

ActiveSG Active Health PERFORM 2.0: four 60-minute sessions for fitter adults, payable with SG60 credits

Description

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ActiveSG Circle lists PERFORM 2.0 among Active Healthâ??s programmes: four 60-minute sessions built around sports performance for adults aged 18 and above. Active Health says SG60 ActiveSG credits can fully cover its programme fees. The cash fee is not published on ActiveSG Circle.


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A group session in an Active Health lab; undated SportSG programme photo, not a PERFORM 2.0 session record. Photo: ActiveSG Circle / Sport Singapore

The four PERFORM 2.0 sessions

- Assessment and Check-in: an hour of testing on body composition, agility, muscular strength and power, which sets a baseline and personal performance goals. It is aimed at adults looking to sharpen their sports performance.
- ENGINE Workout: aerobic endurance work to build stamina and recovery between efforts, for adults starting out in recreational sport or already playing it.
- AMRAP Workout: functional movements done at high intensity within a set time, for anaerobic endurance and muscular strength. The name is gym shorthand for as many rounds as possible, and this one is for adults with some strength training experience.
- Multi-Modal Workout: strength, cardio, power, balance and agility in one session, for adults who want to keep progressing.

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A coach-led group workout in an Active Health lab; undated SportSG programme photo. Photo: ActiveSG Circle / Sport Singapore

For anyone not ready to jump in, PERFORM 1.0 is the run-in programme. It lasts eight weeks, with one 60-minute session a week of metabolic conditioning and health coaching on core strength and conditioning principles.

Read this before booking

All sessions are in person at Active Health labs, and none run on public holidays. On the Assessment and Check-in, Active Health asks participants to commit to the full programme before signing up, and states that no refund is allowed.

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A strength test of the kind used in the PERFORM 2.0 Assessment and Check-in; undated SportSG programme photo. Photo: ActiveSG Circle / Sport Singapore

Where the labs are

Active Health lists 10 labs, plus an Active Health Discovery space at Northshore Plaza: Bishan Swimming Complex, the Decathlon Singapore Lab on Stadium Boulevard, Delta Sport Centre, Heartbeat@Bedok, Jurong East Sport Centre, Our Tampines Hub, Sengkang Sport Centre, Woodlands Sport Centre, Bukit Canberra and Punggol Sport Centre. The labs are closed on Mondays and public holidays.

Labs such as Bishan, Delta, Heartbeat@Bedok and Jurong East open 8am to 1pm, 4pm to 5.30pm and 6.30pm to 9pm on most weekdays, and 8am to 1pm and 2pm to 5.30pm at weekends; evening and Sunday slots there are for pre-booked participants only. The Decathlon lab keeps shorter hours and is closed on Sundays. Hours vary by lab, and Active Health asks everyone to book a slot before visiting.

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The Active Health lab at Delta Sport Centre; undated SportSG photo. Photo: ActiveSG Circle / Sport Singapore

Paying with credits

Active Health says SG60 ActiveSG credits can fully cover its programme fees, subject to having enough credits in your account. To find the sessions, search â??Active Healthâ?• on MyActiveSG+. Under ActiveSGâ??s current rule, SG60 credits expire on 31 December 2026 if you make no paid transaction in 2026; a paid facility booking, programme or pool or gym pass before then extends them to 31 December 2027. Our guide to what SG60 ActiveSG credits pay for covers how the SG60 top-up works.

Date Created
09/11/2026
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