



# BIXEPS

## Strengthen Without Strain Using BIXEPS

### About The Programme

Using Pulsed Electromagnetic Fields (PEMF) technology to improve muscle energetics. Each **10-minute** session safely activates muscles to deliver the benefits of exercise without strain, enhancing balance, gait, and leg strength to help reduce the risk of falls.

#### ✓ After 12 sessions, you will



- Improve muscle strength and function
- Increase independence
- Enhance mobility and balance
- Reduce falls
- Manage chronic inflammation

*\*BIXEPS is NOT a replacement for physical exercise.*

#### \$ Fees



#### YEAH! Members

- \$25/session
- 12 sessions or 24 sessions
- \$300 or \$600

#### For Public

- \$40/session (12 sessions)
- \$33/session (24 sessions)
- \$480 or \$800

*\*Each session is for per limb.*

### FIND US AT

**Yong-en Active Hub (YEAH!)**  
3779 Jalan Bukit Merah, #01-03, (S)159462

#### Opening Hours

Mon to Fri, 8.30am to 5.30pm  
(Closed on Sat, Sun, and PH)

**JiaYou, Chinatown Point**  
Level 4, 133 New Bridge Rd (S)059413

#### Opening Hours

Mon to Fri, 9am to 6pm  
Sat, 9am to 1pm (Closed on Sun and PH)

To register or more info, contact us at 9189 9782 (YEAH!) / 9272 3552 (JiaYou).

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