



ACTIVITIES NEAR YOU

Clementi
(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.

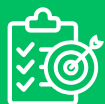


MINISTRY OF HEALTH
SINGAPORE

Supported by:



Active Health Lab



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

Sport Centres



Clementi Sport Centre
518 Clementi Ave 3

Taijiquan

Fridays – 12.00pm
\$48

Aqua Tabata (SC Jeffery)

Tuesdays – 8.00am
Free

Aqua Walk/ Cardio (SC Rio)

Fridays – 8.00am
Free

Water Confidence (SC David)

Tuesdays – 9.00am
Free

Aqua Aerobics Off-Peak

Wednesdays – 8.00am, 9.00am & 10.00am
\$59



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

Housing Estates



Zumba Gold

Wednesdays – 8.30am
Blk 379 Clementi Ave 5 #01-362, Clementi Z1
RC
Free

Zumba

Saturdays – 8.00am
Blk 518 Clementi Ave 3, Blue Court Area
Free

Zumba

Wednesdays – 8.00am
Blk 341 Clementi Ave 5
Free

Yogalates

Tuesdays – 7.30pm
Blk 332 Clementi Ave 2 #01-102, Clementi Z3
RC
Free

Resistance Bands Exercises

Saturdays – 7.00pm
Blk 359 Clementi Ave 2 #01-301
Free

Resistance Bands Exercises

Saturdays – 8.45am
Blk 343 Clementi Ave 5, Void Deck
Free

KpopX Fitness

Tuesdays – 7.30pm
Blk 429 Clementi Ave 3, Pavilion
Free

Chair Zumba

Tuesdays – 9.00am
Blk 343 Clementi Ave 5 #01-216,
Clementi Z2 RC
Free

Zone 1 RC Healthy Exercise Interest Group

Fridays – 10.00am
Blk 380 Clementi Ave 5, Senior Citizen Corner
Free

Zone 1 RC Senior Residents Exercise Interest Group

Wednesdays – 10.00am
Blk 380 Clementi Ave 5, Senior Citizen Corner
Free

Zone 2 RC Gardening Interest Group

Daily – 10.00am
Community Garden between Blk 339 & 341
Clementi Ave 5
Free

Zone 3 RC Fun Walk Interest Group

4th Sunday of the Month – 7.30am
Blk 332 Clementi Ave 2
Free

Zone 4 RC Fun Walkers Interest Group

2nd Sunday of the month – 7.30am
Blk 429 Clementi Ave 3 #01-400
Free

Community Centres



M - Member / NM - Non-member

Line Dance (Adult) - Elementary

Tuesdays – 2.30pm
Clementi CC #02-09
M: \$55 | NM: \$60 for 10 sessions

Line Dance (Adult) – Upper Elementary

Tuesdays – 7.00pm
Clementi CC #02-09
M: \$45 | NM: \$50 for 8 sessions

Taijiquan (Yang Shi – Traditional 108 Style)

Fridays – 7.30pm
Clementi CC Mezzanine
M: \$40 | NM: \$50 for 10 sessions

Aromatherpahy Yoga

Tuesdays – 2.00pm
Clementi CC
\$25 for 1 session



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

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

Lions Befrienders AAC @ Clementi 344
Blk 344 Clementi Ave 5 #01-132
Tel: 6681 4976

Chair Zumba Gold
Wednesday & Thursdays – 9.30am
Free

Low Impact Aerobics
Tuesdays – 9.30am
Free

Fitness Exercise
Fridays – 10.00am
Free

Reminiscence Music Programme
Tuesdays – 2.00pm
Free

Lions Befrienders AAC @ Clementi 367 / 366
Blk 366 Clementi Ave 2 #01-527
Tel: 6681 4025

Low Impact Aerobics
Tuesdays – 9.30am
Free

Yoga
Thursdays – 10.00am
Free

Resistance/ Stretch Band
Mondays – 10.30am
Free

Chair Zumba Gold
Wednesdays – 10.30am
Free

Reminiscence Music Programme
Tuesdays – 2.00pm
Free

Lions Befrienders AAC @ Clementi 420
Blk 420A Clementi Ave 1 #02-03
Tel: 6681 4908

Bingo
Tuesdays – 2.00pm
Wednesday – 3.30pm
Free

Zumba Gold
Mondays – 9.30am
Free

Pilates
Thursdays – 9.30am
Free

Tai Chi
Thursdays – 11.00am
Free

Rummy-O/ Rummikub
Fridays – 2.00pm
Free

Recycled Art
Wednesdays – 2.00pm
Free

Parks



Yoga
Thursdays – 8.00pm
19 Faber Green, Faber Hills
Playground
Free

Zumba
Tuesdays – 8.00pm
19 Faber Green, Faber Hills
Playground
Free



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