

Wellness Challenges in July 2025

Region/ Virtual	Venue	(Jul)	Time	Activity
North	7 North Coast - Foyer	2 Jul (Wed)	1100-1500	Beyond The Scales
Central	3024A Ubi Road 1, Kampong Ubi Terrace Workshop	30 Jul (Wed)	1100-1500	Beyond The Scales
South	Alexandra Technopark - Block A, Level 1 Atrium	15 Jul (Tues)	1130-1330	Get Fit! 2025
East	Changi Airport Terminal 3 - Basement 2, ST3PS	15 Jul (Tues), 16 Jul (Wed)	1100-1500	Get Fit! 2025
Central	Duo Tower - Level 2 Carpark Lift Lobby	8 Jul (Tues)	1200-1400	Get Fit! 2025
Central	Gateway East Atrium level 1 right side customer service counter	1 Jul (Tues)	1200-1400	Get Fit! 2025
Central	Gateway West Atrium level 1 left side customer service counter	2 Jul (Wed)	1200-1400	Get Fit! 2025
Central	Guoco Tower Level 1, Urban Park	1 Jul (Tues)	1200-1400	Get Fit! 2025
Central	i12Katong - Level 1 Main Entrance	22 Jul (Tues) 23 Jul (Wed)	1200-1400, 1800-2000	Get Fit! 2025
East	KINEX, level 1 in front of Burger King	11 Jul (Fri)	1600-2000	Get Fit! 2025
South	Labrador Tower - Level 2 Meeting Pod (behind lobby)	2 Jul (Wed)	1130-1330	Get Fit! 2025
East	Level 1 Space outside BreadTalk IHQ	10 Jul (Thur)	1100-1500	Get Fit! 2025
Central	Manulife Tower, Level 1 in front of customer service	9 Jul (Wed), 10 Jul (Thur)	1200-1400	Get Fit! 2025
South	Mapletree Business City - 20 MBC Open Plaza	7 Jul (Mon), 8 Jul (Tues)	1100-1300	Get Fit! 2025
Central	Ocean Financial Centre - Covered Plaza	29 Jul (Tues), 30 Jul (Wed)	1100-1500	Get Fit! 2025
West	One North - Solaris, Level 1 - Atrium	11 Jul (Fri)	1200-1400	Get Fit! 2025
West	One-north Fusionopolis One - Level 1 Atrium	3 Jul (Thur), 4 Jul (Fri)	1100-1500	Get Fit! 2025
West	Perennial Business City, Level 2 outside Koufu	3 Jul (Thur)	1200-1400	Get Fit! 2025
West	Solaris @ 164 Kallang Way - Drop off point	9 Jul (Wed)	1200-1400	Get Fit! 2025
Central	CapitaSky - Lobby, Level 2	1 Jul (Tue), 28 Jul (Mon), 29 Jul (Tue)	1100-1500	Get Fit! 2025

Wellness Challenge	Description
Beyond The Scales	<p>Participants complete the following 4 stations, with an individual health facilitation session at the end.</p> <ul style="list-style-type: none"> • Height Station • Weight/In-body Station • Blood Pressure Station • Health Facilitator Station – based on results from their previous stations.
Get Fit!	<p>A quick 15-minute session where you will discover more about your body and how you can make healthier lifestyle changes. Receive personalised nutrition advice and exercise tips from health coaches if required, plus gain access to work out plans tailored for you.</p>