

## Wellness Challenges in July 2024

Region/ Virtual	Venue	(Jul)	Time	Activity
Central	NCS - Gym, Blk B level 1 (Street Level)	2 (Tues)	1100 - 1500	Get Fit!
Central	Marina Square - Level 2 (in front of Dal.komm COFFEE)	2 (Tues)	1100-1400	Get Fit!
Central	JustCo The Centrepoint #05-05 - Pantry	2 (Tues)	1400-1700	Get Fit!
West	Fusionopolis One - Level 1 Atrium	3 (Wed), 4 (Thurs)	1130-1430	Get Fit!
East	Eightrium - Level 1 Atrium	4 (Thurs)	1200-1500	Get Fit!
South	Mapletree Business City - Open Plaza	8 (Mon)	1100-1400	Get Fit!
Central	i12 Katong - Level 1 Main Entrance	9 (Tues)	1100-1500 1700-2000	Get Fit!
Central	CapitaSky - Lobby, Level 2	9 (Tues)	1100 - 1500	Get Fit!
Central	i12 Katong - Level 1 Main Entrance	10 (Wed)	1100-1500 1700-2000	Get Fit!
Central	CapitaSky - Lobby, Level 2	10 (Wed)	1100 - 1500	Get Fit!
East	Paya Lebar Quarter Mall - Level 2 (In front of Uniqlo)	11 (Thurs), 12 (Fri)	1100-1400	Get Fit!
South	Alexandra Technopark - Block A	16 (Tues)	1100-1400	Get Fit!
West	FairPrice Hub - Level 1 (Outside Toast Box)	16 (Tues)	1100-1400	Get Fit!
Central	Suntec City - Level 1 (In front of Old Chang Kee)	17 (Wed)	1100-1500	Get Fit!
West	FairPrice Hub - Level 1 (Outside Toast Box)	17 (Wed)	1100-1400	Get Fit!
East	KINEX Mall - Main Atrium	18 (Thurs)	1200-1500 1730-2030	Get Fit!
West	JTC Space @ Tuas	19 (Fri)	0900-1700	Roving Beyond The Scales
Central	Marina Square - Level 2 Linkbridge between Marina Square and Millenia Walk	20 (Sat)	1600-1645	Retro Dance
Central	Marina Square - Level 2 Linkbridge between Marina Square and Millenia Walk	20 (Sat)	1700-1745	MEGADANZ®
Central	Marina Square - Level 2 Linkbridge between Marina Square and Millenia Walk	20 (Sat)	1815-1900, 1915-2000	Glow Stick Dance Party
Central	Marina Square - Prestique Studio #02-339/340	20 (Sat)	1030-1115, 1200-1245, 1330-1415, 1500-1545, 1630-1715, 1800-1845	ClubberJump
Central	South Beach Fountain Plaza (infront of Lady M)	20 (Sat)	1400-1500, 1530-1630	Brush Away
Central	South Beach Fountain Plaza (infront of Lady M)	20 (Sat)	1700-1800, 1830-1930	Marbled Moments
Central	Suntec Plaza	20 (Sat)	1530-1700	Discover Marina Central Race
Central	Marina Square - Level 2 Linkbridge between Marina Square and Millenia Walk	21 (Sun)	1600-1645	Les Mills Body Combat

