

Wellness Challenges in June 2025

Region/ Virtual	Venue	(Jun)	Time	Activity
East	Changi Airport Terminal 3 - Basement 2, ST3PS	3 Jun (Tues)	1100-1500	Get Fit!
Central	i12Katong - Level 1 Main Entrance	3 Jun (Tues)	1200-1400	Get Fit!
Central	i12Katong - Level 1 Main Entrance	3 Jun (Tues)	1800-2000	Get Fit!
East	Changi Airport Terminal 3 - Basement 2, ST3PS	4 Jun (Wed)	1100-1500	Get Fit!
Central	i12Katong - Level 1 Main Entrance	4 Jun (Wed)	1200-1400	Get Fit!
Central	i12Katong - Level 1 Main Entrance	4 Jun (Wed)	1800-2000	Get Fit!
East	KINEX, level 1 in front of burger king	6 Jun (Fri)	1600-2000	Get Fit!
West	FairPrice Hub - Level 1 (Outside Lift Lobby)	19 Jun (Thur)	1100-1500	Get Fit!
Central	JustCo The Centrepoint #05-05 - Pantry	19 Jun (Thur)	1100-1500	Get Fit!
West	FairPrice Hub - Level 1 (Outside Lift Lobby)	20 Jun (Fri)	1100-1500	Get Fit!
Central	Ocean Financial Centre - Covered Plaza	24 Jun (Tues)	1100-1500	Get Fit!
Central	Ocean Financial Centre - Covered Plaza	25 Jun (Wed)	1100-1500	Get Fit!
East	ESR Bizpark @ Chai Chee - Decathlon	20 Jun (Fri)	1130-1530	Get Fit!
Central	Frasers Tower, Community Zone at Level 2	26 Jun (Thur)	1130-1330	Get Fit!
East	Level 1 Space outside BreadTalk	5 Jun (Thur)	1100-1500	Get Fit!
South	Labrador Tower - The Courtyard, Level 1 (beside fountain)	5 Jun (Thur)	1130-1330	Get Fit!
North	7 North Coast - Foyer	5 Jun (Thur)	1100-1500	Beyond The Scales
Central	3024A Ubi Road 1, Kampong Ubi Terrace Workshop	25 Jun (Wed)	1100-1500	Beyond The Scales
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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>