

Wellness Challenges in May 2025

Region/ Virtual	Venue	(May)	Time	Activity
Central	Guoco Tower Level 1, Urban Park	27 (Tues)	1200-1400	Get Fit!
West	One-north Fusionopolis One - Level 1 Atrium	29 (Thurs), 30 (Fri)	1100-1500	Get Fit!
Central	Ocean Financial Centre - Covered Plaza	6 (Tues), 7 (Wed)	1100-1500	Get Fit!
South	Alexandra Technopark - Block A, Level 1 Atrium	8 (Thurs)	1130-1330	Get Fit!
West	FairPrice Hub - Level 1 (Outside Lift Lobby)	6 (Tues), 7 (Wed)	1100-1500	Get Fit!
Central	Duo Tower - Level 2 Carpark Lift Lobby	8 (Thurs)	1200-1400	Get Fit!
Central	Gateway East Atrium level 1 right side customer service counter	27 (Tues)	1200-1400	Get Fit!
Central	Gateway West Atrium level 1 left side customer service counter	28 (Wed)	1200-1400	Get Fit!
Central	Manulife Tower, Level 1 in front of customer service	21 (Wed), 22 (Thurs)	1200-1400	Get Fit!
South	Mapletree Business City - 20 MBC Open Plaza	19 (Mon), 20 (Tues)	1200-1400	Get Fit!
West	Perennial Business City, Level 2 outside Koufu	21 (Wed)	1200-1400	Get Fit!
Central	JustCo The Centrepont #05-05 - Pantry	20 (Tues)	1100-1500	Get Fit!

Wellness Challenge	Description
Get Fit!	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.