Central	Marina Square - Level 2 Linkbridge between Marina Square and Millenia Walk	21 (Sun)	1700-1745	LES MILLS BODYATTACK™
Central	Marina Square - Level 2 Linkbridge between Marina Square and Millenia Walk	21 (Sun)	1800-1845	LES MILLS DANCE™
Central	Marina Square - Prestique Studio #02-339/340	21 (Sun)	1030-1115, 1200-1245, 1330-1415, 1500-1545, 1630-1715, 1800-1845	ClubberJump
Central	South Beach Fountain Plaza (infront of Lady M)	21 (Sun)	0930-1030, 1100-1200, 1530-1630, 1700-1800	Brush Away
Central	South Beach Fountain Plaza (infront of Lady M)	21 (Sun)	1230-1330, 1400-1500	Marbled Moments
Central	CapitaSpring - City Room, Level 1	22 (Mon)	1100 - 1500	Get Fit!
Central	CapitaSpring - City Room, Level 1	23 (Tues)	1100 - 1500	Get Fit!
Central	United Square - Basement 1 (Outside Nature's Farm)	24 (Wed)	1130-1430	Get Fit!
Central	United Square - Basement 1 (Outside Nature's Farm)	25 (Thurs)	1130-1430	Get Fit!
East	JTC Bedok Industrial Park E - The Pavilion	25 (Thurs)	1100-1500	Beyond The Scales
Central	Capital Tower - Open Concept Event Space, Level 36	25 (Thurs)	1100 - 1500	Get Fit!
Central	Capital Tower - Open Concept Event Space, Level 36	26 (Fri)	1100 - 1500	Get Fit!
South	Harbourfront Centre - Level 1 Atrium (Next to Harbourfront MRT Exit B)	29 (Mon)	1100-1500, 1700-2000	Get Fit!
Central	111 Somerset - Level 1, #1-44	30 (Tues)	1030 - 1830	Get Fit!
Central	JustCo International Plaza #05-01 - Pantry	30 (Tues)	1400-1700	Get Fit!
Central	Csuites - Level 5, Events hub	30 (Tues)	1130-1430	Get Fit!
Central	111 Somerset - Level 1, #1-44	31 (Wed)	1030 - 1830	Get Fit!
West	FairPrice Hub - Level 11	31 (Wed)	1100-1400	Get Fit!
Central	Duo Tower - Level 2 Carpark Lift Lobby	31 (Wed)	1100-1400	Get Fit!

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"> <li>• Height Station</li> <li>• Weight/In-body Station</li> <li>• Blood Pressure Station</li> <li>• Health Facilitator Station – based on results from their previous stations.</li> </ul>
Brush Away	<p>Join Brush Away and unleash your inner artist! Free your mind from daily rigors through painting and learn relaxation techniques for challenging times. Perfect for creativity and stress relief! Participants will paint on a tote bag.</p>
ClubberJump	<p>Inspired by Clubbers, ClubberJump offers a low-impact, high-intensity trampoline workout burning calories 3 times more effectively than running! De-stress and party jump to your favourite music and dancing lights!</p>
Discover Marina Central Race	<p>Teams of 2 – 4 participants will race through a series of checkpoints to win prizes. Each checkpoint will feature a fun fact related to Marina Central precinct. By successfully completing each checkpoint activity, teams not only advance in the race but also learn something new about Marina Central. Top teams will win grand prizes.</p>
Get Fit!	<p>Understand your body composition and receive 1-on-1 coaching tips on nutrition and exercise, with curated workouts to support your fitness journey.</p>
Glow Stick Dance Party	<p>Join our dance party with cardio, toning, and plyometrics using LED glow sticks! Perfect for all fitness levels, this lively workout will have you glowing inside and out!</p>
LES MILLS BODYATTACK™	<p>LES MILLS BODYATTACK™ is a high-energy workout focused on cardio, endurance, and functional exercise. Combining sports-inspired moves with strength exercises, it delivers a fun, challenging workout to motivating music.</p>
LES MILLS BODYCOMBAT™	<p>LES MILLS BODYCOMBAT™ is a high-energy, non-contact workout inspired by martial arts like karate, boxing, and muay thai. It tones your legs, arms, back, and core, burns calories, boosts agility, and empowers you!</p>
LES MILLS DANCE™	<p>LES MILLS DANCE™ is a 45-minute high-energy workout with 10 tracks, each with new choreography. It includes 3 cardio peaks, a warm-up, and a cool-down, blending innovative dance moves with the latest music.</p>
Marbled Moments	<p>Join Marbled Moments to create a stunning marbled design coaster! Immerse in a relaxing activity to practice mindfulness and relieve stress. Learn about stress triggers and coping tips and take home your handmade coaster!</p>
MEGADANZ®	<p>MEGADANZ® is for dance lovers! Enjoy Pop, Dance, Hip Hop, Reggaeton, Salsa, Brazilian, and more musical styles with MEGADANZ®.</p>
Retro Dance	<p>Groove to '70s, '80s, and '90s hits in this lively Retro Dance workout! Perfect for all fitness levels, combining fun and fitness in a nostalgic blast from the past!</p>