

Wellness Challenges in August 2024

Region/ Virtual	Venue	(Aug)	Time	Activity
West	FairPrice Hub	1 (Thurs)	1100-1400	Get Fit!
East	Changi Airport Terminal 3	1 (Thurs), 2 (Fri)	1100-1400	Get Fit!
Central	Ocean Financial Centre	6 (Tues), 7 (Wed)	1100-1400	Get Fit!
South	Alexandra Technopark	6 (Tues), 27 (Tues)	1100-1400	Get Fit!
Central	JustCo Marina Square	13 (Tues)	1400-1700	Get Fit!
East	Eightrium	15 (Thurs)	1200-1500	Get Fit!
East	Paya Lebar Quarters Park Residences	15 (Thurs), 16 (Fri)	1100-1400	Get Fit!
South	Mapletree Business City - MBC	19 (Mon)	1100-1400	Get Fit!
Central	i12 Katong	20 (Tues)	1100-1500 1700-2000	Get Fit!
Central	Marina Square	20 (Tues)	1100-1400	Get Fit!
Central	i12 Katong	21 (Wed)	1100-1500 1700-2000	Get Fit!
Central	JustCo The Centrepont	22 (Thurs)	1400-1700	Get Fit!
West	FairPrice Hub	27 (Tues), 28 (Wed)	1100-1400	Get Fit!
East	KINEX Mall	29 (Thurs)	1200-1500 1730-2030	Get Fit!
West	One-north Fusionopolis One	29 (Thurs), 30 (Fri)	1130-1430	Get Fit!

Wellness Challenge	Description
Get Fit!	Understand your body composition and receive 1-on-1 coaching tips on nutrition and exercise, with curated workouts to support your fitness journey.