

Health Promoting Malls



## AMK Hub

<b>Mall Workouts</b>
Day: Every Tuesday Time: 7.00pm to 8.00pm Workout: Piloxing Venue: Level 1 Main Entrance
<b>Healthier Dining Options</b>
NTUC FoodFare #03-12 Fish & Co. #02-03 Subway #01-35 Swensen's #B1-25/26 QQ Rice #B2-07
<b>Shop for Healthier Choice Symbol Products</b>
Fairprice Xtra #B2-26

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## Bedok Point

<b>Mall Workouts</b>
Day: 1 <sup>st</sup> and Last Saturday of the month Time: 6.30pm to 7.30pm Workout: KpopX Fitness (1 <sup>st</sup> Saturday), Zumba (Last Saturday) Venue: Level 4 Garden Terrace
<b>Healthier Dining Options</b>
Paradise Classic #02-01/04

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## Bukit Panjang Plaza

<b>Mall Workouts</b>
Day: 1 <sup>st</sup> and 3 <sup>rd</sup> Sunday of the month Time: 10.00am to 11.00am Workout: Kickboxing Venue: Garden Terrace, Level 4
<b>Healthier Dining Options</b>
Jack's Place #03-10 Kampong by Kopitiam #03-08 Swensen's #03-04 Pizza Hut #02-14 Subway #02-11 McDonald's #02-01
<b>Shop for Healthier Choice Symbol Products</b>
FairPrice Finest #02-20, #01-15
<b>Quit Smoking Services</b>
Watsons #01-30/31 Guardian Health & Beauty #01-01/02/03

## Changi City Point

<b>Mall Workouts</b>
Day: 2 <sup>nd</sup> and 4 <sup>th</sup> Sunday of the month Time: 6.00pm to 7.00pm Workout: KpopX Fitness Venue: Level 3 Arena
<b>Healthier Dining Options</b>
McDonald's #01-10/11 Subway #B1-35 Wrap & Roll #B1-26/27
<b>Shop for Healthier Choice Symbol Products</b>
FairPrice Finest #B1-08/09/10/11

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**City Square Mall**

<b>Mall Workouts</b>
Day: Every Thursday Time: 6.30pm to 7.30pm Workout: Zumba Venue: Basement 1 Fountain Square
<b>Healthier Dining Options</b>
Swensen's #03-37/38 PastaMania #02-21/22 Pizza Hut #01-19/21 Subway #B1-35 McDonald's #B1-03/05 Stuff'd #B1-K1
<b>Shop for Healthier Choice Symbol Products</b>
NTUC FairPrice #B1-09/10
<b>Quit Smoking Services</b>
Guardian Health & Beauty #B1-18/19

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## Eastpoint Mall

<b>Mall Workouts</b>
Day: 1 <sup>st</sup> and 3 <sup>rd</sup> Saturday of the month Time: 9.30am to 10.30am Workout: Zumba (1 <sup>st</sup> Saturday), Piloxing (3 <sup>rd</sup> Saturday) Venue: Level 1 Open Space (between McDonald's and KFC)
<b>Healthier Dining Options</b>
Paradise Classic #02-06 Pizza Hut #02-03 McDonald's #01-34 Subway #B1-10
<b>Shop for Healthier Choice Symbol Products</b>
NTUC FairPrice #05-01
<b>Quit Smoking Services</b>
Unity by FairPrice #05-01

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## Great World City

<b>Mall Workouts</b>
Day: 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of the month Time: 7.00pm to 8.00pm Workout: Zumba Venue: Level 1 Atrium
<b>Healthier Dining Options</b>
McDonald's #01-24/25/26 Subway #B2-09
<b>Shop for Healthier Choice Symbol Products</b>
Cold Storage #B1-18
<b>Quit Smoking Services</b>
Watsons – Your Personal Store #01-53A/54 Guardian Health & Beauty #B1-19

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## Hillion Mall

<b>Mall Workouts</b>
Day: 2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month Time: 7.00pm to 8.00pm Workout: Zumba Venue: MRT Plaza (near the MRT entrance)
<b>Healthier Dining Options</b>
Kopitiam #02-15/16/17/18/19/20 Dian Xiao Er #01-08/09/10 McDonald's #B1-25/26/27 Kraftwich by Swissbake #B1-16 QQ Rice #B2-51 PastaMania #B2-48/49/50 Stuff'd #B2-40
<b>Shop for Healthier Choice Symbol Products</b>
NTUC FairPrice #B2-67

