

健康舞特色課程 **Feature Class of Aerobics Dance**

動感瘦身舞 **Funky Jam (Ages 16 or above)**



語言 Language：粵語輔以英語 Cantonese supplemented with English

配合流行音樂，在舞蹈中加入富動感及多元化的 Jazz, Hip-hop 及 Freestyle 等元素，可輕鬆又有效地瘦身。Funky Jam is an energetic dance class that includes various dance disciplines such as Jazz, Hip-hop and Freestyle. It's a fun way to burn calories.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20FDX 40101	7/10-30/12 (Wed)	19:15-20:15	13	Well. Ctr.	\$1,690	\$1,950
20FDX 40102	3/10-19/12 (Sat)	16:00-17:00	12	Well. Ctr.	\$1,560	\$1,800

ZUMBA 動感節拍健體舞 **ZUMBA Fitness Dance (Ages 16 or above)**



語言 Language：粵語輔以英語 Cantonese supplemented with English

ZUMBA 是現時在歐美相當流行的健體舞。它糅合了拉丁美洲及國際音樂的一種舞蹈風格，是一套充滿活力及高效消脂的帶氧健體動感舞蹈。每種舞步節拍非常簡單有趣，打破傳統健身舞的枯燥乏味。適合任何人士參與。

ZUMBA is one of the most popular fitness programmes in the world. It combines Latin and International music with a fun and effective workout system. It's exhilarating, effective and easy-to-do. Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20FDX 40103	5/10-28/12 (Mon) 不用上課 No class 26/10 & 21/12	18:15-19:15	11	Well. Ctr.	\$1,430	\$1,650
20FDX 40104	6/10-29/12 (Tue)	11:05-12:05	13	Well. Ctr.	\$1,690	\$1,950
20FDX 40105	8/10-31/12 (Thu)	12:05-13:05	13	Well. Ctr.	\$1,690	\$1,950
20FDX 40106	3/10-19/12 (Sat)	14:00-15:00	12	Well. Ctr.	\$1,560	\$1,800

塑身健康舞 **Burn & Firm (Ages 16 or above)**

語言 Language：粵語輔以英語 Cantonese supplemented with English

課堂以健康舞幫助體脂燃燒，再配合使用啞鈴及徒手訓練模式收緊肌肉，是一項高帶氧的瘦身運動。This class spends half the time on aerobics for a cardio burst and the other half on toning and firming with weights and your own bodyweight training. It is an intense workout for whole body sculpting.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20FDX 40501	9/10-18/12 (Fri)	19:00-20:00	11	Well. Ctr.	\$1,430	\$1,650

****註：1/ 參加者不論任何理由缺席課堂，將不會安排補課及退款。轉調及退班課程申請必須在開班前十四天辦理手續。每項申請要繳交行政費用港幣二百元正。There will be no make-up class or refund for any absences. Course withdrawal / transfer application must be submitted 14 days before the start of the class. An administration fee of HK\$200 will be applied for each application.**

2/ 課堂內須佩帶口罩 Mask-on is required in a lesson

Piloxing 搏擊健體舞 Piloxing (Ages 16 or above)



語言 Language：粵語輔以英語 Cantonese supplemented with English

Piloxing 結合了拳擊、普拉提及健體舞三大元素，是一項高帶氧及富趣味性的健體舞。拳擊可幫助收緊手、腳、臀部等肌肉線條。同時配合舞步及普拉提動作，幫助提升身體耐力和柔韌度，一舉多得，對身心健康及修身都很有幫助。(Piloxing 手套屬選擇性配件，課堂內並不提供)。

Piloxing offers a fun yet challenging interval workout. It blends Kickboxing, Pilates and dance moves into a high energy interval workout. Kickboxing is to be introduced for arms, legs and thigh muscle toning, while incorporating the sculpting and flexibility of Pilates and dance moves. (Piloxing gloves are optional and are not provided in class)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20FDX 40502	3/10-19/12 (Sat)	13:15-14:00	12	Well. Ctr.	\$1,320	\$1,560

