

AIA Vitality turns **9** this July!



JULY 2022

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

LIMITED SPOTS, REGISTER EARLY!

*AIA Vitality members who have registered and attended these sessions will receive 50 Vitality points. T&Cs apply.

[Sign Up Now](#)



#LivewithVitality

02*

**Rise With Vitality
- By Fitness First
@Marina Bay, The Lawn**



8am - 9am: Animal Flow
9am - 10am: Circuit
(Arrive 15 mins prior to respective sessions to complete a Physical Activity Readiness Questionnaire)

09*

**Go Green With Vitality
5KM Walk
@Toa Payoh Town Park**



8am - 9am

16

**Team-Up Circuit Challenge
@Fitness First, Bugis**



\$80 per team. Non-members welcome!
Registration closing **13 July, 2359 hrs.**

9am - 11am (8:30am attendance check-in & attire change)



**Rise With Vitality
- By Virgin Active
@Tanjong Pagar**



Indoor - Virgin Active Gym (Max 25 pax)

8:30am - 9:30am: Yoga Align

Outdoor - Guoco Tower (Max 30 pax)

9:30am - 10:30am: Body Combat

(Arrive 15 mins prior to respective sessions to complete a Physical Activity Readiness Questionnaire)

06*, 13*,



**#LiveWithVitality
Lunch Hour Webinars**

12pm - 1pm

06 Jul | Think Well (Closed)

13 Jul | Move Well (Closed)

20 Jul | Live Well

27 Jul | Eat Well

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AIA Vitality Members' Special

Check out what AIA Vitality members are in for this exciting month of July!



#LIVEWITHVITALITY Social Media Challenge for members!

Tell us how did AIA Vitality pump up your life and empowered you #LiveWithVitality on Facebook/ Instagram and stand to win an Apple watch series 7, a Garmin Venu 2 or a Fitbit Charge 5 fitness device!

Click to participate on [Facebook](#) or on [Instagram](#)!



WELCOME BONUS For NEW AIA Vitality members!

AIA customers who sign up for AIA Vitality membership in the month of July will receive a special Welcome Bonus of 100 Vitality coins to kickstart their journey with AIA Vitality! [Sign up here!](#)

[T&Cs apply.](#)



TEAM CHALLENGE IS BACK! Sweat it out and win up to 2,000 Vitality coins!

Form a team of 8 persons with minimally 4 AIA Vitality members, or it can be all Vitality members, to compete in this team-up circuit challenge of wit and grit at Fitness First, Bugis, on 16 July 2022, 9am - 11am! Check out the 6 stations [here](#).

A nominal fee of S\$10 per person (S\$80 per team) will be required upon registration. Registration closes on 13 July, 2359 hrs. Limited spots, [REGISTER NOW!](#)



Find out more: <https://linktr.ee/aiavitalitysg>

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AIA Vitality Members' Special

Check out what AIA Vitality members are in for this exciting month of July!



EVENTS & WEBINARS!

Limited capacity, sign up fast!

Join us for our series of physical fitness events and health webinars planned for members in the month of July and earn 50 AIA Vitality points for those who have registered and attended the sessions!

[REGISTER NOW!](#)



SCREEN WITH VITALITY

For selected members

Basic Health Screening at no charge for selected members in the month of July.

Look out for AIA Vitality's email for more details to book your basic health screening and earn up to 6,000 Vitality points, while slots are available!

Refer to AIA Vitality's email to selected members.



BITE THE BULLET TO GOLD

For selected members

Level up to Gold Vitality status with challenges for selected members! Look out for AIA Vitality's email for more details.

Find out more: <https://linktr.ee/aiavitalitysg>

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Exclusive Member Deals!

Check out what AIA Vitality members are in for this exciting month of July!



15% OFF ADIDAS

Valid 01 - 31 July 2022 only

Enjoy 15% discount (capped at S\$250) for purchases on adidas.com.sg or adidas app. Sign up as an **adiClub** member and apply the promotional code "**AIA Vitality**" from 1- 31 July 2022 to checkout your purchases. Shop Now!

Click [here](#) for more details.



PUT YOUR FITNESS FIRST

Valid 01 - 31 July 2022 only

Special deals exclusively for AIA Vitality members!

- Complimentary 7-day experience across all Fitness First clubs (Redemption period between 1-31 July 2022). Book your appointment [here](#).
- Up to 30 days free for new sign ups on a Fitness First membership in the month of July 2022, on top of the AIA Vitality gym partner benefit of 20% discount on the monthly fee.
- Terms & conditions apply.



SPECIAL SIGN-UP OFFER

For members new to Virgin Active

AIA Vitality members who sign up a gym membership with Virgin Active in the month of July 2022 (valid from 1 – 31 July 2022) will receive a free sports bag in addition to the AIA Vitality gym partner benefit of 30% off membership fee! Sign up at your club of choice or enjoy a free trial by clicking [here](#).

Check out more special deals [here!](#)



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What's Coming Up?

Coming your way very soon! We're counting down!



iDISCOVER

With AIA Vitality

Discover new finds, new trails and new rewards! Get on the routes to earn eBadges and clock your steps at the same time! Each trail is an adventure filled with challenges and missions to complete. Keep your eyes peeled for it's coming to you soon!

MORE SURPRISES!

More surprises awaits when you complete your Weekly Fitness Challenge and land on 'Surprise'! Earn exciting prizes such as fitness devices and partner vouchers! Look out for the emails from AIA Vitality!



PLATINUM WARRIORS

Celebrating our Platinum members!

Are you already a Platinum member? Continue to keep up your Platinum Vitality status and be one of our Platinum Warriors (those who kept their Platinum status during the pandemic from 2020-2022) to be invited to a special Vitality Platinum Party in Oct/Nov 2022 to celebrate YOU!

Stay tuned for more details to come!



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