







ADULT WELLNESS ACTIVITIES




MONDAY

10AM	 AQUA JUMP	ADULT POOL, L1
4PM	 AQUA AEROBICS	ADULT POOL, L1
5PM	 DRUMFIT	BEACH, L1




TUESDAY

8.30AM	 MORNING RUN	BEACH, L1
10AM	 GUIDED NATURE WALK*	SWIMMING POOL TOWEL STAND, L1
4PM	 AQUA DANCE	ADULT POOL, L1




WEDNESDAY

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




THURSDAY

10AM	 AQUA JUMP	ADULT POOL, L1
4PM	 AQUA FIT	ADULT POOL, L1
5PM	 DRUMFIT	BEACH, L1




FRIDAY

8.30AM	 MORNING RUN	SWIMMING POOL TOWEL STAND, L1
10AM	 GUIDED NATURE WALK*	SWIMMING POOL TOWEL STAND, L1
4PM	 AQUA AEROBICS	ADULT POOL, L1

SATURDAY

10AM	 AQUA POLE	ADULT POOL, L1
4PM	 AQUA DANCE	ADULT POOL, L1
5PM	 DRUMFIT	BEACH, L1

SUNDAY

8.30AM	 JUNGLE WALK	SWIMMING POOL TOWEL STAND, L1
10AM	 AQUA BOXING	ADULT POOL, L1
4PM	 AQUA JAM	ADULT POOL, 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.

