



**1) Pre-Lose to Win® 2019 4-Week Conditioning Programme\* (11<sup>th</sup> Feb – 10<sup>th</sup> March 2019)**

Jumpstart your exercise plan by joining us at the Pre-Lose to Win® 2019 4-Week Conditioning Programme! You will be introduced to high-intensity exercise circuits and aerobic dances such as Zumba and Piloxing. Join us and get ready for the Lose to Win® 12-week programme!

Weigh-ins will be made available at these locations from 11<sup>th</sup> February onwards. Sign up for the sessions now using your H365 App!

Day	Location	Time	Area
<b>West</b>			
Sun	Jurong West Stadium	8.15 – 9.15am	Semi-D
Thurs	Lot 1	7:30-8:30pm	Level 5, Roof Garden
Fri	IMM	7:30-8:30pm	Level 3, Garden Plaza
<b>East</b>			
Mon	Our Tampines Hub	7.30-8.30pm	Arena, Hockey Court
Tues	Heartbeat@Bedok	7.30-8.30pm	Atrium 1
Sat	Tampines Mall	10-11am	Level 4, Open Plaza
<b>North</b>			
Tues	Woodlands Stadium	7.30-8.30pm	Semi-D
Wed	Kampung Admiralty	7.30-8.30pm	Open Plaza
Sun	Junction 8	10-11am	L3 Roof Garden
<b>North-East</b>			
Tue	Punggol Town Square	7.30-8.30pm	Sheltered Area
Thurs	Serangoon CC	7-8pm	Multi-Purpose Hall
Sat	Hougang Sports Hall	8:30-9:30am	Front Foyer
<b>Central</b>			
Mon	Capitol Piazza	7-8pm	Level 1, Outdoor Area
Thurs	HPB	7.30-8.30pm	L7 Function Lounge
Sun	Sports Hub	10-11am	Gate 14, 100 Plus promenade

\*Open to both members of the public and Lose to Win® Participants

2) **Lose to Win® 2019 12-week Programme (11<sup>th</sup> March – 2<sup>nd</sup> June 2019)**

Participate in the Lose to Win® weekly exercise sessions and improve your physical fitness! You will be guided on the proper techniques of executing exercises and your limits will be challenged through a variety of programmes such as High Intensity Interval Training (HIIT) and Aerobic Dance. Have fun and make new friends with fellow participants through fitness challenges, friendly games and mass workouts while earning Health Points and chances to win Lucky Draw prizes along the way. In addition, pick up tips on fitness training, healthy eating and living through weekly workout videos, and self-directed e-learning modules.

To check in for the most updated list of locations, you may email in to [hpb\\_losetowin@hpb.gov.sg](mailto:hpb_losetowin@hpb.gov.sg) or [losetowin@alphafitness.com.sg](mailto:losetowin@alphafitness.com.sg)

Day	Location	Time	Area
<b>West</b>			
Mon	IMM	7.30-8.30pm	Level 3, Garden Plaza
Wed	Jurong West Stadium	7.30-8.30pm	D-Ring
Thurs	JCube	7.30-8.30pm	Level 5, JStage
Thurs	Lot 1	7.30-8.30pm	Level 5, Roof Garden
Thurs	International Biz Park	6.15-7.15pm	Amphitheatre, 31 IBP
Fri	IMM	7.30-8.30pm	Level 3, Garden Plaza
Fri	Bukit Panjang Plaza	7-8pm	Level 4, Garden Plaza
Sun	Jurong West Stadium	8.15-9.15am	D-Ring
<b>East</b>			
Mon	Our Tampines Hub	7.30-8.30pm	Arena, Hockey Court
Mon	Bedok Stadium	7.15-8.15pm	D-Ring
Tues	Bedok Town Square	7.30-8.30pm	Sheltered Area
Wed	Changi Airport Recreation Centre	1-2pm	Function Room
Thurs	Bedok Stadium	7.15-8.15pm	D-Ring
Sat	Tampines Mall	10-11am	Level 4, Open Plaza
Sun	Our Tampines Hub	6-7pm	Arena, Hockey Court
<b>North</b>			
Mon	Junction 8	7.30-8.30pm	Level 3, Roof Garden
Tues	Woodlands Stadium	7.30-8.30pm	D-Ring
Wed	Breadtalk HQ	6.30-7.30pm	Level 1 Foyer
Wed	Kampung Admiralty	7.30-8.30pm	Open Plaza
Sat	Yishun Town Square	8.30-9.30am	Sheltered Area
Sun	Junction 8	10-11am	Level 3, Roof Garden
<b>North-East</b>			
Mon	Punggol Town Square	7.30-8.30pm	Sheltered Area
Tue	Punggol Town Square	7.30-8.30pm	Sheltered Area
Wed	273E Compassvale	7.30-8.30pm	Sheltered Area
Wed	Hougang Mall	7:30-8:30pm	Level 5 Roof Terrace
Thurs	Punggol Town Square	7.30-8.30pm	Sheltered Area
Thurs	Serangoon Community Club	7-8pm	Multi-Purpose Hall

Sat	Hougang Sports Hall	8.30-9.30am	Front Foyer
Central			
Mon	Capitol Piazza	7-8pm	Level 1, Outdoor Area
Tues	Sports Hub	7-8pm	Gate 14, 100 Plus Promenade
Tues	Tiong Bahru Plaza	7-8pm	Level 4, Outdoor Space
Wed	Plaza Singapura	7-8pm	HSBC Area
Thurs	HPB	7.30-8.30pm	Level 7, Function Lounge
Fri	Mapletree Business Park	6.30-7.30pm	Basketball Court, Open Plaza
Sun	Sports Hub	10-11am	Gate 14, 100 Plus Promenade

\*Registered participants will be informed of any changes made to the schedule.