



GYM TONIC

Get stronger with simple, safe and hassle-free exercise sessions!

\$360
for 24 sessions

\$240 for Blue CHAS Card holders

A strength training programme designed for seniors aged 60 years and above, using high-tech equipment and guided by trained coaches.

Why Choose Gym Tonic

- ✔ Builds muscle strength
- ✔ Gentle on the joints
- ✔ Personal guidance from trainer
- ✔ Pre and post assessment

Eligibility

- ✔ Able to walk without assistance
- ✔ No or mild cognitive impairment
- ✔ Able to commit twice a week

Register Your Interest Now!

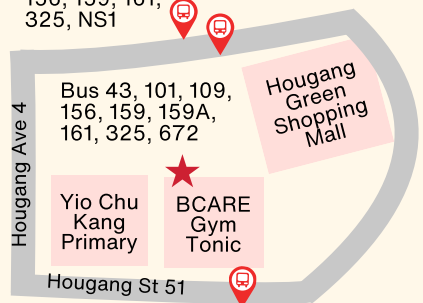


WhatsApp
8860 9020

Location

Blk 574 Hougang St 51 #01-09
Singapore 530574
Mon-Fri, 8.30 am - 5.30 pm

Bus 43, 109,
156, 159, 161,
325, NS1



Bus 101, 672

20260101



健得力

通过简单、安全、
无负担的锻炼课程，
让您变得更强壮！

\$360
24 节课

\$240
持有蓝色
CHAS 卡者

一项专为 60 岁及以上的乐龄人士所设的锻炼课程，采用高科技设备，并由专业教练指导。

立即报名以表示您的兴趣！



WhatsApp
8860 9020

为何选择健得力

- ✔ 增强肌力
- ✔ 对关节无负担
- ✔ 专人指导
- ✔ 训练前后评估

参加资格

- ✔ 无需协助能独立行走
- ✔ 无或轻度认知障碍
- ✔ 能够每周出席两天

地点

Blk 574 Hougang St 51 #01-09
Singapore 530574
周一至周五，上午 8.30 至下午 5.30

巴士 43, 109,
156, 159, 161,
325, NS1



后港 51 街

巴士 101, 672

20260101