

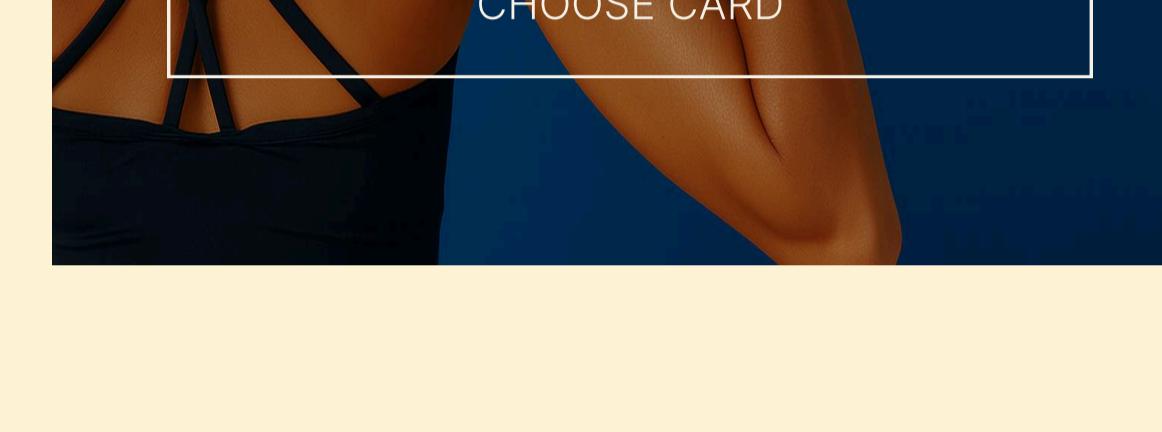
JCU

LIFE BALANCE

FITNESS CLUB



BOOKING



CHOOSE CARD



WORK OUTS

■ WHY JCU GYM?

JCU Fitness Club - sport as a result of development of body, mind and spirit through physical exercises, competition, ethical principles

JCU — is more than just a uni, it is a path to a healthier, more balanced state. Whether you want to pay attention to your body, calm your mind or achieve the perfect harmony between the two, JCU Fitness Club — is the place for you.

