

Unique Fitness Activities this Valentine's Day

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Make this Valentine's Day a special one by engaging in active fitness activities and improve on both you and your partner's physical and overall well-being.

Attend Zumba Classes

Love exercising in groups? Zumba might be the sport for you! U Sports together with eXplorerkid and SG Furkids is organising a Zumba session for Families & Kids and the invitation is extended to your furkids as well. Kids and furkids get to join the session for free.



Sign up here:



Go for a Run Together

Clock in new milestones while soaking in sunlight and fresh air by heading for a run together. Both of you can support, motivate and encourage each other to keep going and work towards achieving your fitness goals.

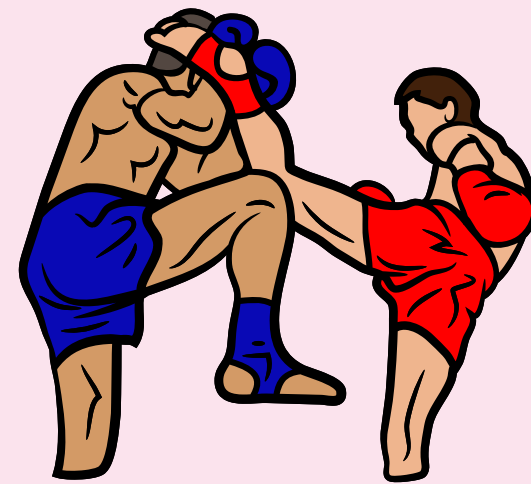


Take up Muay Thai Lessons

Muay Thai is an intense workout to help you learn self-defense techniques as well as build both mental and physical strength. Step out of your comfort zone and discover a new activity by taking up Muay Thai lessons!

NTUC Members enjoy special discounts at Farong Muay Thai when you flash your NTUC Card.

Book your trial session here:



Join a Cycling Community

Cycling together is a great way to spend time outdoors, enjoy nature and explore new places. Do you love cycling? Join My Cycling Kaki, a community of cyclists from all walks of life and take part in various cycling programs!

Find out more here:



Source: <https://bit.ly/usports-feb23-article>