









ADULT WELLNESS ACTIVITIES

Rejuvenate your mind, body and soul with our FUN Team





MONDAY

8.30AM		SUN SALUTATION YOGA	BEACH, L1
10AM		AQUA POLE	ADULT POOL, L1
4PM		AQUA AEROBICS	ADULT POOL, L1
5PM		HATHA YOGA	LAWN AT BARNACLES BY THE SEA, L1





TUESDAY

8.30AM		MORNING RUN	SWIMMING POOL TOWEL STAND, L1
10AM		AQUA JUMP	ADULT POOL, L1
4PM		AQUA DANCE	ADULT POOL, L1
5PM		DRUMFIT	BEACH, L1





WEDNESDAY

8.30AM		HIGH INTENSITY INTERVAL TRAINING	SWIMMING POOL TOWEL STAND, L1
10AM		AQUA BOXING	ADULT POOL, L1
4PM		AQUA JAM	ADULT POOL, L1
5PM		LAUGHTER YOGA	LAWN AT BARNACLES BY THE SEA, L1





THURSDAY

8.30AM		SUN SALUTATION YOGA	BEACH, L1
10AM		AQUA POLE	ADULT POOL, L1
4PM		AQUA FIT	ADULT POOL, L1
5PM		HATHA YOGA	LAWN AT BARNACLES BY THE SEA, L1





FRIDAY

8.30AM		MORNING RUN	SWIMMING POOL TOWEL STAND, L1
10AM		AQUA JUMP	ADULT POOL, L1
4PM		AQUA AEROBICS	ADULT POOL, L1
5PM		YOGA	LAWN AT BARNACLES BY THE SEA, L1

SATURDAY

8.30AM		SUN SALUTATION YOGA	BEACH, L1
10AM		GUIDED NATURE WALK*	SWIMMING POOL TOWEL STAND, L1
4PM		AQUA DANCE	ADULT POOL, L1
5PM		DRUMFIT	BEACH, L1

SUNDAY

8.30AM		YOGA	BEACH, L1
10AM		AQUA BOXING	ADULT POOL, L1
4PM		AQUA JAM	ADULT POOL, L1
5PM		YOGALATES	LAWN AT BARNACLES BY THE SEA, L1

***Guided Nature Walk:** Participants are required to wear covered shoes and recommended to dress in comfortable attire. This activity is expected to last 45–60 minutes which includes stops at Sentosa Nature Discovery, Mount Imbiah Nature Trail, and Mount Imbiah Battery. Kindly arrive 5 minutes in advance for a comprehensive briefing on the guidelines and regulations.



Mind



Body



Soul

For 16 years old and above only

Activities and venues are subject to change.