1 000

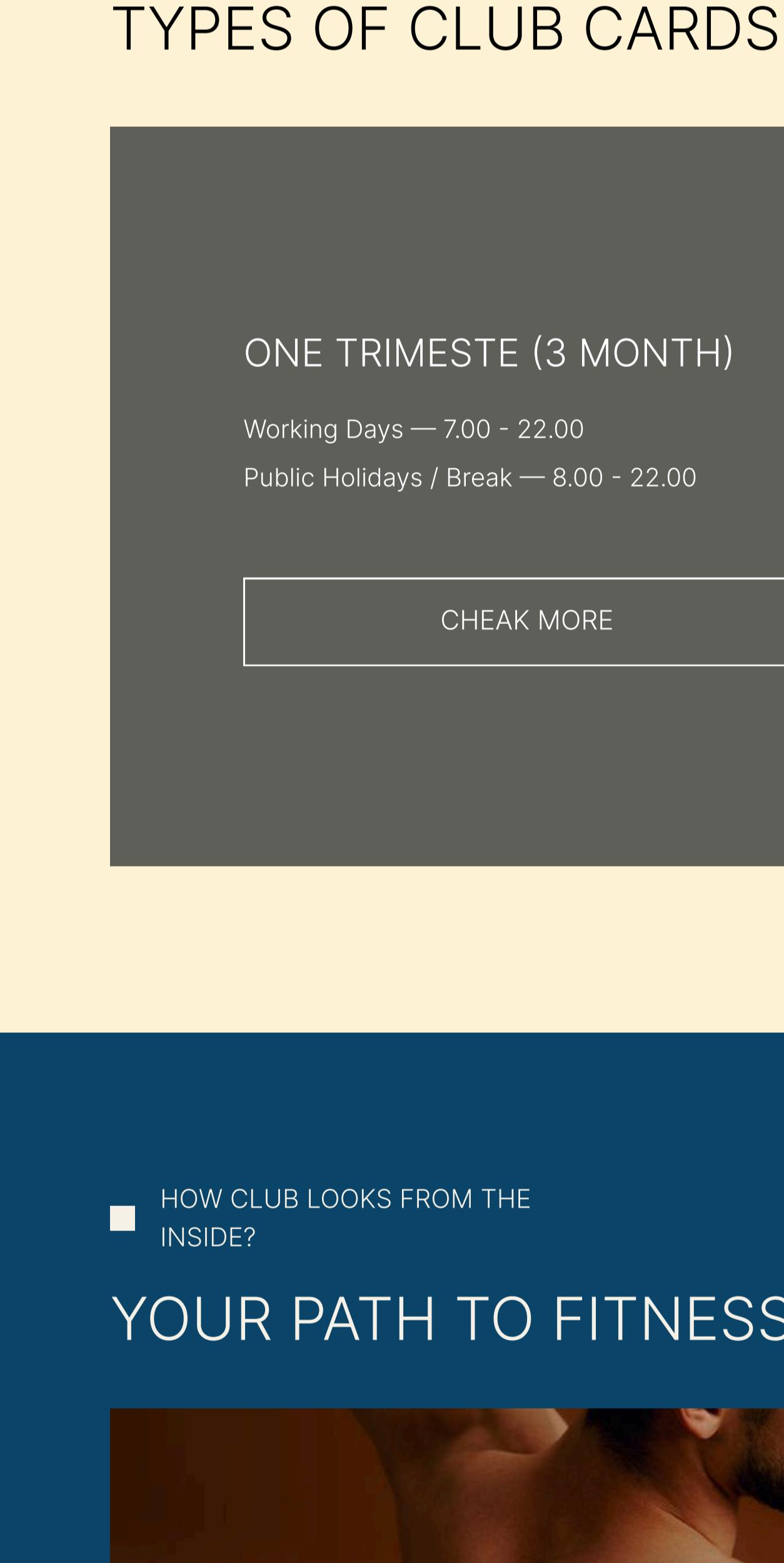
MUSCLES THAT CAN BE TRAINED

15+

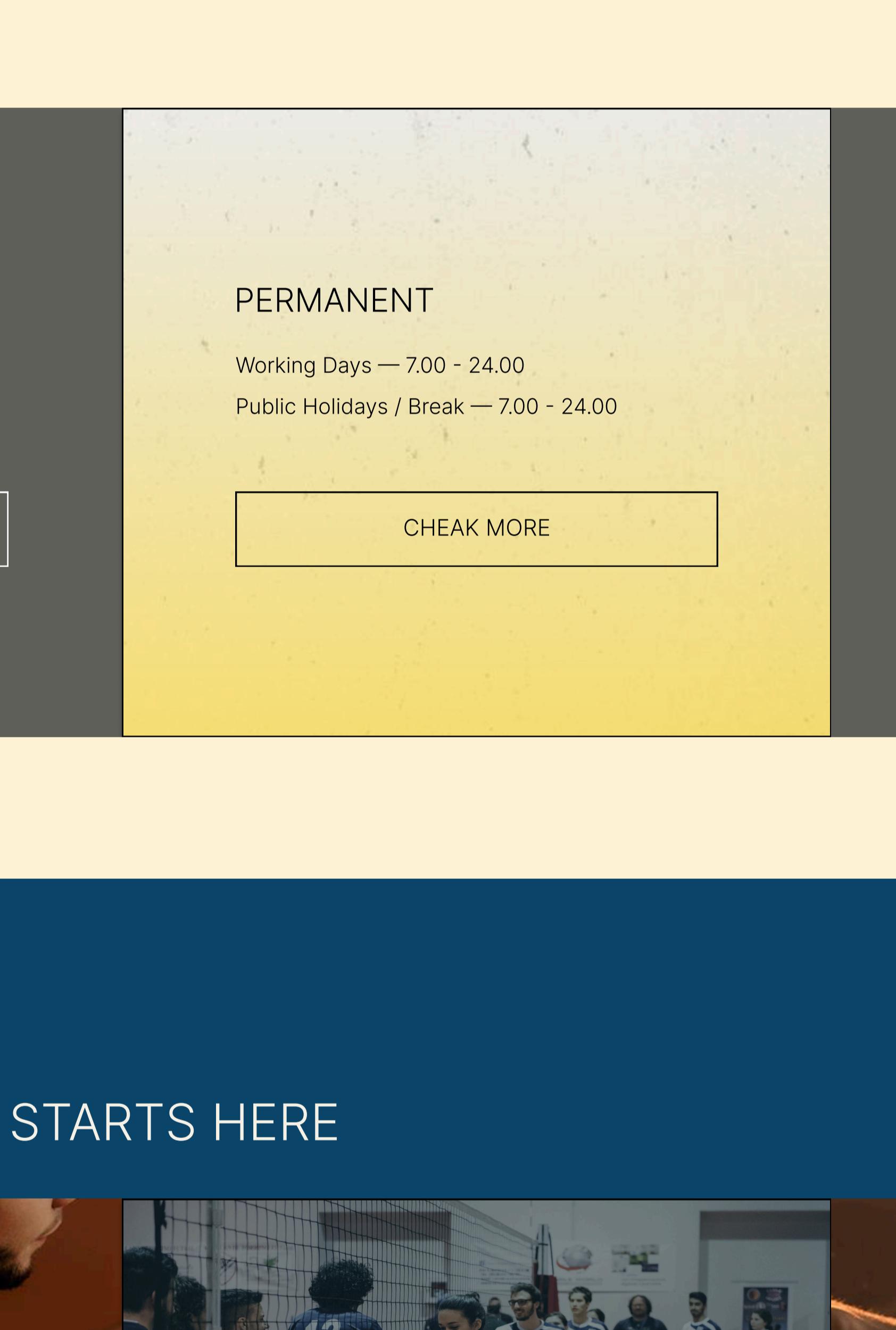
CAN BE ACCOMMODATED IN EACH OUTLET

365

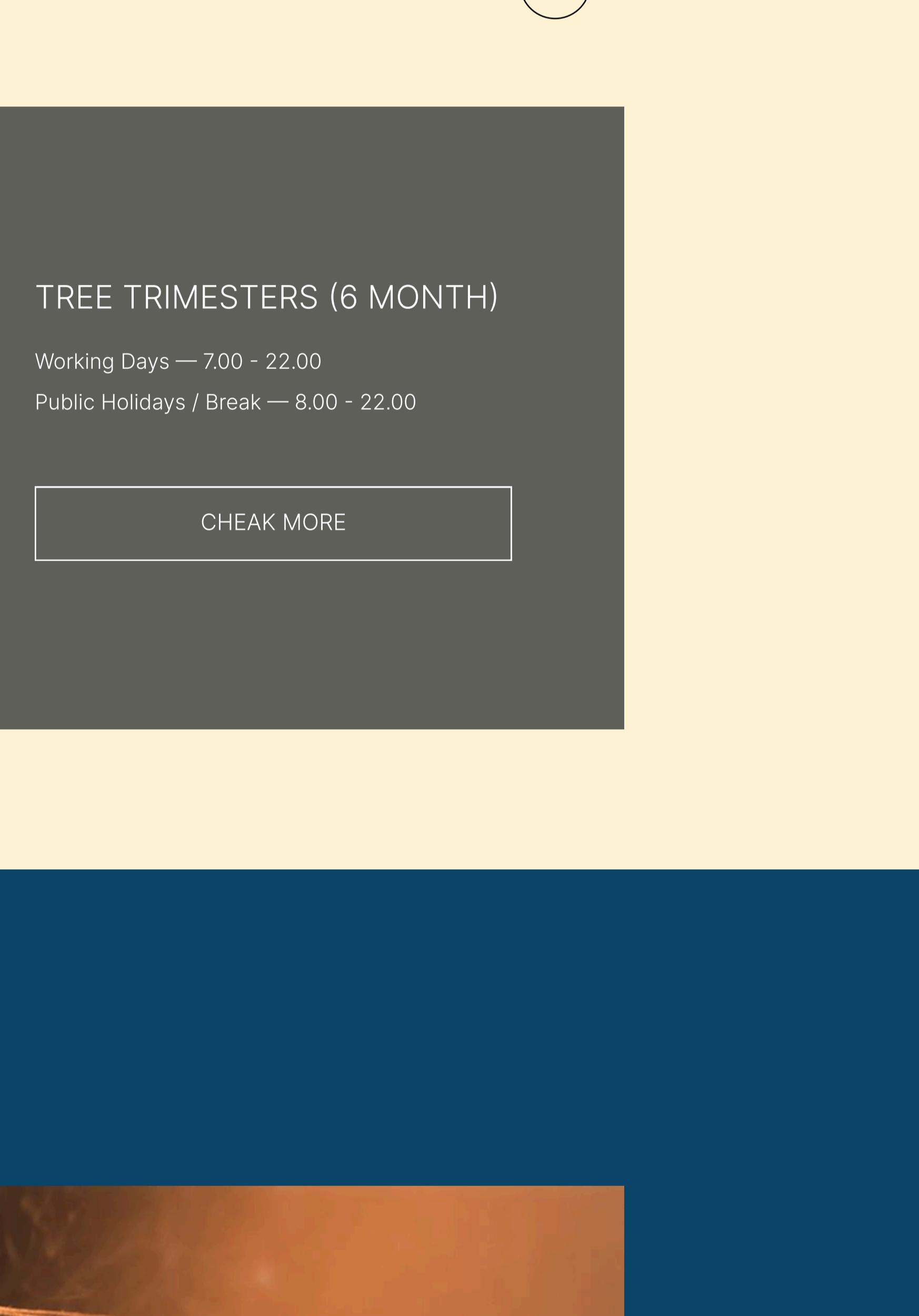
WE WORK STARTING FROM 7 A.M. UP TO 10 P.M. 365 DAYS IN A YEAR



Study, learn, work: your journey to do that starts here



Nail your studies. Overcome yourself. Find your strength.



Focus on what you want to achieve

■ WHICH CARD TO CHOOSE?

