednesdays - 10.00am
Tampines East CC Dance Studio
\$100 for 8 lessons

Parks



Detox Exercise

Mondays, Wednesdays, Thursdays -
9.00am
Tampines Festival Park
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

**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. Anglican Senior Centre (Tampines)
2. Precious Active Ageing Centre (Tampines Greenwood)
3. Lions Befrienders AAC @Tampines 434
4. Lions Befrienders AAC @Tampines 499C



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