

September 2023: FITNESS CLASS SCHEDULE

Classes are complimentary to all and suitable for all fitness levels.
The series of classes are conducted in partnership with Health Promotion Board
Healthy Workplace Ecosystem.



Class booking is made via the Healthy 365 app:
Explore > Events > Type ‘Marina Central’ in the search bar > Select your fitness class

Monday	Tuesday	Wednesday	Thursday	Friday
17:45 – 1845				
Hip Hop Fitness				
Suntec Convention Level 3 / Rm 324 - 326				
	18:00 – 19:00	18:00 – 19:00	18:00 – 19:00	
	Zumba	KpopX Fitness	KpopX Fitness	
	Suntec City Suntec City Outdoor Space (Near H&M Drop-off Point)	South Beach Fountain Plaza	Suntec City Suntec City Outdoor Space (Near H&M Drop-off Point)	
		18:30 – 19:30	18:30 – 19:30	
		STRONG NATION™	Pilates	
		Millenia Walk The Sculpture Plaza between Millenia Tower & Millenia Walk	Marina Square JustCo. #03-308	
		Kickboxing		
		Linkbridge Between Marina Square and Millenia Walk (Level 2)		
19:15 – 20:15				
Hip Hop Fitness				
Suntec Convention Level 3 / Rm 324 - 326				
Kickboxing				
Suntec City Suntec City Outdoor Space (Near H&M Drop-off Point)				

Hip Hop Fitness	Hip-hop Fitness is a form of exercise that blends dance moves with strengthening exercises along to fast-tempo hip-hop music.
Zumba	Zumba is a fun and energetic workout that combines Latin and international music with dance steps to create a workout that’s as enjoyable as it is effective.
STRONG NATION™	STRONG NATION™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.
Cardio Dance	Cardio Dance is a hybrid of dance choreography and cardio exercises set to music, creating a heart-pumping workout to keep your body in constant motion
KpopX Fitness	KpopX Fitness combines simple K-Pop dance moves with aerobics and body toning exercises.
Kickboxing	Expect a full-body workout that engages every muscle group in your body, with a strong focus on your core. The rapid movements in cardio kickboxing also improve flexibility, balance, and coordination, and can help you build faster reflexes.

