

Active Health STRENGTH 1.0: Cost, Format & Sign-Up Guide

Description

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Active Health STRENGTH 1.0 is an eight-week, in-person programme for adults who are starting or rebuilding a strength-training routine. It provides one coached 60-minute session each week and introduces seven core strength movements. It is a structured foundation, not an advanced lifting course or a medical rehabilitation service.

The public programme page does not show a fixed fee or a complete timetable before the booking step. That matters: availability, location and the amount payable should be taken from the live ActiveSG checkout, not from an old screenshot or third-party listing.

Programme snapshot

Feature	Official programme detail
Length	Eight weeks
Frequency	One 60-minute physical session each week
Content	Seven core strength movements, health coaching, hands-on technique practice and theory
Who can join	Adults aged 18 and above who are rebuilding strength, knowledge and consistency
Venue	Selected Active Health Labs; choose from the live booking inventory
Public holidays	No sessions are conducted on public holidays
Refund rule	The official listing says no refund is allowed, so check all eight dates before paying

What happens during the eight weeks?

Sport Singapore describes each session as a mix of coaching, practical movement work and explanations of why the technique matters. The seven-movement framework gives beginners a repeatable base rather than a different entertainment-style workout each week.

The official page labels possible intensity from low through vigorous because the same task can feel different depending on age, fitness and health status. That range is not a promise that every participant will train vigorously. The stated instruction is to listen to your body and exercise at a comfortable, safe pace.

Is STRENGTH 1.0 right for you?

Likely fit	Consider another route first
You are 18 or older and new to structured resistance training.	You need treatment or rehabilitation for an injury.
You are returning after a break and want coached technique.	You have symptoms during exercise that have not been assessed.
You can attend the full eight-week sequence.	You cannot commit to the listed dates or location.
You want a foundation for a longer-term routine.	You are an experienced lifter seeking individualised advanced programming.

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This article cannot determine medical suitability. The Singapore Physical Activity Guidelines advise people who are unsure how to begin to consult a health professional for an appropriate exercise regime. If you have a chronic condition, recent surgery, persistent pain, dizziness, chest discomfort or another health concern, seek appropriate professional advice before booking.

What does it cost, and can credits cover it?

The official STRENGTH 1.0 listing says SG60 ActiveSG credits can fully cover Active Health programme fees. However, the public information page does not display a single programme price. The reliable amount is the fee shown for your selected batch after you sign in.

- Check that your ActiveSG account and available credits are shown correctly before confirming.
- Confirm whether the selected batch is fully covered or whether a cash balance is due.
- Read the checkout terms before using credits because the programme states that no refund is allowed.
- Do not assume a place is reserved until the booking confirmation appears in your account.

How to sign up without choosing the wrong batch

1. Open Sport Singaporeâ??s official programme page and select *Sign Up Now*.
2. Sign in to ActiveSG and review the current Labs, dates, start times and remaining places.
3. Write all eight sessions in your calendar, including any public-holiday gap.
4. Check travel time to the selected Lab at the actual class hour.
5. Review the fee, credit deduction and no-refund rule before confirming.
6. Keep the booking confirmation and any pre-session instructions.

How one weekly class fits the national guideline

One weekly STRENGTH 1.0 session is a starting point, not the whole national activity recommendation. The Singapore Physical Activity Guidelines recommend that adults strengthen muscles, bones and joints at least two days each week, alongside 150â??300 minutes of moderate-intensity aerobic activity. Ask the coach what practice, if any, is appropriate between sessions rather than copying an extra workout blindly.

If you prefer a gentler bodyweight starting point, see our beginner core-strength and balance guide. Our Health & Wellness section covers other Singapore programmes and practical wellbeing topics.

What is the real eight-week commitment?

Eight 60-minute sessions equal 480 coached minutes, or eight hours. Travel can be the larger hidden cost. If a selected Active Health Lab takes 35 minutes each way, eight return trips add 560 minutes, or nine hours 20 minutes. The combined scheduled class-and-travel commitment is therefore about 17 hours 20 minutes before changing, waiting or home practice. This is LBRDâ??s labelled planning calculation, not a Sport Singapore duration estimate.

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Run the calculation with the actual Lab and class time shown at checkout. A nearby batch that starts two weeks later may be the more reliable choice if it cuts travel or avoids a recurring work conflict. Because the programme listing says there are no refunds, attendance reliability matters more than choosing the earliest available date.

What should you record before paying?

Check	Decision evidence
All eight dates	A calendar check covering work, care duties and public-holiday gaps
Door-to-door time	One trial journey at the actual class hour
Fee and credits	The live checkout total and credit balance, saved before confirmation
Health suitability	Professional advice where symptoms, injury or a chronic condition make the starting route unclear
Between-session activity	The coachâ??s stated practice guidance, rather than an unverified extra workout

Reporting note and sources

Last checked: 18 July 2026. Programme structure, age requirement, venue format, public-holiday rule, refund rule and the SG60 credit statement come from Active Health / Sport Singapore. Exercise-frequency context comes from the Health Promotion Board and Sport Singapore guidelines. Live fees, batches and vacancies can change after publication; verify them in ActiveSG before committing.

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