TYPES OF CLUB CARDS

CHEAK MORE



Working Days — 7.00 - 22.00
Public Holidays / Break — 8.00 - 22.00

CHEAK MORE



Working Days — 7.00 - 24.00
Public Holidays / Break — 7.00 - 24.00

CHEAK MORE

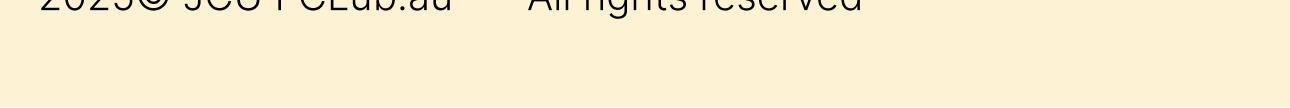
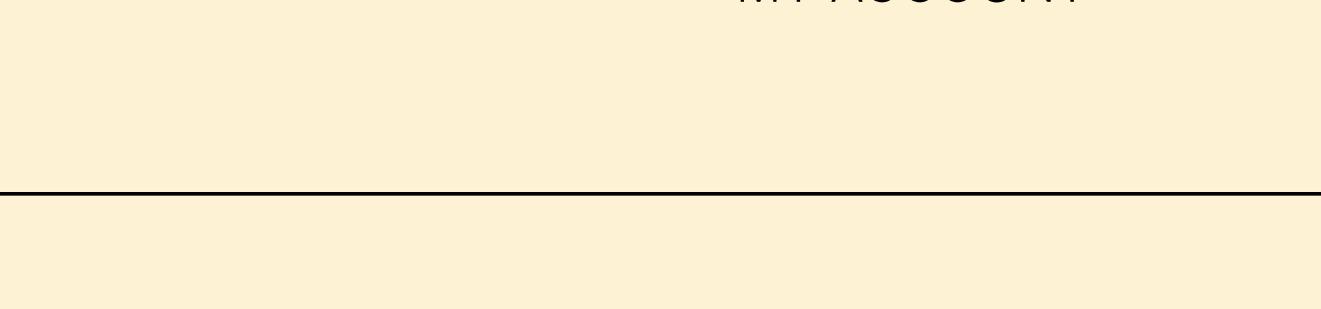
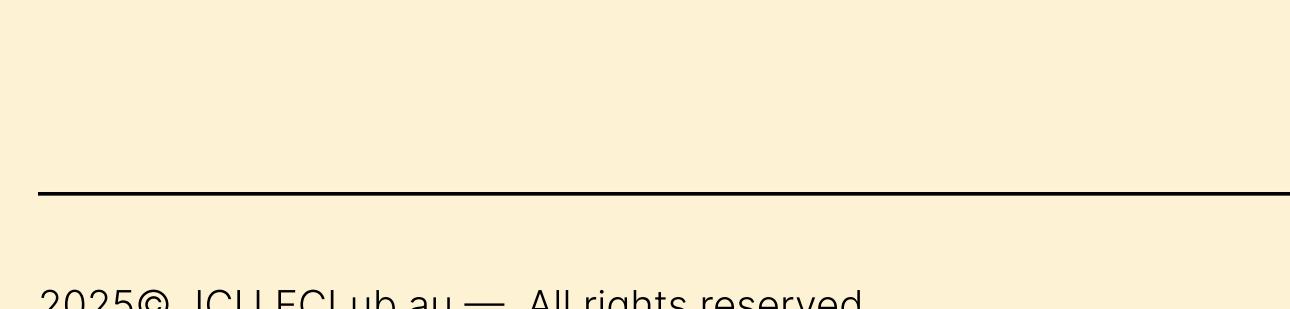
