

# **IMPACT@HONG LIM GREEN**

## **FITNESS SCHEDULE 2026**

### **FITNESS**

Classes will be held at The Fit Stop

#### **FUNCTIONAL FITNESS**

A high intensity workout by simulating common movements at home, at work, or in sports.

#### **OPEN GYM**

Ideal for those who prefers to workout at their own pace, while making use of existing equipment for self-guided workouts.

### **YOGA**

Classes will be held at the Multi-Purpose Studio(s)

#### **HATHA YOGA**

A non-vinyasa based class that focuses on static postures and longer holds.

#### **STRETCH YOGA**

A class involving gentle movements and longer holds to help relieve tense and tight muscles and pain.

#### **AERIAL YOGA (BASIC & INTERMEDIATE)**

A combination of traditional yoga using hammocks and structural fabric to help enhance flexibility.



# Fitness Classes

Classes will be held at The Fit Stop

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNCTIONAL FITNESS 06:45 – 07:45	FUNCTIONAL FITNESS 06:45 – 07:45	FUNCTIONAL FITNESS 06:45 – 07:45	FUNCTIONAL FITNESS 06:45 – 07:45	FUNCTIONAL FITNESS 06:45 – 07:45	FUNCTIONAL FITNESS 09:30 – 10:30	FUNCTIONAL FITNESS 09:30 – 10:30
FUNCTIONAL FITNESS 07:45 – 08:45	FUNCTIONAL FITNESS 07:45 – 08:45	FUNCTIONAL FITNESS 07:45 – 08:45	FUNCTIONAL FITNESS 07:45 – 08:45	FUNCTIONAL FITNESS 07:45 – 08:45	ADAPTIVE FITNESS 10:30 – 11:30	FUNCTIONAL FITNESS 10:30 – 11:30
OPEN GYM 09:00 – 18:00	OPEN GYM 09:00 – 18:00	OPEN GYM 09:00 – 18:00	OPEN GYM 09:00 – 10:00	OPEN GYM 09:00 – 11:00	FUNCTIONAL FITNESS 11:30 – 12:30	OPEN GYM 12:00 – 17:00
			FUNCTIONAL FITNESS 12:00 – 13:00	FUNCTIONAL FITNESS 12:00 – 13:00	OPEN GYM 13:00 – 17:00	
			OPEN GYM 13:00 – 18:00	OPEN GYM 13:00 – 18:00		
FUNCTIONAL FITNESS 18:15 – 19:15	FUNCTIONAL FITNESS 18:15 – 19:15	FUNCTIONAL FITNESS 18:15 – 19:15	FUNCTIONAL FITNESS 18:15 – 19:15	FUNCTIONAL FITNESS 18:15 – 19:15		
FUNCTIONAL FITNESS 19:15 – 20:15	FUNCTIONAL FITNESS 19:15 – 20:15	FUNCTIONAL FITNESS 19:15 – 20:15	FUNCTIONAL FITNESS 19:15 – 20:15	FUNCTIONAL FITNESS 19:15 – 20:15		

# Yoga Classes

Classes will be held at the Multi-Purpose Studio(s)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					AERIAL BASIC 09:30 – 10:30	
					AERIAL INTERMEDIATE 10:45 – 11:45	STRETCH YOGA 11:00 – 12:00
		AERIAL BASIC 18:15 – 19:15				
STRETCH YOGA 19:15 – 20:15	HATHA YOGA 19:15 – 20:15	AERIAL STRETCH 19:30 – 20:30	STRETCH YOGA 19:15 – 20:15	HATHA YOGA 19:15 – 20:15		



# IMPACT MEMBERSHIP PLANS

## (W.E.F 1 JANUARY 2026)

Type Of Plan	Entitlement & Validity	Public Fee	Registration
<b>DROP IN PASS</b>	<b>1 Class + 1 Open Gym</b> Valid on date of purchase	<b>\$28.00</b>	<a href="https://go.gov.sg/impact-dropinpass">go.gov.sg/impact-dropinpass</a> 
<b>CLASS PACK</b>	<b>10-Class Package</b> Valid for up to 4 months	<b>\$180.00*</b> (\$18.00/class)	<a href="https://go.gov.sg/impact-classpack">go.gov.sg/impact-classpack</a> 
<b>1-Month Pass</b>	<b>15 Classes + Unlimited Open Gym</b> Valid for 1-month from date of activation	<b>\$210.00*</b> (\$14.00/class)	<a href="https://go.gov.sg/impact-1monthpass">go.gov.sg/impact-1monthpass</a> 
<b>3-Month Pass</b>	<b>45 Classes + Unlimited Open Gym</b> Valid for 3-months from date of activation	<b>\$441.00*</b> (\$9.80/class)	<a href="https://go.gov.sg/impact-3monthpass">go.gov.sg/impact-3monthpass</a> 

*\*Passion Card members enjoy \$15 off all passes except the Drop-In Pass*

# Connect with us!



## Locate Us

20 Upper Pickering Street  
Singapore 058284

## Contact Us

6786 7253 (Gym Reception)  
6786 0016 (Main Office)  
imPactHLG@pa.gov.sg

## Operating Hours

Weekdays: 08:00 AM – 10:00 PM  
Weekends: 09:00 AM – 06:00 PM  
*closed on Public Holidays*