



ADULT WELLNESS ACTIVITIES

Rejuvenate your mind, body and soul with our FUN Team

8.30AM

MONDAY

8.30AM ∑ SUN SALUTATION YOGA
88.30AM ∑ SUN SALUTATION BEACH, L1
10AM ♀ AQUA POLE ADULT POOL, L1
4PM ♀ AQUA AEROBICS ADULT POOL, L1
5PM ∑ HATHA YOGA LAWN AT BARNACLES BY THE SEA, L1

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

TUESDAY

WEDNESDAY

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

SUN SALUTATION YOGA BEACH, L1

10AMImage: AQUA POLEADULT POOL, L14PMImage: AQUA FITADULT POOL, L15PMImage: HATHA YOGALAWN AT BARNACLES
By THE SEA, L1

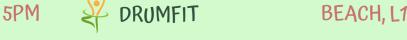
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FRIDAY

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8.30AM 🦨 MORNING RUN	SWIMMING POOL TOWEL STAND, L1
10AM 🧳 AQUA JUMP	ADULT POOL, L1
4PM 🧳 AQUA AEROBICS	ADULT POOL, L1
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*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.



Activities and venues are subject to change.