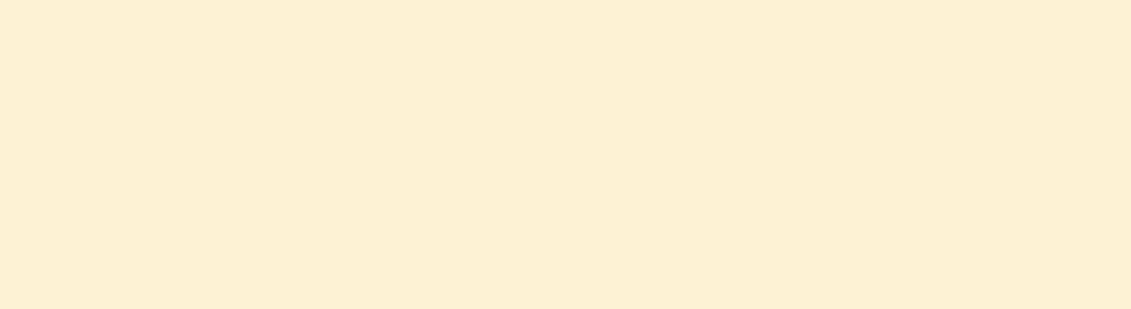
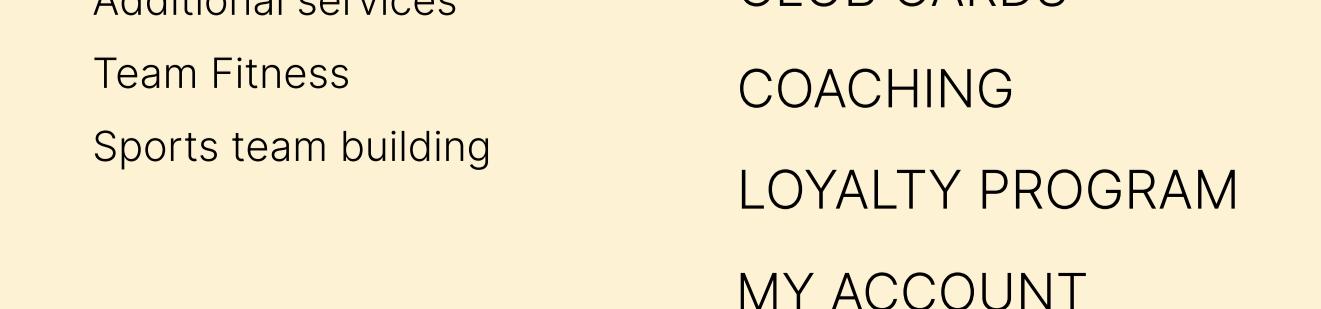
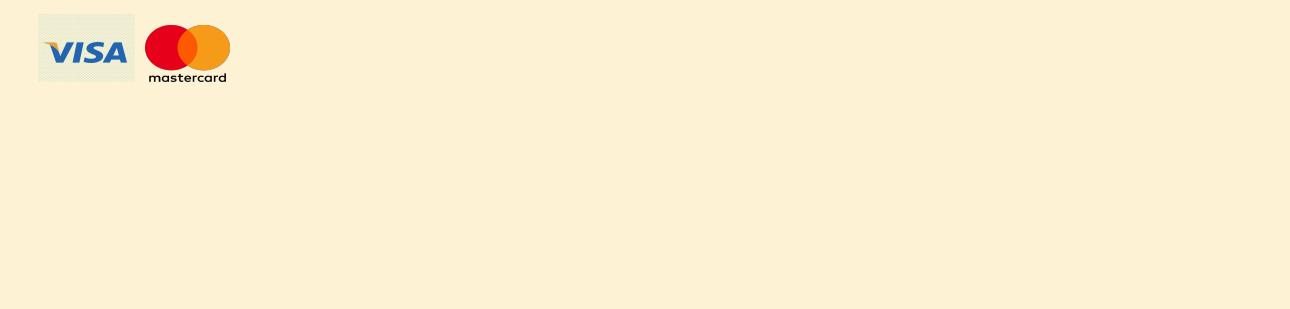
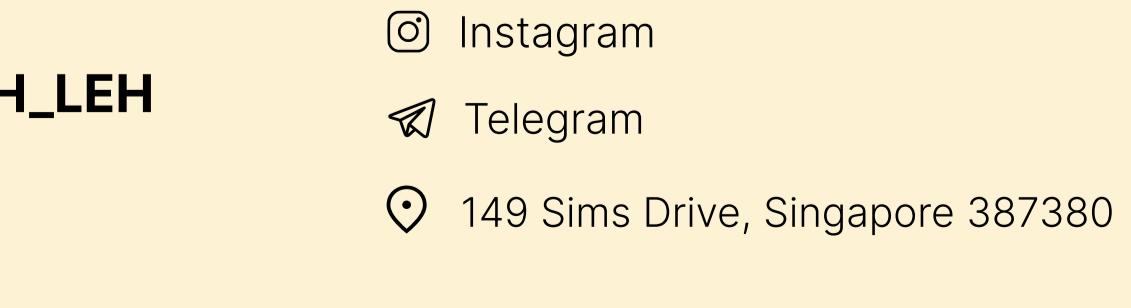
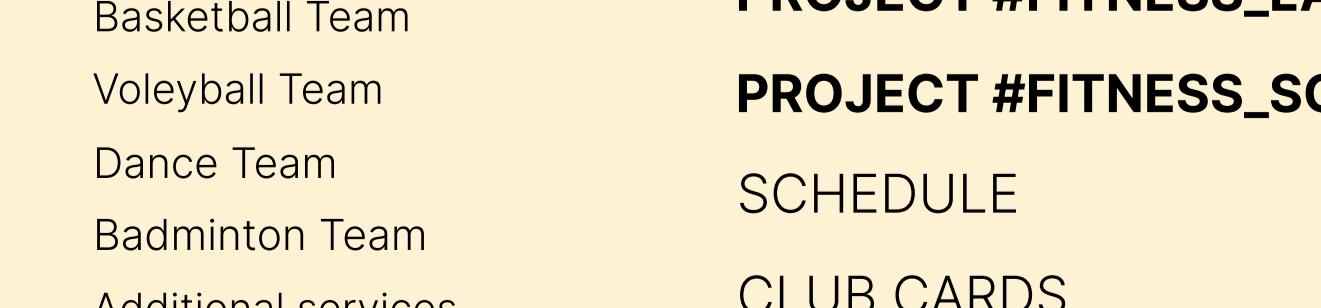
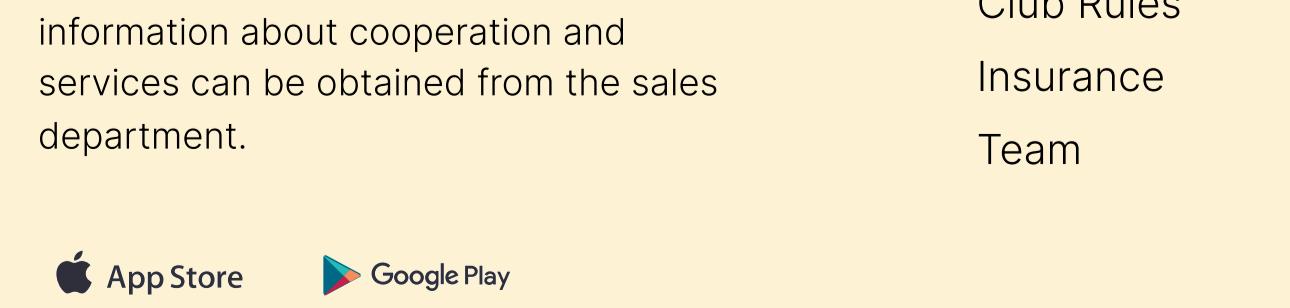
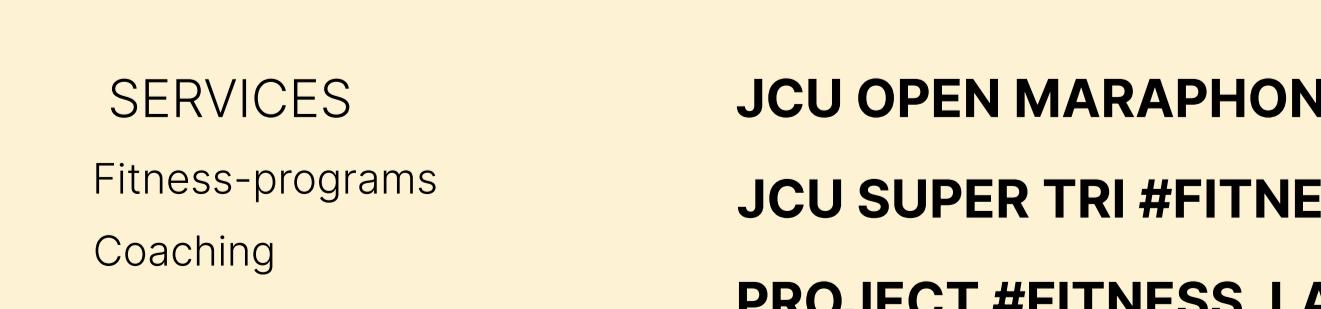
