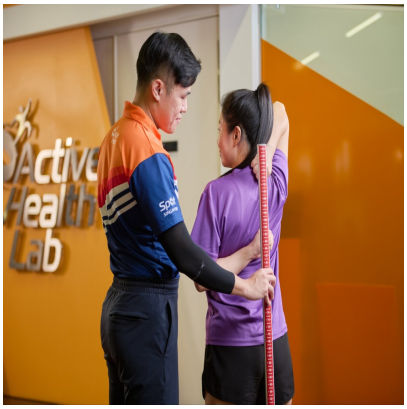

ActiveSG Active Health STRENGTH 2.0: four one-hour sessions paid in full by SG60 credits, and the Punggol labâ??s evening slot

Description

default watermark

Active Healthâ??s STRENGTH 2.0 is a set of four one-hour sessions for adults who want to build strength, move better or get ready for more structured training, and it is one of the programmes your SG60 ActiveSG credits can pay for in full. Each session is 60 minutes, open to anyone aged 18 and above, and run in person at an Active Health lab. The lab at Punggol Sport Centre opens for just one evening a week, on Wednesdays from 6.30pm to 9pm.

The four STRENGTH 2.0 sessions

You do not have to book all four. Each has its own sign-up and its own target reader.

- Assessment and Check-In: an hour that measures your baseline health and fitness, with a health coach helping you set personal goals for strength, mobility and day-to-day function. It is pitched at people starting a strength-building routine.
- Mobility Workout: exercises for joint range of motion and movement patterns, aimed at people who want better movement and recovery.
- Functional Fitness Workout: multi-directional exercises for muscular fitness, balance and coordination, with the focus on how they help in daily life and cut injury risk. It suits people rebuilding fitness before moving on to structured training.
- Foundation Strength Workout: the basic exercises for building muscle mass and strength, for anyone who wants a solid base.


default watermark

The STRENGTH 2.0 Mobility Workout. Undated SportSG programme photo. Photo: Active Health / Sport Singapore

If you would rather commit to a longer course, STRENGTH 1.0 runs for eight weeks, one 60-minute session a week, and teaches seven core strength movements with health coaching and the theory behind them. That one asks you to commit to the full programme before booking, and no refund is allowed.

None of the STRENGTH sessions run on public holidays.

What it costs

Active Health programmes are fully claimable with ActiveSG credits, so the SG60 credits cover the fee. Active Health does not put a cash price on its programme pages, so check the fee on MyActiveSG+ when you book. The same credits stretch only 30 per cent of the way on regular group fitness classes, which makes Active Health the place where they go furthest.

default watermark

Timing matters too. Remaining credits roll over into 2027 only if you make at least one transaction with them, so a STRENGTH session paid for with credits keeps the balance alive.


default watermark

The STRENGTH 2.0 Functional Fitness Workout. Undated SportSG programme photo. Photo: Active Health / Sport Singapore

Where to go, and the Punggol hours

There are now 10 Active Health labs, at 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. Every lab asks you to book a slot before turning up.

The Punggol lab is at 11 Sentul Crescent, #B1-01, on the basement level. Its hours:

- Monday, Sunday and public holidays: closed
- Tuesday, Thursday and Friday: 8am to 1pm, then 4pm to 5.30pm
- Wednesday: 11.30am to 1pm, 4pm to 5.30pm and 6.30pm to 9pm
- Saturday: 8am to 1pm, then 2pm to 5.30pm

default watermark

For most office workers, that leaves Wednesday night and Saturday as the realistic windows in Punggol.


default watermark

The STRENGTH 2.0 Foundation Strength Workout. Undated SportSG programme photo. Photo: Active Health / Sport Singapore

Picking your first session

If you have never lifted, the Assessment and Check-In gives you numbers to work from and a coach to talk them through. If you already train but stiffen up, Mobility is the obvious pick. Anyone coming back after a long break could start with Functional Fitness, and Foundation Strength is the plain entry point for building muscle.

Date Created
23/11/2026
Author
jadeyeo

default watermark