



**bright & early**

# We Bring the Fun to You!

A Fun and Enriching Fitness  
Experience for Children!



# Our Mobile Gyms Are Enriching

At My Gym, we make learning active, fun, and unforgettable! Our Mobile-Gyms are designed to complement your school's curriculum while giving students a unique experience that promotes their **physical, cognitive, social, and emotional development.**



With My Gym's Mobile Gym, we bring the excitement directly to your school! Our expert team brings **cutting-edge equipment** and **engaging activities** to your premises, providing all the benefits of a field trip without the logistics of transportation. Whether at our state-of-the-art facilities or your school, My Gym promises a fun-filled, enriching experience that students will cherish.

# What to Expect from My Gym's Mobile Gym?

## Gymnastics Adventures



### Agility Training

Develops coordination, reflexes, & endurance.



### Balancing Acts

Teaches stability & body awareness.



### Tumbling Fun

Enhances strength, flexibility, & cognitive skills.

- **Dynamic Warm-Ups**  
Energizing stretches and movements prepare children for the exciting day ahead.
- **Calisthenics Fun**  
Simple, rhythmic exercises to boost gross motor skills and overall fitness.



- **Practice Skills**  
Develop flexibility, strength, and balance through specially designed gymnastics routines.
- **Sports Skills**  
Explore fundamental skills in basketball, badminton, and more, fostering teamwork and discipline.
- **Games & Relays**  
Encourage cooperation, quick thinking, and agility with exciting team-based activities.
- **Puppetry (For Under 3 Years)**  
Nurture imagination and language development through engaging puppet shows and interactive storytelling.

## About My Gym:

My Gym is one of the world's fastest growing children enrichment company. Originating from Los Angeles, USA, we now have **600+ locations** across **5 continents**, where more than a **million children** and their families have attended the My Gym programs worldwide.



## Award-winning and established programs

Our efficient programs, state of the art equipment, and competent instructors have earned My Gym numerous awards such as the Best Enrichment & Learning School in the US. In Singapore we have a long track record of success, recognised as **"Best of the Best"** gym by Parents World Singapore since 2009, and recent awards include **"Most Nurturing Fitness And Development Programme"** by Singapore's Child Enrichment Awards 2019, **"Best Preschool Developmental Programme"** by Kids World Excellence Awards 2018 and many media mentions in Harper's Bazaar, Smart Local etc.





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Email: **mobileadmin@mygym.com.sg**

Address: **300 Tampines Avenue 5, #05-05,  
Income Tampines Junction, Singapore 529653**

Website: **www.mygym.com.sg**

