

## **MEDIA UPDATE**

### **Global fitness sensation Joe Wicks (The Body Coach) to lead a public HIIT workout at Marina Bay Sands on 6 February**



*Global fitness sensation Joe Wicks will lead a high intensity interval training (HIIT) workout at the Event Plaza at Marina Bay Sands*

Singapore (27 January 2023) – Global fitness guru Joe Wicks, better known as The Body Coach, will be getting fitness and wellness enthusiasts to work up a sweat on Monday, 6 February, as he is set to host **HIIT with Joe Wicks at Marina Bay Sands**, a free-to-public high intensity interval training (HIIT) workout from 6pm to 7pm.

HIIT with Joe Wicks at Marina Bay Sands complements other wellness-related activities taking place across the integrated resort during Glow Festival, a week-long wellness event featuring a series of workshops and classes led by international celebrity instructors. The hour-long evening HIIT workout will see Wicks lead participants on a heart-pumping sweat session at the Event Plaza. Participants will be taken through a short warm-up and cool-down, in addition to various body weight exercises such as burpees, squats, mountain climbers and planks.

The global fitness sensation and ambassador for fitness apparel brand lululemon athletica is best known for his best-selling books, world record-breaking fitness events, and popular at-home workout videos on YouTube. During the COVID-19 pandemic, Wicks launched 'PE With Joe', a daily live workout streamed on YouTube, which went on to reach over 100 million people around the world. Wicks was later awarded an MBE honour by the Queen of England, for services to fitness and charity.

Inspired by the sense of fulfillment he got from helping his clients get fitter and healthier, Wicks started using social media to share nutritious recipes and motivation he hoped

would make a positive difference to people's lives. His 15-second videos of meals quickly attracted a large following and inspired Wicks' first book – Lean in 15. The book was published in 2015 and has sold over one million copies. Since then, Wicks has published 11 books, selling over four million copies.

"I'm so excited to be visiting Singapore and hosting a fitness event at Marina Bay Sands. My mission is to inspire people all over the world to get moving and to feel the physical and mental health benefits of exercise. I can't think of a more iconic venue in Singapore to bring people together to exercise and to have some fun. I can't wait," said Wicks.

To reserve a spot at Wicks' outdoor HIIT session, all participants must pre-register online via Marina Bay Sands' [website](#). The first 20 participants who register for the HIIT session will also receive a complimentary Glow Festival lululemon class pass. They will get to join one of the highly anticipated wellness classes organised by lululemon.

The event is open to participants of all ages and fitness levels. Participants aged 16 and below must be accompanied by a parent or guardian. As this event involves strenuous physical exercise, participants should only participate at an intensity which is appropriate to their level of fitness, and are responsible for monitoring their own physical condition before, during and after the event.

For more information on ***HIIT with Joe Wicks at Marina Bay Sands***, visit [www.marinabaysands.com/entertainment/events/hiit-with-joe-wicks.html](http://www.marinabaysands.com/entertainment/events/hiit-with-joe-wicks.html).

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#### **About Marina Bay Sands Pte Ltd**

Marina Bay Sands is Asia's leading business, leisure and entertainment destination. The integrated resort features Singapore's largest hotel with over 2,200 luxurious rooms and suites, crowned by the spectacular Sands SkyPark and iconic infinity pool. Its stunning architecture and compelling programming, including state-of-the-art convention and exhibition facilities, Asia's best luxury shopping mall, world-class dining and entertainment, as well as cutting-edge exhibitions at ArtScience Museum, have transformed the country's skyline and tourism landscape since it opened in 2010.

Marina Bay Sands is dedicated to being a good corporate citizen to serve its people, communities and environment. As one of the largest players in hospitality, it employs nearly 10,000 Team Members across the property. It drives social impact through its community engagement programme, Sands Cares, and leads environmental stewardship through its global sustainability programme, Sands ECO360.

For more information, please visit [www.marinabaysands.com](http://www.marinabaysands.com).

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For hi-res images, please click [here](#). (Credit: Des Illes)