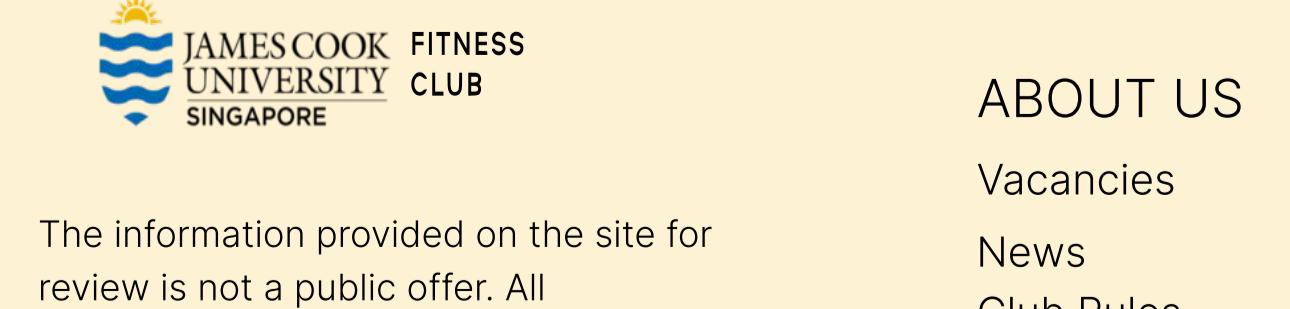
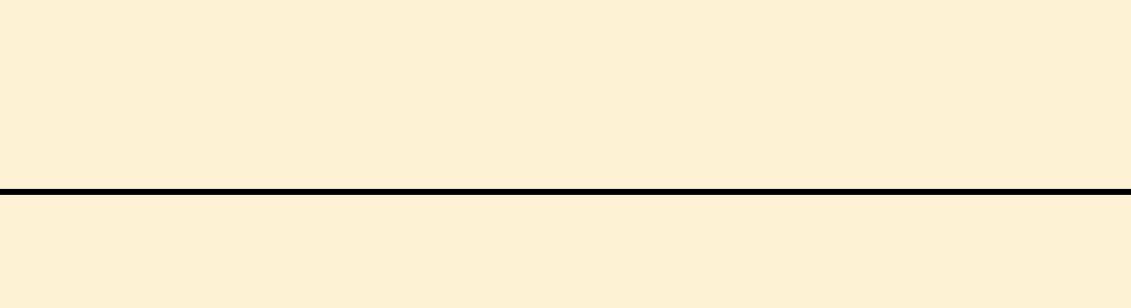
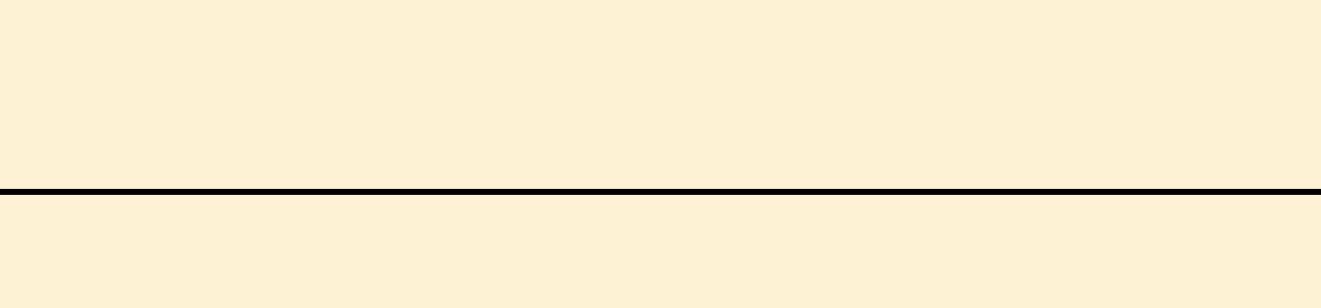
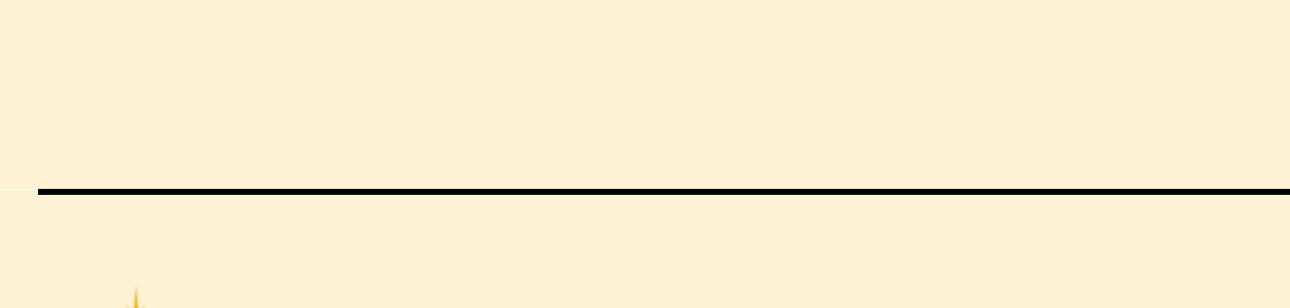
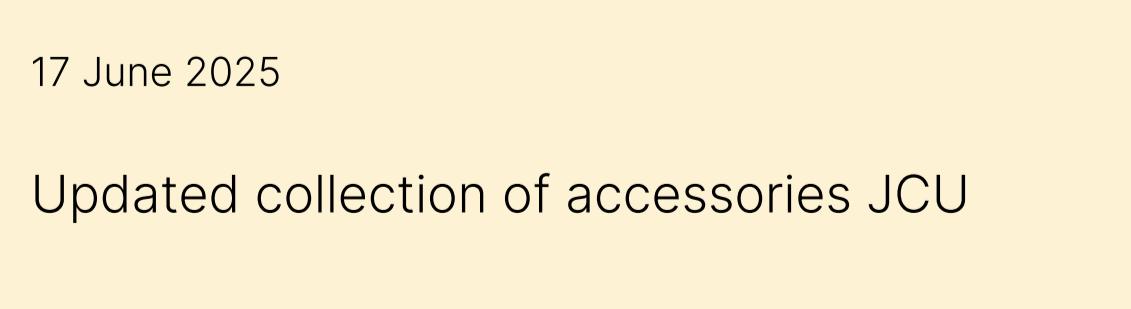
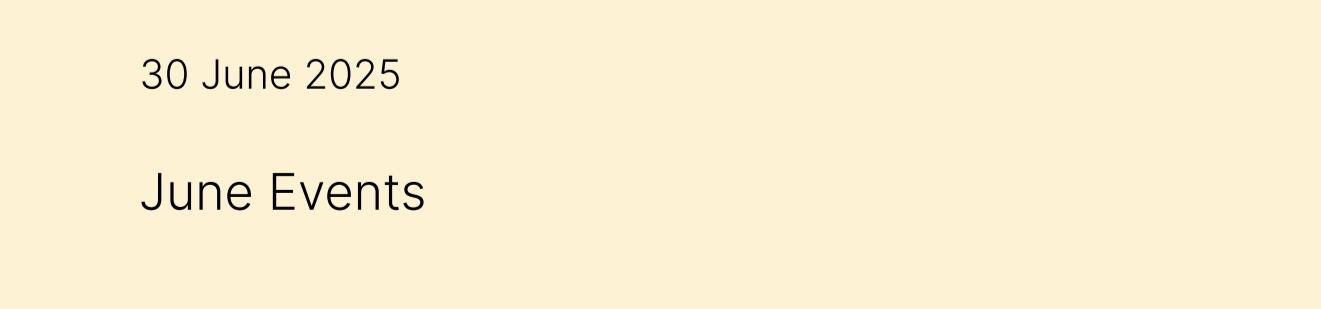
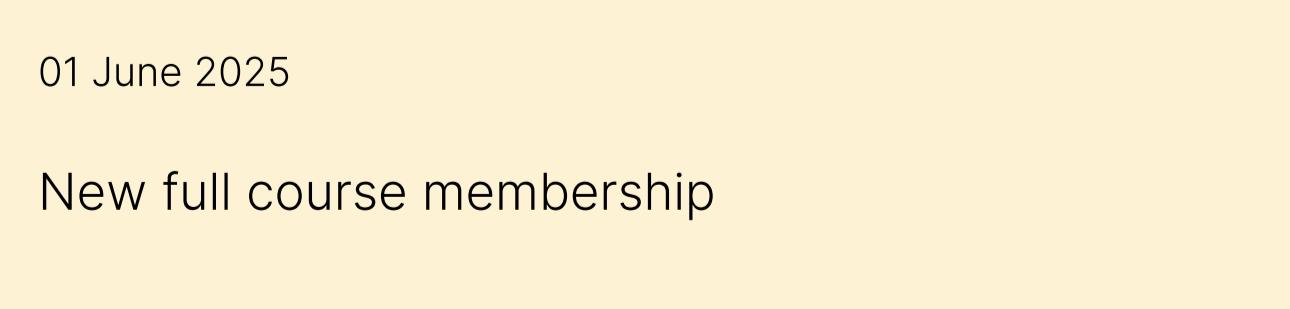
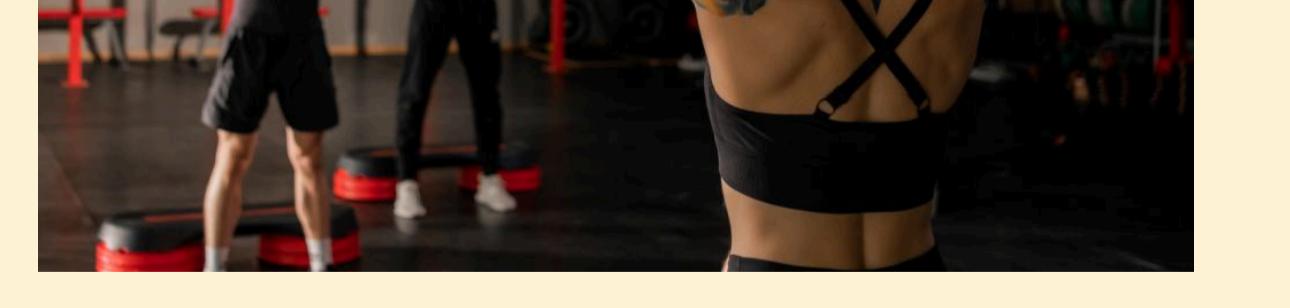


