

» UFIT WOMEN'S WELLNESS FESTIVAL SCHEDULE

MENOPAUSE

9:30 AM -
10:30 AM

STRONG THROUGH MENOPAUSE

Physical strength becomes increasingly important for women as they age. Come and learn how to train for this life stage and ways to approach the hormonal changes. Tailored to all levels.

CONDUCTED BY

UFIT COACHES

LOCATION

MAIN GYM



FORMAT: WORKOUT

10:45 AM -
11:45 AM

MENOPAUSE UNMUTED: KNOWLEDGE IS POWER

Join respected women's health professional, Dr. Tash Miranda from Osler Health to discuss menopause, hormones, and how lifestyle choices can help women thrive during this important life stage. The science of menopause is clear: with a personalised approach to care, women can better manage symptoms and not only survive - but truly thrive.

CONDUCTED BY

DR. TASH (OSLER HEALTH)

LOCATION

SHOWROOM



FORMAT: TALK

BATTLE CANCER

9:30 AM -
10:30 AM

REBUILD & RESTORE PILATES

A gentle, empowering mat Pilates session led by a certified Cancer Exercise Specialist, focused on rebuilding strength, mobility, posture, and body confidence at a pace that respects recovery. We'll request details on cancer history & relevant medical details etc, so the session can be tailored accordingly.

CONDUCTED BY

UFIT COACH LI YAN

LOCATION

CLASSROOM (LEVEL 2)



FORMAT: MAT PILATES

10:45 AM -
11:45 AM

STRONGER ON THE OTHER SIDE

A personal and empowering talk on rebuilding trust in your body after cancer. UFIT Coach Cassie shares the mindset shifts and small habits that helped her return to training, energy, and joy without pressure or perfection.

CONDUCTED BY

UFIT COACH CASSIE

LOCATION

PHYSIO CLINIC (LEVEL 2)



FORMAT: TALK

RUNNING

9:30 AM -
10:30 AM

HOW TO RUN SMARTER & STAY INJURY-FREE

Learn how to avoid the top 5 running mistakes, plus get simple and effective strategies to improve your technique, reduce injury risk and make running feel easier and more enjoyable.

CONDUCTED BY

UFIT HEAD PODIATRIST LEWIS

LOCATION

PODIATRY CLINIC



FORMAT: TALK/DEMO

10:45 AM -
11:45 AM

5KM FUN RUN

Enjoy an easy pace 5km loop up to gardens by the bay and back. Includes a guided warm up and cool down. All levels welcome.

CONDUCTED BY

UFIT COACHES

LOCATION

MEET AT UFIT RECEPTION



FORMAT: RUN

»» UFIT WOMEN'S WELLNESS FESTIVAL SCHEDULE

INTRODUCTION TO STRENGTH TRAINING

9:30 AM -
10:30 AM

GETTING STARTED WITH STRENGTH TRAINING

A practical intro to strength training to help you feel confident stepping into the weights room. Learn why it matters, technique essentials, how to build a routine you'll actually stick to, and the most common myths that hold women back.

CONDUCTED BY

UFIT COACH ALICE

LOCATION

SHOWROOM



FORMAT: TALK

10:45 AM -
11:45 AM

FOUNDATIONAL STRENGTH

A beginner-friendly strength workout that teaches the fundamentals with clear coaching cues to help you build confidence and train safely.

CONDUCTED BY

UFIT COACHES

LOCATION

MAIN GYM



FORMAT: WORKOUT

PRE / POST NATAL

9:30 AM -
10:30 AM

TRAINING SAFELY THROUGH PREGNANCY & POSTPARTUM

An expert-led guide to staying active through each trimester and postpartum, with pelvic floor considerations, what to focus on, what to modify, common myths, and how to return to training safely after birth.

CONDUCTED BY

DR SITAL (OSLER HEALTH)

LOCATION

PHYSIO CLINIC (LEVEL 2)



FORMAT: TALK

10:45 AM -
11:45 AM

PILATES FOR PREGNANCY & POSTPARTUM

A safe, expert-led mat Pilates session supporting core strength, posture and pelvic health tailored to wherever you are in pregnancy or postpartum recovery. We'll request details on what stage you're at so the session can be tailored accordingly.

CONDUCTED BY

UFIT COACH LI YAN

LOCATION

CLASSROOM (LEVEL 2)



FORMAT: MAT PILATES

NETWORKING & COMMUNITY

11:45 AM -
12:15 PM

NETWORKING AND COMMUNITY

Free to mingle & enjoy some refreshments! Spend some time checking out our partner booths in the yard, connecting with members of the UFIT Team and other attendees.

LOCATION

YARD