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## Hougang 1

<b>Mall Workouts</b>
Day: 2 <sup>nd</sup> and 4 <sup>th</sup> Saturday of the month Time: 6.00pm to 7.00pm Workout: KpopX Fitness Venue: Outdoor Event Space
<b>Healthier Dining Options</b>
McDonald's #01-26/39 Sakae Sushi #01-23 Kopitiam #01-19
<b>Shop for Healthier Choice Symbol Products</b>
FairPrice Xtra #02-01

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## Hougang Mall

<b>Mall Workouts</b>
Day: 1 <sup>st</sup> and 3 <sup>rd</sup> Saturday of the month Time: 6.00pm – 7.00pm Workout: Zumba Venue: Level 5 Rooftop Terrace
<b>Healthier Dining Options</b>
Pizza Hut #02-25 Soup Restaurant #02-21 Subway #02-10 Stuff'd #01-38 McDonald's #01-17
<b>Shop for Healthier Choice Symbol Products</b>
NTUC FairPrice #B1-07
<b>Quit Smoking Services</b>
Watsons Singapore #03-02

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**IMM**

<b>Mall Workouts</b>
Day: Every Tuesday Time: 7.00pm to 8.00pm Workout: KpopX Fitness Venue: Garden Plaza at Level 3
<b>Healthier Dining Options</b>
Kopitiam #03-55 Dome #02-14/14A Subway #01-114 Swensen's #01-111 Teahouse by Soup Restaurant #01-101B Pizza Hut Express #01-41 McDonald's #01-18
<b>Shop for Healthier Choice Symbol Products</b>
Giant Hypermarket #01-100
<b>Quit Smoking Services</b>
Guardian Health & Beauty #01-56/57 Watsons #01-54/55

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## JCube

<b>Mall Workouts</b>
Day: Every Friday Time: 7.00pm to 8.00pm Workout: KpopX Fitness Venue: Level 5 J-Stage
<b>Healthier Dining Options</b>
McDonald's #01-09 Kopitiam #B1-19 Subway #B1-K04

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**Jem**

<b>Mall Workouts</b>
Day: 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of the month Time: 6.30pm to 7.30pm Workout: KpopX Fitness Venue: Level 1 Jem Street (Outside McDonald's)
<b>Healthier Dining Options</b>
CookHouse by Koufu #05-01 PastaMania #04-26 Jack's Place #04-15 Dian Xiao Er #03-08 Simply Wrapps #02-19 Din Tai Fung #02-07 McDonald's #01-63, #02-55
<b>Shop for Healthier Choice Symbol Products</b>
FairPrice Xtra #B1-21
<b>Quit Smoking Services</b>
Guardian Health & Beauty #B1-16

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## Junction 8

<b>Mall Workouts</b>
Day: Every Friday Time: 7.00pm to 8.00pm Workout: KpopX Fitness Venue: Level 3 Roof Garden
<b>Healthier Dining Options</b>
Saybons #02-27A A-One F&B #01-49/50 Din Tai Fung #01-41 Swensen's #01-39 PastaMania #01-37 Subway #01-31 McDonald's #01-20 Sakae Sushi #B1-20 Dian Xiao Er #B1-07
<b>Shop for Healthier Choice Symbol Products</b>
Fairprice Finest #B1-01/21
<b>Quit Smoking Services</b>
NTUC Unity Healthcare #B1-16

## Jurong Point Shopping Centre

<b>Mall Workouts</b>
Day: Every Sunday Time: 9.00am to 10.00am Workout: Zumba (1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup> Sunday), KpopX Fitness (2 <sup>nd</sup> and 4 <sup>th</sup> Sunday) Venue: Sheltered space outside UOB
<b>Healthier Dining Options</b>
Fish & Co. #03-34 A-One F&B #03-09/10/11 Soup Restaurant #02-33 Pizza Hut #01-33 Subway #01-32A McDonald's #01-31 Swensen's #B1-64
<b>Shop for Healthier Choice Symbol Products</b>
FairPrice Extra #03-01/02 NTUC FairPrice #B1-09
<b>Quit Smoking Services</b>
NTUC Unity Healthcare #B1-09

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**Liang Court**

<b>Healthier Dining Options</b>
Subway #01-13A

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## Lot One Shoppers' Mall

<b>Mall Workouts</b>
Day: Every Tuesday of the month Time: 7.30pm to 8.30pm Workout: K-Kardio Venue: Level 5 Roof Garden
<b>Healthier Dining Options</b>
Sakae Sushi #03-10/11 Paradise Dynasty #03-02B PastaMania #03-02A Pizza Hut #02-20 McDonald's #01-20 Subway #B1-34/35 Dian Xiao Er #B1-32/33
<b>Shop for Healthier Choice Symbol Products</b>
NTUC FairPrice #B1-03

