

Remember to Scan your QR Codes!

List of Workshops with QR Codes

Nutrition/Physical Activity Workshops – Click [here](#)

List of Physical Activity Sessions with QR codes

Health Promotion Board

- i- i-Run – Click [here](#)
- ii- Fitness at Work – Click [here](#)
- iii- Sundays @ the Park – Click [here](#)
- iv- Mall Aerobics/Workout – Click [here](#)

ActiveSG

For a list of programmes – Click [here](#)

For a list of facilities – Click [here](#)

Sports Hub

Experience Sports FIT-sessions – Click [here](#)

Experience Sports Learn-to-Play – Click [here](#)

1FitPass

1FitPass Classes (Nov 16 to Feb 17)

25 1FitPass Classes slots are available every week!

Address: Various locations in Singapore

Login to <https://1fitpass.com/losetowin/> for more information!

Stepping Out (Nov 16 to 28 Feb 17)

- i. Tap Beginner by Stepping Out on Wednesdays, 1900 – 2000
- ii. Street Jazz by Stepping Out on Tuesdays, 1915- 2015

Address: City Square Mall #08-05, Singapore 208539

Contact: info@stepping-out.com.sg

Additional Info: Please state that you are a Lose to Win[®] participant. Please register at least 3 days in advance, limited slots available.

Studio 360 Fitness (Jan 17 to Feb 17)

Indoor cycling by Studio 360 Fitness - Tuesdays - 7am, Wednesdays - 1215pm, Thursdays - 645am & 1215pm, Fridays - 920am & 1230pm

Address: 90 Eu Tong Sen Street Block C #01-11

Contact: hello@studio360fitness.com

Additional Info: Please state that you are a Lose to Win[®] participant and email to register

Zoom Park (Nov 16 to Feb 17)

Flash your Lose to Win App at Zoom Park Asia to redeem your 50% off!

Address: 200 Pandan Gardens, #01-14, 609336

Motivator Led Interest Groups

- East Zone
 1. T2FIT @ ITE Simei
Time: Every weekend (alt Sat/Sun 7.30-8.30am)
Contact: Facebook group: [Lose to Win East](#)

- West Zone
 1. LTW Briskwalk IG @ PCN from Yew Tee to Teck Whye to Yew Tee
Time: Every Monday Night, 8pm-9pm
Contact: Facebook Group [Lose To Win West](#)

 2. Brisk Walk & Body Weight Exercises @ CCK Stadium / Stagmont Park
Time: Most Sundays / 7am
Contact: Facebook Group [Lose To Win West](#)

- North Zone
 1. Run Trek Walk - Briskwalk Kakis @ Woodlands @ Admiralty MRT
Time: Every Monday, 7.30pm - 9.30pm
Contact: Facebook Group: Run Trek Walk (Briskwalk KaKis)

 2. Run Trek Walk - Briskwalk Kakis @ Yishun @ Yishun Pond at Khoo Teck Puat Hospital
Time: (Every Wednesday, 8 - 9 pm)
Contact: Facebook Group: Run Trek Walk (Briskwalk KaKis)

 3. Stairs Climbing @ Blk 302A Woodlands St 31 (Opposite Marsiling MRT)

Time: (Every Thursday, 8 - 9pm)

Contact: Facebook Group: Run Trek Walk (Briskwalk KaKis)

4. Sunday Nature Walk @ Mac Ritchie Reservoir

Time: (Every Sunday, 7am)

Contact: Facebook Group: Run Trek Walk (Briskwalk KaKis)

- North East

1. LTWPalace Alumni Club - Brisk walking, Strengthening and Stretching @ Punggol park, hardcourt next to harmony clock

Time: 3rd Sunday of the month/ 7.15am

Contact: www.facebook.com/LTW-Palace-683997061683499

2. BCR Challenge - brisk walk, cycling, running & strengthening exercise @ 477A Upper Serangoon View Pavilion (Mon), various venue (Sat, Sun)

Time: 8pm (Mon), either morning or evening (Sat, Sun)

Contact: bcrchallenge@gmail.com

- Central

1. FitnessKakis-Interval Run & Circuit Training @ Sports Hub, Gate 10

Time: (Every Monday, 7.00pm - 8.30pm)

Contact: www.facebook.com/FitnessKakis

2. FitnessKakis-Stairs & Circuit Training @ Blk 69 Redhill Close / Blk 9A Boon Tiong Road Void Deck

(Every Tuesday, 7.00pm - 8.30pm)

Contact: www.facebook.com/FitnessKakis

3. FitnessKakis-Badminton for Fitness @ Sports Hub, OCBC Arena, Hall 2

Time:(Every Wednesday, 8.00pm - 10.00pm)

Contact: www.facebook.com/FitnessKakis

4. FitnessKakis-Stairs Training @ Blk 622 Bukit Batok (opposite West Mall)

Time: (Every Wednesday & Friday, 7.00pm - 8.30pm)

Contact: www.facebook.com/FitnessKakis

5. FitnessKakis-Tennis for Beginner (intake-based) @ Suntec Tower 2, Tennis Court
Time: (Every Friday, 7.00pm - 9.00pm)
Contact: www.facebook.com/FitnessKakis

6. FitnessKakis-'Gym-In-The-Pocket' Resistance Band Training @ 301 Toa Payoh Lorong 6, COE Building, Level 2, Foyer, Singapore 319392
Time: (1st Saturday of the month, 8.00am - 09.00am)
Contact: www.facebook.com/FitnessKakis

7. FitnessKakis-Ashtanga Yoga Method @ 301 Toa Payoh Lorong 6, COE Building, Level 2, Foyer, Singapore 319392
Time: (4th Saturday of the month, 08.00am - 09.30am)
Contact: www.facebook.com/FitnessKakis

8. FitnessKakis-Zumba Fitness @ HPB Dance Studio, 4th Level
Time: Last Wednesday of the month, 07.00pm - 08.00pm
Contact: www.facebook.com/FitnessKakis