

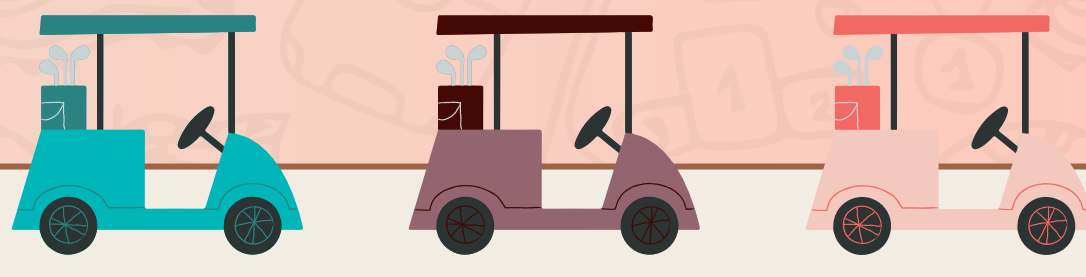
AN ACTIVE JULY

FOR U AND YOUR FRIENDS

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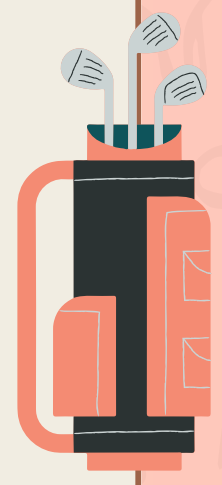
International Friendship Day is celebrated in July, and it usually reminds us of the significance of companionship and our best friends. It's always delightful to have friends by our side and to enjoy their company on fun outings together. Embracing the spirit of camaraderie, let's explore some exciting fitness activities that you can partake in with your friends this July.



PALM SPRINGS GOLF

A weekend golf getaway could be a chance for a great time with your friends. Explore an exciting trip to Palm Springs Golf Course in Batam, where you can tee off with your golfing kakis.

Scan the QR code to book a session.



FOOTBALL WITH FRIENDS

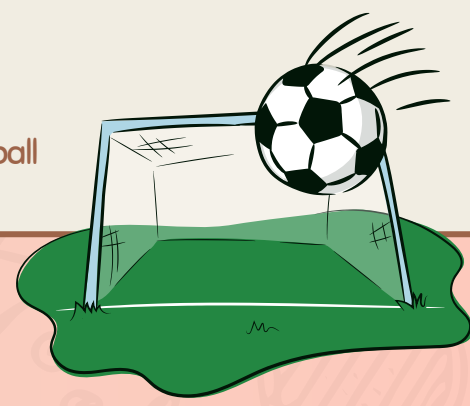


Many people participate in football, a popular sport that can enhance our physical qualities including strength and mobility.

Gather your friends for a quick 5-a-side and like U Sports on Facebook to get updates on any upcoming games.



Source: <https://blog.pitchero.com/conditioning-for-football>



KAYAKING



Kayaking could be an active and fun exercise for you and your friends. Kayaking also provides many health benefits like improving your upper body strength and cardiovascular fitness.

Scan the QR Code to book a session to kayak to Pulau Ubin with your friends.



ECO-FRIENDLY CYCLING



For cycling enthusiasts who are looking to take their cycling adventures to another level, check out trail biking at Pulau Ubin! Discover the island as the trail leads you to different scenic spots as well as historical landmarks.

Scan the QR Code to book a session.

