



誰人適合參加私人健體課程

Getting started with our Personal Trainers

-你是否甚少接觸健身運動人士，不知從何入手

Are you new to exercise

-希望以個人訓練計劃來達致理想健體目標

Do you want to achieve your fitness goal with a customized training programme

-希望循正確及有效的方法訓練以避免傷患或勞損

Do you want optimal advice on avoiding injuries or overtraining

-由專人指導使您鍛煉得既積極又安全

To workout safer and harder under the guidance and motivation of fitness professional

收費組合

Packages

首個單元 (4堂)
1st Package (4 sessions)

第二個單元起 (4堂)
2nd Package and onwards (4 sessions)

十二節優惠 (12堂)
Tri-Pack Special (12 sessions)

一對一
1-on-1

\$2,540

\$2,140

\$6,000

一對二
1-on-2

\$4,060

\$3,440

\$9,600