Working Days — 7.00 - 22.00
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CHEAK MORE

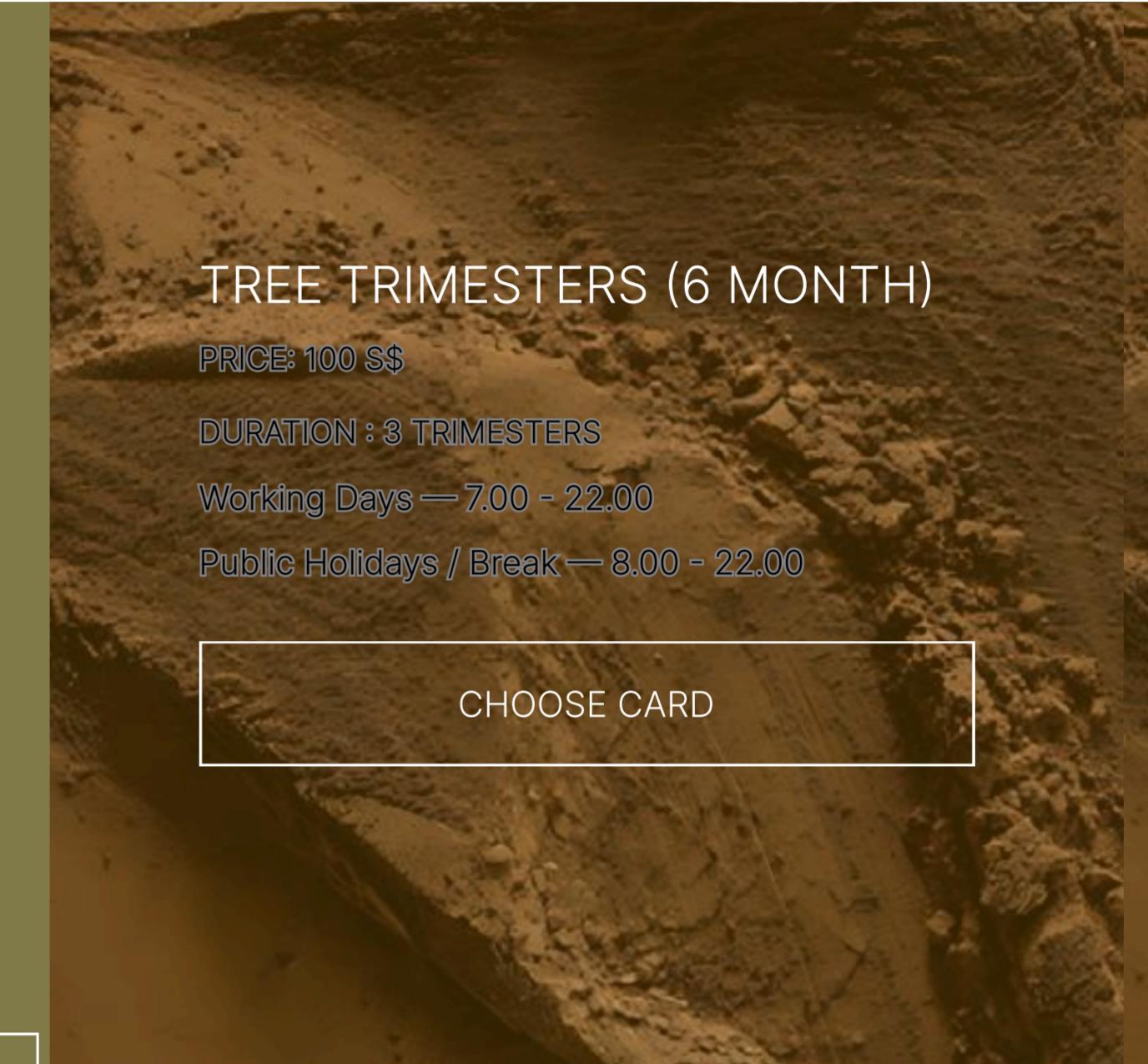
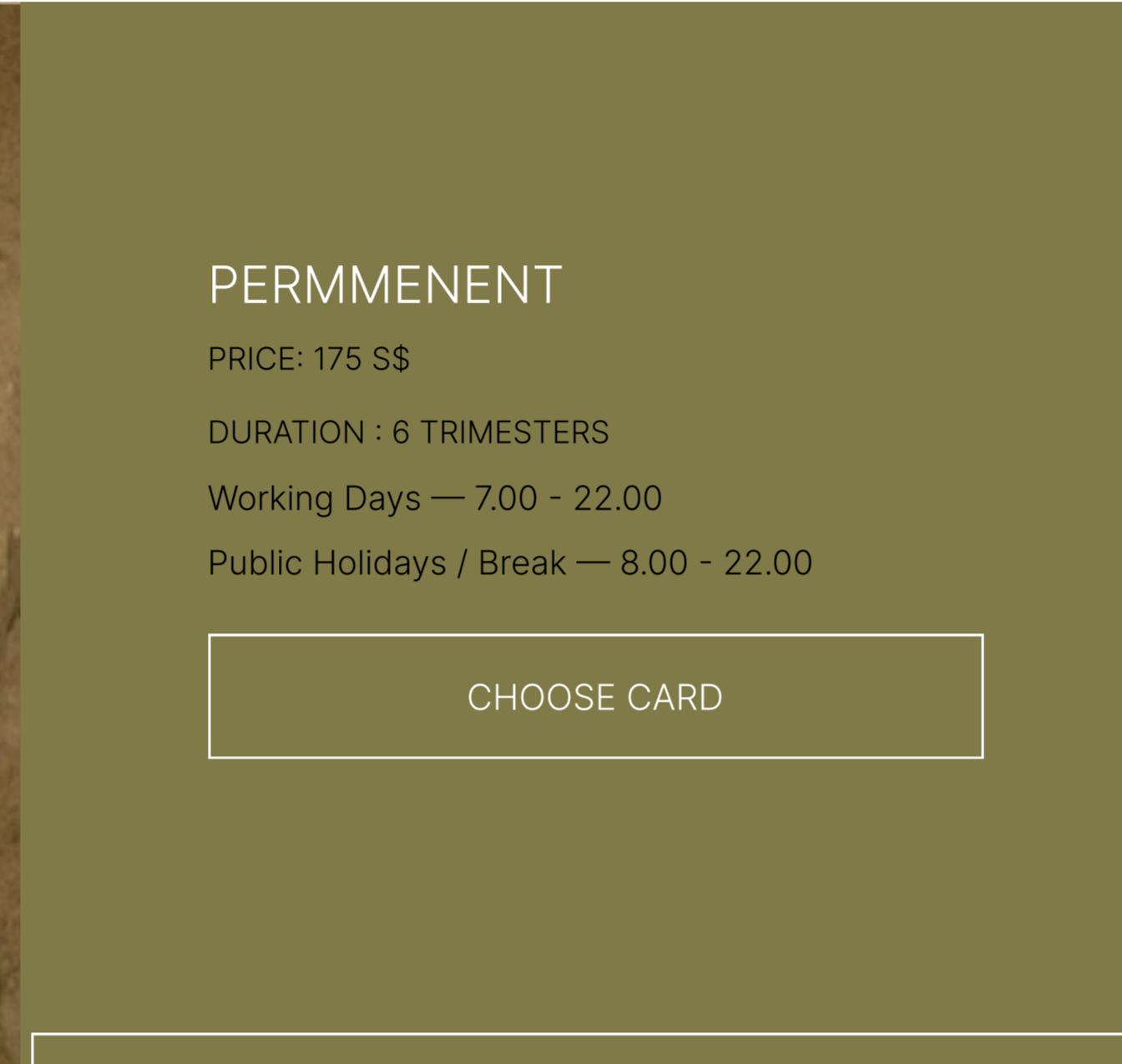
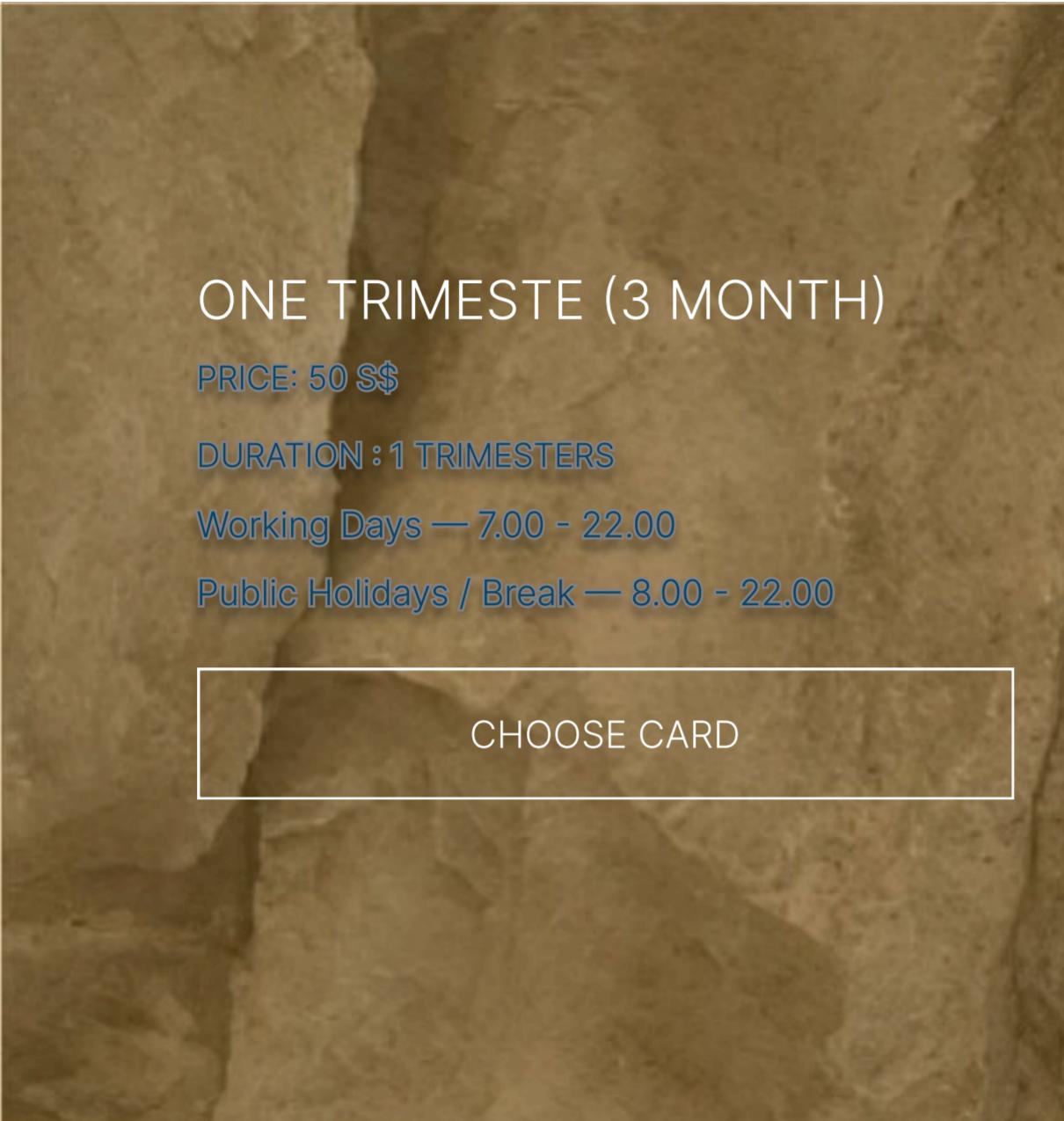
■ HOW CLUB LOOKS FROM THE INSIDE?

