



Yong-en Active Hub (YEAH!)

Inspiring #BoundlessAge in our seniors

“With G.R.A.C.E at the heart of our service, YEAH! redefines active aging by nurturing **a thriving community of seniors**, not bound by age.

YEAH! uses a 4E approach – **Engage, Enrich, Empower, and Embrace.**

Come connect, grow, and thrive together!



Active Ageing Programmes

- **Engaging Workshops** to stay updated (E.g. finance, nutrition, TCM, mental wellness, digital life)
- **Social Activities** to foster new friendships (E.g. dance, sports, mahjong, rummy-o)
- **Sweat It Out** to increase your energy levels (E.g. low impact aerobics, stretch band routines, qigong)
- **Develop Lifelong Learning** to fuel your mind (E.g. languages, music, art)



Gym Tonic

- Exercise-As-Medicine
- A 12-week, progressive, strength training
- Overseen by dedicated Wellness Coaches
- Pre and Post Assessment with body analysis
- AI Driven, Gym Equipment from Finland



SCAN TO
APPLY FOR
MEMBERSHIP
NOW!

