

Free December community workouts: line dance, KPopX, Zumba Gold and Bishan Sports Day on OnePA

Description

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Your community club and residentsâ?? network are among the easiest places to start moving in December, and every session below is listed at S$0. Peopleâ??s Association (PA) listings on OnePA include free line dance and cardio kickboxing at Tampines Changkat CC, free KPopX on Friday nights at Tampines East CC, a Zumba Gold class for older adults and beginners in Toa Payoh, and a four-hour sports morning at Bishan CC on 13 December.

Each session has its own OnePA event page with a reference code. Sign-up windows differ: some listings are taking registrations now, while the Bukit Panjang, Madeira and Toa Payoh listings only open at the start of the session. Each pageâ??s event data sets the ticket price at S$0, and the Tampines pages state outright that the sessions are free. OnePA shows vacancies only after you log in, and notes that extra fees or discounts may be applied at checkout.

East: Tampines

Tampines Changkat CC runs its Active Life Series in the foyer on Level 1, at 13 Tampines Street 11 (OnePA ref E60724569). Registration is free of charge.

- Line dance, Tuesdays, 7pm to 8pm: 1, 8, 15, 22 and 29 December
- Cardio kickboxing, Fridays, 10.30am to 11.30am: 4, 11 and 18 December

The CC pitches line dance as a long-time favourite with seniors that is catching on with younger residents, danced in lines to oldies and pop songs. Cardio kickboxing is the high-intensity option, built on kicking and punching, and promises better strength, muscle tone and endurance.

Tampines East CCâ??s Friday Fitness has KPopX with trainer Rasimah in the atrium, every Friday from 7.30pm to 8.30pm (ref E55604396). The remaining dates are 27 November and 4, 11 and 18 December. It is free for all, and you are asked to bring your own water bottle.



Tampines East CC, where Friday Fitness KPopX runs in the atrium. File photo of the venue. Photo: Peopleâ??s Association

West: Hong Kah North, Bukit Panjang and Bukit Gombak

Hong Kah North CC has a one-hour Zumba session in its multi-purpose hall on Saturday 5 December, 5.30pm to 6.30pm (ref E10262288). No experience is needed.

Bukit Panjang CSN holds its brisk walk on the first Sunday of every month. The December session is on Sunday 6 December, 7am to 8.30am, starting at 8 Pending Road with warm-up exercises before a 2km walk around the estate (ref E48533787).

Bukit Gombak Guilin Connections NC runs Morning Exercise at The Madeira on Friday 11 December, 7.30am to 11am, with simple stretches and light workouts (ref E92888080).

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Hong Kah North CC, venue for the 5 December Zumba session. File photo of the venue. Photo: Peopleâ??s Association

Central: Bishan and Toa Payoh

Bishan Sports Day, which the CC holds every two months, is on Sunday 13 December from 8am to noon at Bishan Community Club (ref E79373746). All are welcome, and light refreshments go to those who take part.

- Stretchband exercise: 8am to 8.45am
- Brisk walk around the neighbourhood: 8.30am to 9am
- ActiveSG party dance: 8.45am to 9.30am
- Line dance: 10am to noon

The stretchband session and the brisk walk overlap on the listing, so pick one for the first slot.

In Toa Payoh, the Zone 5 residentsâ?? network hosts HPB Zumba Gold on Saturday 19 December, 10.15am to 11.45am, at the Link Hall, Block 266 Kim Keat Avenue (ref E92602808). Zumba Gold is a modified Zumba for older adults and beginners, with lower-impact moves, slower routines and exercises that can be adapted to different fitness levels and mobility.

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Bishan Community Club, base for Bishan Sports Day on 13 December. File photo of the venue. Photo: Peopleâ??s Association

How to sign up

Search the reference code on onepa.gov.sg, open the event and register. Log in first to see how many places are left.

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Author
jadeyeo

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