YOUR PATH TO FITNESS STARTS HERE



■ HOME /

CLUB CARDS



HOME /

BOOKING

DATE

TIME

Your booking

Enter the email you specified during registration and we will send you a letter with instructions.

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ABOUT US

Vacancies
News
Club Rules
Insurance
Team

SERVICES

Fitness-programs
Coaching
Basketball Team
Volleyball Team
Dance Team
Badminton Team
Additional services
Team Fitness
Sports team building

JCU OPEN MARAPHONE 2025

JCU SUPER TRI #FITNESS_LAH

PROJECT #FITNESS_LAH

PROJECT #FITNESS_SG_COACH_LEH

SCHEDULE

CLUB CARDS

COACHING

LOYALTY PROGRAM

MY ACCOUNT

 +65 — Student Affairs

 +65 — Sales Department

 WhatsApp

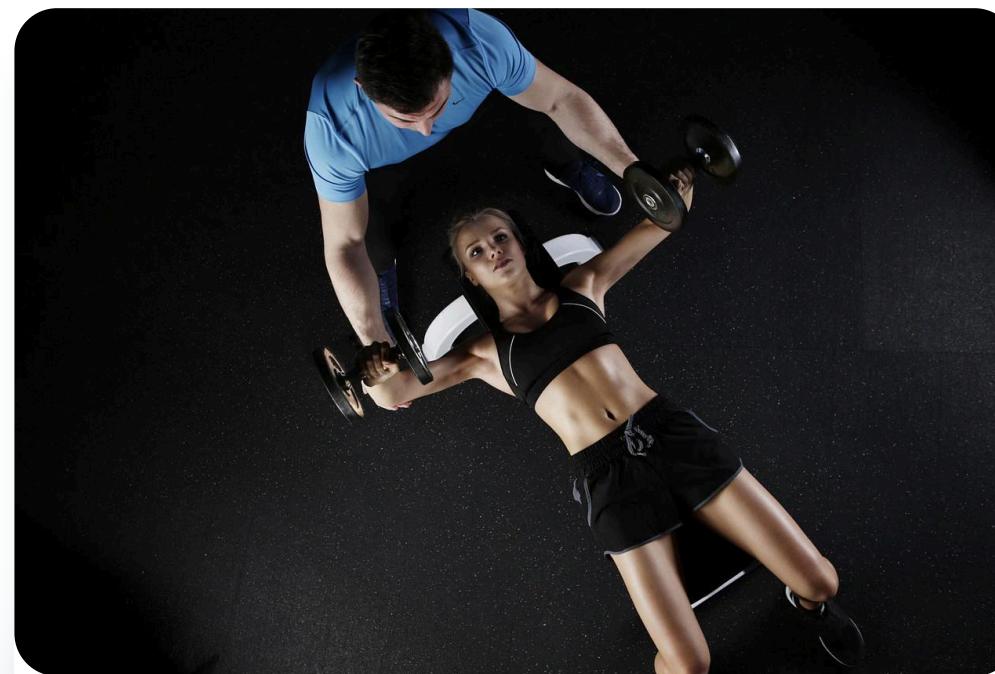
 Instagram

 Telegram

 149 Sims Drive, Singapore 387380

HOME /

WORK OUTS


• Members' Promotions

Coaching

Personalized training sessions designed to help you achieve your fitness goals with expert guidance.

[Learn More](#)
• Members' Promotions

Fitness programs

State-of-the-art, 24-hour access gym

[Learn More](#)
• Members' Benefit

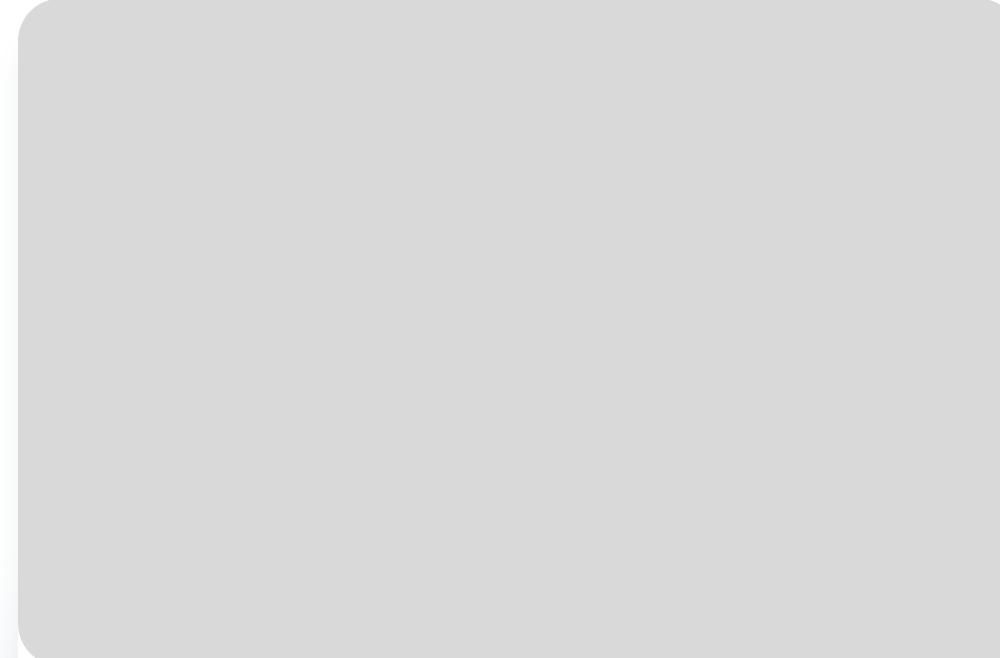
Basket ball team

Join our dynamic basketball team and enhance your skills through competitive play and team drills.

[Learn More](#)
[Book Now](#)
• Members' Benefit

Dance team

Express yourself, burn calories, and build rhythm through fun and high-energy dance sessions.

[Learn More](#)
[Book Now](#)

• Members' Benefit

Additional Services

Explore wellness extras like massage therapy, nutrition advice, and recovery programs.

[Learn More](#)
[Book Now](#)

• Members' Benefit

Team fitness

Engage in group-based workouts that foster camaraderie while pushing your physical limits.

[Learn More](#)
[Book Now](#)

• Members' Benefit

Sports Team Building

Strengthen team synergy and communication through fun, active challenges and cooperative games.