****註：1./ 參加者不論任何理由缺席課堂，將不會安排補課及退款。轉調及退班課程申請必須在開班前十四天辦理手續。每項申請要繳交行政費用港幣二百元正。There will be no make-up class or refund for any absences. Course withdrawal / transfer application must be submitted 14 days before the start of the class. An administration fee of HK\$200 will be applied for each application.**

2./ 課堂內須佩帶口罩 Mask-on is required in a lesson

健康運動特色課程 **Feature Class of Wellness**

治療伸展(55歲或以上) **Stretch Therapy (Ages 55 or above)**



語言 Language：粵語 Cantonese

透過針對性的伸展運動，活化較年長人士的僵硬關節及筋腱，增強脊椎的柔韌度及強化肌肉，從而舒緩常見的都市病如：肌肉痠痛及勞損、肩頸痛、腰背痛、關節僵硬等。(本課程不適用於復康訓練，只適合能獨立進行運動人士參與)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20FWX 40602	9/10-11/12 (Fri)	10:00-11:00	10	Well. Ctr.	\$1,300	\$1,500
20FWX 40603	9/10-11/12 (Fri)	11:00-12:00	10	Well. Ctr.	\$1,300	\$1,500

伸展與平衡訓練(55歲或以上) **Stretch and Balance Training (Ages 55 or above)**



語言 Language：粵語輔以英語 Cantonese supplemented with English

關節老化對較年長人士而言十分普遍。本課程教授正確的伸展運動及平衡訓練，增強關節靈活及減低跌倒的機會。(本課程不適用於復康訓練，只適合能獨立進行運動人士參與)

Aging joints are common among seniors. This course provides a series of stretching and balancing drills specially designed for seniors to improve their joints and tendon mobility and reduce the risk of falling. (The class is not a type of rehabilitation training. It is suitable for participants with ability in doing exercise independently)

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20FWX 40604	5/10-28/12 (Mon) 不用上課 No class 26/10 & 21/12	10:30-11:30	11	6/F, Rm 610	\$1,430	\$1,650
20FWX 40605	7/10-30/12 (Wed)	10:00-11:00	13	6/F, Rm 610	\$1,690	\$1,950
20FWX 40606	8/10-31/12 (Thu)	09:00-10:00	13	Well. Ctr.	\$1,690	\$1,950
20FWX 40607	9/10-18/12 (Fri)	10:00-11:00	11	6/F, Rm 610	\$1,430	\$1,650

請乘搭大堂南座升降機往六樓 610 室 Room 610 at 6/F can be accessed by South Tower Lobby elevators

肩、頸、背舒緩伸展 **Shoulder, Neck and Back Stretch (Ages 16 or above)**



語言 Language：粵語輔以英語 Cantonese supplemented with English

利用輔助工具幫助鬆弛肌肉痠痛及勞損，有助舒緩工作壓力。長期練習可增強脊椎的柔韌度及活化僵硬的關節及筋腱，舒緩常見的肩頸痛、腰背痛、關節僵硬等都市病。

Using equipments can help you relax your muscular strain and reduce your job stress. It will improve the flexibility of the spine and enhance the joints and tendon mobility with long term practice. It helps to alleviate the common problems, such as neck, shoulder and back pain, and frozen joints.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20FWX 40608	6/10-29/12 (Tue)	19:00-20:00	13	6/F, Rm 610	\$1,690	\$1,950
20FWX 40609	4/10-27/12 (Sun) 不用上課 No class 25/10	12:10-13:10	12	Well. Ctr.	\$1,560	\$1,800

請乘搭大堂南座升降機往六樓 610 室 Room 610 at 6/F can be accessed by South Tower Lobby elevators

****註：1/ 參加者不論任何理由缺席課堂，將不會安排補課及退款。轉調及退班課程申請必須在開班前十四天辦理手續。每項申請要繳交行政費用港幣二百元正。There will be no make-up class or refund for any absences. Course withdrawal / transfer application must be submitted 14 days before the start of the class. An administration fee of HK\$200 will be applied for each application.**

