



# ACTIVITIES NEAR YOU

**Bukit Batok**  
(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:





**Jurong East Sport Centre**  
**21 Jurong East St 31**

**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



## Zumba

Fridays – 7.00pm  
Blk 140 Bukit Batok St 11, Basketball Court  
Free

## Zumba

Thursdays – 9.00am  
Blk 165 Bukit Batok West Ave 8, Sheltered Basketball Court  
Free

## Zumba

Wednesdays – 9.00am  
Blk 140 Bukit Batok St 11, Basketball Court  
Free

## Zumba

Mondays – 7.00pm  
Blk 224 Bukit Batok St 21, Basketball Court  
Free

## Zumba

Mondays – 8.00pm  
Blk 624 Bukit Batok St 21, Basketball Court  
Free

## Zumba

Mondays – 9.00am  
Blk 113B Bukit Batok West Ave 6, Pavilion  
Free

## Resistance Bands Exercises

Fridays – 8.00pm  
Blk 624 Bukit Batok Central, Void Deck  
Free

## Resistance Bands Exercises

Wednesdays – 11.00am  
Blk 162 Bukit Batok St 11, Basketball Court  
Free

## Qigong

Tuesdays – 8.00am  
Blk 178 Bukit Batok West Ave 8, Pavilion  
Free

## Line Dance

Thursdays – 8.00pm  
Blk 296B Bukit Batok St 22, Pavilion  
Free

## KpopX Fitness

Thursdays – 10.00am  
Blk 162 Bukit Batok St 11, Basketball Court  
Free

## KpopX Fitness

Wednesdays – 8.00pm  
Blk 210 Bukit Batok St 21, Sheltered Basketball Court  
Free

## KpopX Fitness

Mondays – 7.00pm  
Blk 140 Bukit Batok St 11, Basketball Court  
Free

## KpopX Fitness

Tuesdays – 7.00pm  
Blk 224 Bukit Batok St 21, Basketball Court  
Free

## Healthy Exercises Interest Group

Wednesdays – 10.00am  
Blk 105A Bukit Batok Central  
Free

## Zone 6 RN - Hatha Yoga (Elementary)

Tuesdays – 8.00pm  
Blk 169 Bukit Batok West Ave 8 #01-375  
\$65 for 8 sessions

## Zone 8 RN - Taijiquan

Wednesdays – 8.00pm  
Blk 224 Bukit Batok St 21, Basketball court  
\$60 for 10 sessions

## SCEC – Recreational Folk Dance (Advanced)

Fridays – 2.00pm  
Blk 159 Bukit Batok St 11  
M: \$40 | NM: \$55 for 12 sessions



\*Recommended for seniors 60 years old and above  
\*Please give a call to respective AAC to find out more before heading down

**Fei Yue Active Ageing Centre (Bukit Batok)**  
**Blk 183 Bukit Batok West Ave 8 #01-101**  
Tel: 6561 4404

### **Gym Tonic**

Mondays to Fridays – 9.30am  
Fees may apply

### **HAPPY Exercise**

Mondays – 10.00am  
Free

### **Reminiscence Games**

Wednesday (bi-weekly) – 10.00am  
Free

### **Music Exercise 1**

Thursdays – 9.45am  
Free

### **Music Exercise 2**

Thursdays – 10.45am  
Free

### **Art Therapy Session/ Creative Calligraphy**

Thursdays (bi-weekly) – 2.30pm  
Free

**Fei Yue Active Ageing Centre (Bukit Batok)**  
**Blk 210 Bukit Batok West Ave 8 #01-294**  
Tel: 6563 3663

### **Joyful Exercise**

Thursdays (2nd & 4th Week) – 10.00am  
Free

### **HAPPY Exercise**

Wednesdays (1st Week) – 10.00am  
Free

### **Bingo**

Thursdays (Twice per month) – 10.00am  
Free

### **Art Therapy**

Fridays (Once per month) – 2.30pm  
Free

**Tzu Chi SEEN @ Bukit Batok**  
**Blk 230A Bukit Batok St 21 #02-423**  
Tel: 6355 9066

### **Upcycle Craft**

Thursdays – Morning  
Free

### **Line Dancing**

Mondays – Morning  
Free

### **Qi Gong**

Wednesdays – Morning  
Free

### **Community Garden**

Wednesdays – Morning  
Free

### **Move In Joy Dance**

Wednesdays – Morning  
Free

### **HAPPY Programme**

Mondays & Wednesdays – Morning  
Free

### **Chair Zumba Gold**

Thursdays – Morning  
Free

### **Nagomi Art**

Thursdays – Afternoon  
Free