

GYM TONIC

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

Gym Tonic is a strength training programme designed for seniors 60 years and above to fight frailty. The programme uses a cloud-based system coupled with hydraulic machines.

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



\$360
for 24 sessions

\$240 for Blue
CHAS Card
holders

Register Your Interest Now!

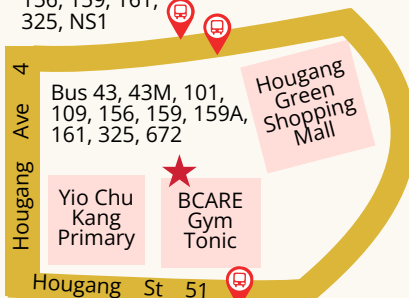


WhatsApp
8535 6282

Location

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

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



Bus 101, 672

20241101

健得力

通过简单、安全、无忧的锻炼课程，让您变得更强壮！

健得力是一项专为 60 岁及以上的乐龄人士所设的锻炼课程。该课程运用云端科技与适合年长者的健身器材，帮助他们增强肌肉，有效预防衰弱。

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



\$360
24 节课

\$240
持有蓝色
CHAS 卡者

立即报名以表示您的兴趣！



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地点

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