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**Nex**

<b>Mall Workouts</b>	
Day: 1 <sup>st</sup> and 3 <sup>rd</sup> Monday of the month Time: 7.00pm to 8.00pm Workout: Zumba Venue: nex Event Plaza, Basement 2 (near Food Republic)	
<b>Healthier Dining Options</b>	
Jack's Place #04-66 PastaMania #04-21-22 Pizza Hut #03-11/12/13 Soup Restaurant #02-15/16 Swissbake #02-14 Subway #02-11 Dian Xiao Er #02-09/10 Swensen's #02-07/08	A-One F&B #B1-73/74 Hot Tomato #B1-47 Din Tai Fung #B1-10 Fish & Co. #B1-05/06 QQ Rice #B2-48B Formosa Delight (located in Foodcourt) #B2-63 to 66 / 70 to 72 McDonald's #B2-05/06/07/08
<b>Shop for Healthier Choice Symbol Products</b>	
Cold Storage #03-42 FairPrice Xtra #B2-44/45	
<b>Quit Smoking Services</b>	
Guardian Health & Beauty #B1-62/63	

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## OneKM Shopping Mall

<b>Mall Workouts</b>
Day: First 2 Mondays of the month Time: 7.00pm to 8.00pm Workout: Zumba (1 <sup>st</sup> Monday), KpopX Fitness (2 <sup>nd</sup> Monday) Venue: Level 1 Main Atrium
<b>Healthier Dining Options</b>
Paradise Dynasty #02-33 ParaThai #02-23 Pizza Hut #B1-01/K1
<b>Shop for Healthier Choice Symbol Products</b>
Cold Storage #B1-36

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## Parkway Parade

<b>Mall Workouts</b>
Day: 1 <sup>st</sup> and 3 <sup>rd</sup> Friday of the month Time: 6.30pm to 7.30pm Workout: K-Kardio Venue: Level 1, Outdoor area next to Din Tai Fung
<b>Healthier Dining Options</b>
PastaMania #03-01 DOME #01-69A/K5/K6 Jack's Place #01-30 Din Tai Fung #01-15 Formosa Delight (located in Foodcourt) #B-85-87 & 112-146 Sakae Sushi #B1-84B/84C Subway #B1-83C Swensen's #B1-33/34
<b>Shop for Healthier Choice Symbol Products</b>
Giant #03-27/28 Cold Storage #B1-84
<b>Quit Smoking Services</b>
Watsons Singapore #B1-14/15/16

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## Paya Lebar Square

<b>Mall Workouts</b>
Day: 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of the month Time: 6.30pm to 7.30pm Workout: Zumba Venue: Level 1 Open space next to Taxi Stand
<b>Healthier Dining Options</b>
Greendot #02-15/16/17 McDonald's #01-68/69/74/75/76/K3 Stuff'd #01-61 Kraftwich by Swissbake #01-09/10/11/K2/K3 Sakae Sushi #B1-19 Jack's Place #B1-15
<b>Shop for Healthier Choice Symbol Products</b>
Giant #B1-01/02/03/04/05

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## Raffles Holland V

<b>Mall Workouts</b>
Day: 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month Time: 6.30pm to 7.30pm Workout: Zumba Venue: Sky Terrace (Roof) accessible via FL/EL1 Lift
<b>Healthier Dining Options</b>
Soup Restaurant #01-02

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## Sun Plaza

<b>Mall Workouts</b>
Day: 1 <sup>st</sup> and 3 <sup>rd</sup> Monday of the month Time: 7.00pm to 8.00pm Workout: Zumba (1 <sup>st</sup> Monday), Piloxing (3 <sup>rd</sup> Monday) Venue: Level 2 Atrium
<b>Healthier Dining Options</b>
Sakae Sushi #03-17/18/19 Fish & Co. #03-15/16 Kopitiam #03-01 Swensen's #02-21/22 Pizza Hut #02-15 McDonald's #01-16/17 PastaMania #01-03 Studff'd #B1-31
<b>Shop for Healthier Choice Symbol Products</b>
NTUC Fairprice #B1-01/02/03
<b>Quit Smoking Services</b>
Guardian Health & Beauty #B1-11

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Tanjong Pagar Centre

<b>Healthier Dining Options</b>
Kraftwiche by Swissbake #B2-32

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## Tampines 1

<b>Mall Workouts</b>
Day: 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month Time: 7.00pm to 8.00pm Workout: Piloxing Venue: Rooftop
<b>Healthier Dining Options</b>
Kapitans by Kopitiam #05-05/07 A-One Claypot House #05-04 Dian Xiao Er #04-07/08 Subway #B1-03
<b>Shop for Healthier Choice Symbol Products</b>
Cold Storage #B1-01/02

