

Feel stronger, Live better!



Increase mobility at our Senior-friendly Gym

Results from past participants:

90% of clients see an average strength gain of **15-20%** after 6 months.



Free body analysis



Beginner-friendly



Small class size



Gentle on muscles & joints



Qualified trainers & personalised coaching

Sessions start from **\$25.07 (inclusive GST)**

5% off for Union Members.
Speak to us to find out more!

Sign up now.
Take the first step
toward your strongest self!



Scan or visit ntuchealth.sg
to find out more.
For enquiries:



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