[Learn More](#)
[Book Now](#)

• Members' Benefit

Badminton

Sharpen your reflexes and enjoy a fast-paced workout with friendly badminton matches.

[Learn More](#)
[Book Now](#)

• Members' Benefit

Volley ball team

Spike, serve, and block your way to fitness with our energetic and inclusive volleyball squad.

[Learn More](#)
[Book Now](#)

[HOME](#) /

PROFILE

Authorization

E-mail *

Password *

[SAVE](#)

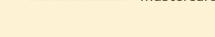
Password recovery

E-mail

Enter the email you specified during registration and we will send you a letter with instructions.

[SEND](#)

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JCU SUPER TRI #FITNESS_LAH

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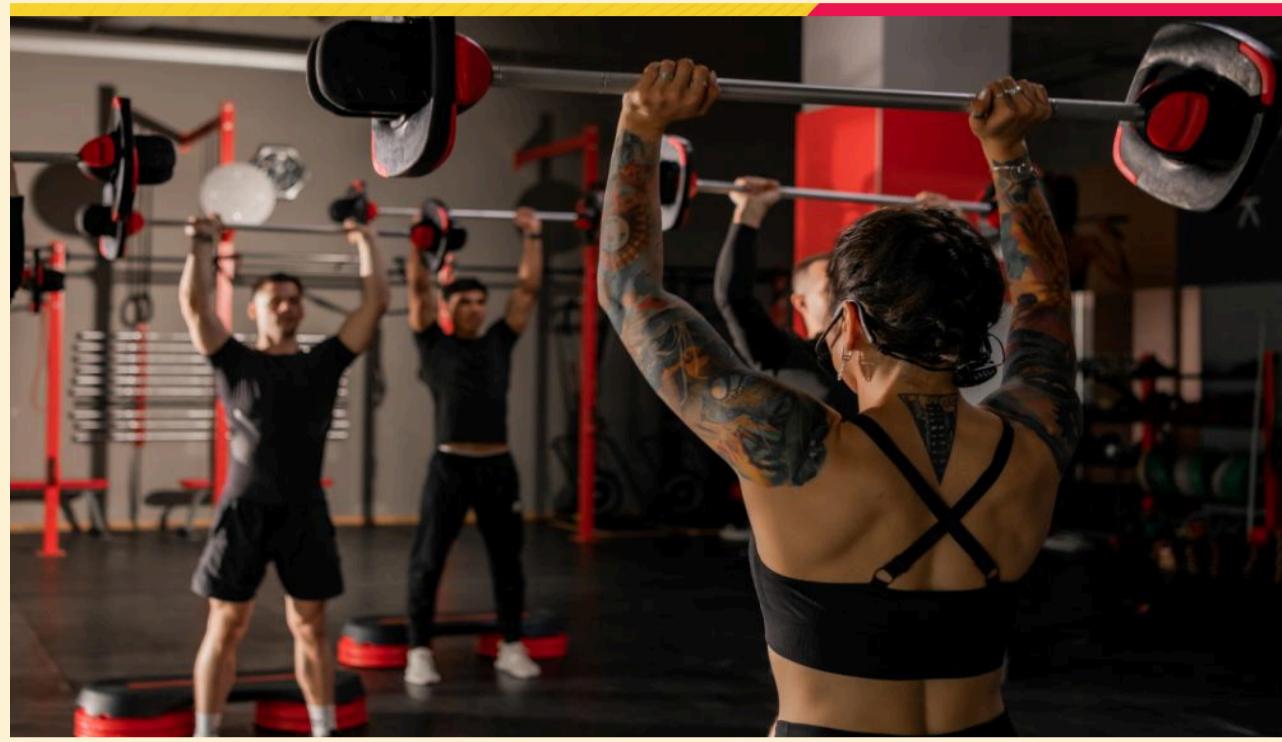
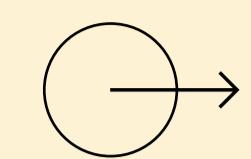
MY ACCOUNT

 +65 — Student Affairs +65 — Sales Department WhatsApp Instagram Telegram 149 Sims Drive, Singapore 387380

WHAT'S NEW?

CHECK OUT OUR NEWS

ALL NEWS



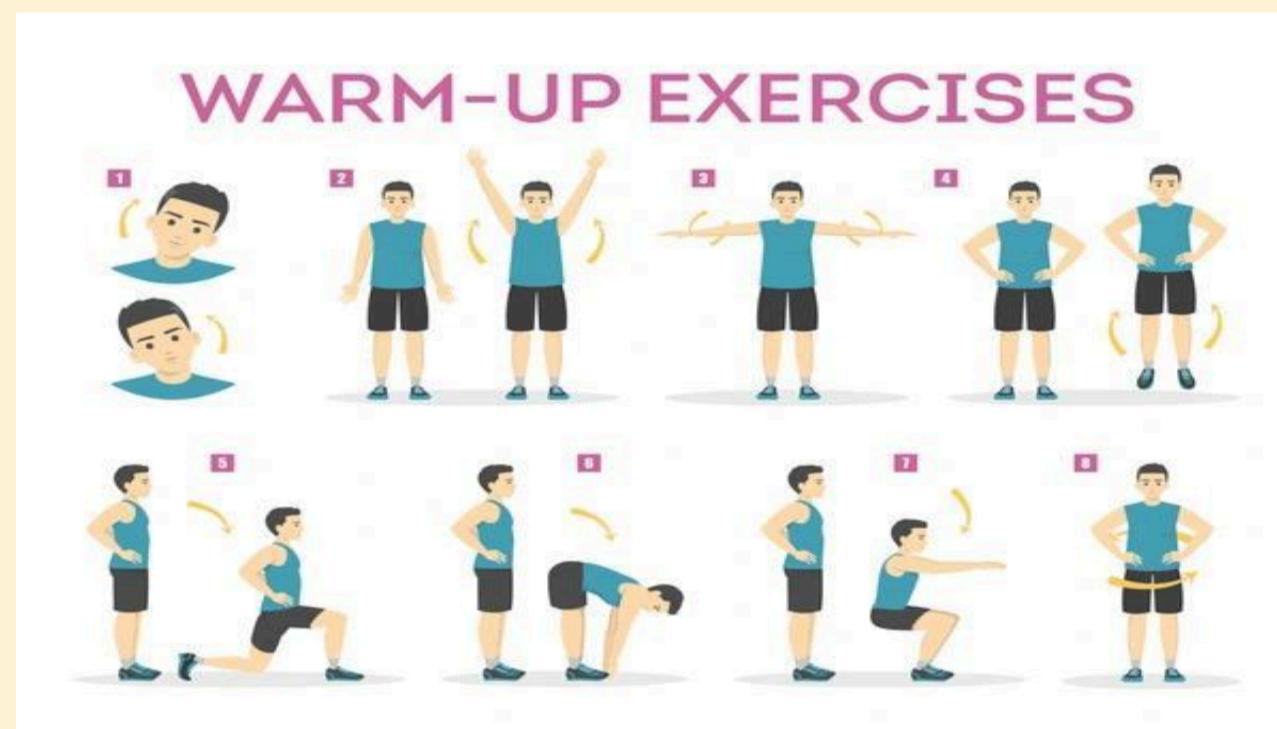
TRAINING SEASON

DISCOVER COACH JIHYUN'S TOP 3 TIPS FOR BUILDING MUSCLE AND STAYING MOTIVATED.



UPCOMING EVENTS

JOIN OUR 4-WEEK INTENSIVE OUTDOOR BOOTCAMP STARTING AUGUST 5. LIMITED SLOTS AVAILABLE!



WARM-UP SESSION

ARE YOU STRETCHING THE WRONG WAY? LEARN HOW TO WARM UP LIKE A PRO



FREE TRIAL PT EVENTS

SIGN UP THIS MONTH AND RECEIVE 1 FREE PT SESSION WORTH \$80!