

## Wellness Challenges in August 2025

Region/ Virtual	Venue	(Aug)	Time	Activity
Central	111 Somerset - Level 11, #01-44	12 Aug (Tues), 13 Aug (Wed)	1100-1500	Get Fit! 2025
East	Aperia - Atrium, Level 1	11 Aug (Mon), 12 Aug (Tues)	1100-1500	Get Fit! 2025
Central	Asia Square - The Cube, Level 1	4 Aug (Mon)	1100-1500	Get Fit! 2025
Central	CapitaGreen - Lobby Area, Level 1	20 Aug (Wed), 21 Aug (Thurs)	1100-1500	Get Fit! 2025
Central	Capital Tower - Open Concept Event Space, Level 36	13 Aug (Wed), 14 Aug (Thurs)	1100-1500	Get Fit! 2025
Central	CapitaSky - Lobby, Level 2	25 Aug (Mon), 26 Aug (Tues)	1100-1500	Get Fit! 2025
Central	CapitaSpring - City Room (next to Pietea), Level 1	27 Aug (Wed), 28 Aug (Thurs)	1100-1500	Get Fit! 2025
Central	Funan - Exhibition Space, Basement 2	7 Aug (Thurs), 8 Aug (Fri)	1100-1500	Get Fit! 2025
Central	One Raffles Quay - Garden Plaza, Level 1	5 Aug (Tues), 6 Aug (Wed)	1100-1500	Get Fit! 2025
Central	Six Battery Road - Lobby Area, Level 1	18 Aug (Mon), 19 Aug (Tues)	1100-1500	Get Fit! 2025
South	Alexandra Technopark - Block A, Level 1 Atrium	28 Aug (Thurs)	1130-1330	Get Fit! 2025
East	Changi Airport Terminal 3 - Basement 2, ST3PS	26 Aug (Tues), 27 Aug (Wed)	1100-1500	Get Fit! 2025
Central	Duo Tower - Level 2 Carpark Lift Lobby	12 Aug (Tues)	1200-1400	Get Fit! 2025
East	ESR Bizpark @ Chai Chee - Decathlon	29 Aug (Fri)	1130-1530	Get Fit! 2025
West	FairPrice Hub - Level 1 (Outside Lift Lobby)	28 Aug (Thurs) 29 Aug (Fri)	1100-1500	Get Fit! 2025
Central	Fraser's Tower, Community Zone at Level 2	5 Aug (Tues)	1130-1330	Get Fit! 2025
Central	Gateway East Atrium level 1 right side customer service counter	5 Aug (Tues)	1200-1400	Get Fit! 2025
Central	Gateway West Atrium level 1 left side customer service counter	6 Aug (Wed)	1200-1400	Get Fit! 2025
Central	Guoco Tower Level 1, Urban Park	4 Aug (Mon)	1200-1400	Get Fit! 2025
Central	JustCo The Centrepoint #05-05 - Pantry	6 Aug (Wed)	1100-1500	Get Fit! 2025
East	KINEX, level 1 in front of burger king	8 Aug (Fri)	1600-2000	Get Fit! 2025
Central	i12Katong - Level 1 Main Entrance	26 Aug (Tues), 27 Aug (Wed)	1200-1400, 1800-2000	Get Fit! 2025
East	Level 1 Space outside BreadTalk	7 Aug (Thurs)	1100-1500	Get Fit! 2025
South	Labrador Tower - Level 2 Meeting Pod (behind lobby)	12 Aug (Tues)	1130-1330	Get Fit! 2025
Central	Manulife Tower, Level 1 in front of customer service	13 Aug (Wed), 14 Aug (Thurs)	1200-1400	Get Fit! 2025
West	One-north Fusionopolis One - Level 1 Atrium	19 Aug (Tues), 20 Aug (Wed)	1100-1500	Get Fit! 2025
South	Mapletree Business City - 20 MBC Open Plaza	20 Aug (Wed), 21 Aug (Thurs)	1100-1300	Get Fit! 2025
West	One North - Solaris, Level 1 - Atrium	15 Aug (Fri)	1200-1400	Get Fit! 2025
West	Perennial Business City, Level 2 outside Koufu	7 Aug (Thurs)	1200-1400	Get Fit! 2025

East	Solaris @ 164 Kallang Way - Drop off point	13 Aug (Wed)	1200-1400	Get Fit! 2025
West	40 Penjuru Lane - Block 2 Lift Lobby, Level 1	13 Aug (Wed)	1100-1500	Beyond The Scales 2.0
West	ICON@IBP - Lobby Area, 3A International Business Park, Level 1	15 Aug (Fri)	1100-1500	Beyond The Scales 2.0
East	Tampines Biz-Hub - Lobby Area, Level 1	5 Aug (Tues)	1100-1500	Beyond The Scales 2.0
North	7 North Coast - Foyer	7 Aug (Thurs)	1100-1500	Beyond The Scales 2.0

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>
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>