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## Tampines Mall

<b>Mall Workouts</b>
Day: Every Wednesday Time: 7.00pm to 8.00pm Workout: Kickboxing (1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup> Wednesday), K-Kardio (2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday) Venue: Open Plaza, Level 4
<b>Healthier Dining Options</b>
Kopitiam #04-27/28/29 PastaMania #04-21/22 Pizza Hut #02-02 Din Tai Fung #02-01 McDonald's #01-33 Subway #01-11 Stuff'd #B1-K13
<b>Shop for Healthier Choice Symbol Products</b>
NTUC Fairprice #B1-12
<b>Quit Smoking Services</b>
Watsons Singapore #B1-07/08/09

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## The Star Vista

<b>Mall Workouts</b>
Day: Every Monday Time: 7.30pm to 8.30pm Workout: Kickboxing Venue: Basement 1 The Star Plaza
<b>Healthier Dining Options</b>
The Kitchen by Koufu #02-25/26 Greendot – Smoothie House #01-33 Canton Paradise #B1-45/46 Subway #B1-34 Wrap & Roll #B1-11
<b>Shop for Healthier Choice Symbol Products</b>
Cold Storage #B1-02/35/36

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## Tiong Bahru Plaza

<b>Mall Workouts</b>
Day: 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of the month Time: 7.00pm to 8.00pm Workout: Piloxing Venue: Level 4 Outdoor Space
<b>Healthier Dining Options</b>
Kopitiam #03-31/55 McDonald's #01-32/33
<b>Shop for Healthier Choice Symbol Products</b>
FairPrice Finest #B1-122
<b>Quit Smoking Services</b>
Guardian Health & Beauty #B1-125 NTUC Unity Healthcare #B1-117

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## United Square Shopping Mall

<b>Mall Workouts</b>
Day: Last 2 Mondays of the month Time: 7.00pm to 8.00pm Workout: KpopX Fitness (2 <sup>nd</sup> Last Monday), Zumba (Last Monday) from Sep 2017 onwards Venue: Basement 1 Atrium
<b>Healthier Dining Options</b>
Jack's Place #B1-54/55 McDonald's #B1-11/12 Soup Restaurant #B1-10 PastaMania #B1-09 Subway #B1-04/05
<b>Shop for Healthier Choice Symbol Products</b>
Cold Storage #B1-29/30/41/52
<b>Quit Smoking Services</b>
Watsons Singapore #B1-53

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**Waterway Point**

<b>Mall Workouts</b>	
Day: 1 <sup>st</sup> and 3 <sup>rd</sup> Saturday of the month Time: 9.00am to 10.00am Workout: Piloxing (1 <sup>st</sup> Saturday), KpopX Fitness (3 <sup>rd</sup> Saturday) Venue: The Plaza @ B1	
<b>Healthier Dining Options</b>	
Swensen’s West Wing #02-35 Din Tai Fung, West Wing #01-22 Pizza Hut West Wing #B1-11 McDonald’s West Wing #B2-07 and #B2-K4 Stuff’d West Wing #B2-K1	Fish & Co. East Wing #B1-18 Subway East Wing #B1-16
<b>Shop for Healthier Choice Symbol Products</b>	
FairPrice Finest West Wing #B2-32	
<b>Quit Smoking Services</b>	
Guardian Health & Beauty West Wing #B1-04	

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## West Mall

<b>Mall Workouts</b>
Day: 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of the month Time: 6.30pm to 7.30pm Workout: BollyAerobix Venue: Level 1 (Outdoor sidewalk area beside Jade Condominium)
<b>Healthier Dining Options</b>
Swensen's #02-05 PastaMania #01-40 Pizza Hut #01-26 Subway #01-18/19
<b>Shop for Healthier Choice Symbol Products</b>
Cold Storage #B1-01
<b>Quit Smoking Services</b>
Watsons Singapore #02-26/27 Guardian Health & Beauty #01-27

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## White Sands

<b>Mall Workouts</b>
Day: 2 <sup>nd</sup> and 4 <sup>th</sup> Saturday of the month Time: 9.30am to 10.30am Workout: Zumba (2 <sup>nd</sup> Saturday), Piloxing (4 <sup>th</sup> Saturday) Venue: Level 1 Open Space outside KFC
<b>Healthier Dining Options</b>
Sakae Sushi #02-01/02/03 McDonald's #01-29/20, #02-13/14 Subway #01-31/32 Stuff'd #B1-K02
<b>Shop for Healthier Choice Symbol Products</b>
NTUC FairPrice #B1-10
<b>Quit Smoking Services</b>
Guardian Health & Beauty #01-12

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