2/ 課堂內須佩帶口罩 Mask-on is required in a lesson

減壓伸展班 Stress Relief Stretching (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English
進行有系統的伸展動作，舒展僵硬的關節及筋腱。適合任何人士參與。

Doing stretching exercises on a regular basis will improve joints and tendon mobility and will help you stay flexible and healthy. Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20FWX 40610	5/10-28/12 (Mon) 不用上課 No class 26/10 & 21/12	20:00-21:00	11	6/F, Rm 625	\$1,430	\$1,650
20FWX 40611	3/10-19/12 (Sat)	12:05-13:05	12	Well. Ctr.	\$1,560	\$1,800

請乘搭大堂南座升降機往六樓 625 室 Room 625 at 6/F can be accessed by South Tower Lobby elevators

伸展與核心肌肉訓練 Body Stretch & Core Strength (Ages 16 or above)



語言 Language：粵語輔以英語 Cantonese supplemented with English

通過鍛鍊核心肌群及伸展，舒緩繃緊的關節及筋腱，同時訓練深層肌肉力量及平衡，對保持脊椎健康及減少腰背痛十分有效。適合任何人士參與。

A blend of flexibility and core stability training are designed to improve strength and suppleness. You'll get a total body stretch and work your "Core" as well in this workout. It's good for improving spine health and relieving back pain. Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20FWX 40701	6/10-29/12 (Tue)	20:10-21:10	13	Well. Ctr.	\$1,690	\$1,950
20FWX 40702	7/10-30/12 (Wed)	19:00-20:00	13	6/F, Rm 610	\$1,690	\$1,950
20FWX 40703	8/10-31/12 (Thu)	10:05-11:05	13	Well. Ctr.	\$1,690	\$1,950
20FWX 40704	4/10-27/12 (Sun) 不用上課 No class 25/10	11:00-12:00	12	Well. Ctr.	\$1,560	\$1,800

請乘搭大堂南座升降機往六樓 610 室 Room 610 at 6/F can be accessed by South Tower Lobby elevators

普拉蒂與伸展 Pilates & Stretch (Ages 16 or above)

語言 Language：粵語輔以英語 Cantonese supplemented with English

這是集合伸展、肌肉力量及平衡的訓練。對舒緩腰、頸、背痛及肌肉勞損十分有效。適合任何人士參與。
Chronic pain can be alleviated as you build strength, flexibility and balance through "Core" and "Stretch" training.
Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20FWX 40705	5/10-28/12 (Mon) 不用上課 No class 26/10 & 21/12	19:00-20:00	11	6/F, Rm 625	\$1,430	\$1,650
20FWX 40706	9/10-18/12 (Fri)	19:00-20:00	11	6/F, Rm 610	\$1,430	\$1,650
20FWX 40707	3/10-19/12 (Sat)	10:30-12:00	12	Well. Ctr.	\$2,220	\$2,580

請乘搭大堂南座升降機往六樓 610/625 室 Room 610/625 at 6/F can be accessed by South Tower Lobby elevators

****註：1./ 參加者不論任何理由缺席課堂，將不會安排補課及退款。轉調及退班課程申請必須在開班前十四天辦理手續。每項申請要繳交行政費用港幣二百元正。There will be no make-up class or refund for any absences. Course withdrawal / transfer application must be submitted 14 days before the start of the class. An administration fee of HK\$200 will be applied for each application.**

2./ 課堂內須佩帶口罩 Mask-on is required in a lesson

西九龍耀信發展學習中心
健康舞及健康運動特色課程
YMCA of Hong Kong Beacon Centre Lifelong Learning Institute
Feature Class of Aerobics & Wellness

學員注意事項

Reminder for Participants

合適衣服 Clothing

請穿舒適運動服，不脫色運動鞋及攜帶抹汗毛巾

Please dress in comfortable sportswear, non-marking sports shoes and bring a towel

儲物櫃借用 Use of Locker

儲物櫃借用只限於每次上課時段，請自行帶備儲物櫃鎖。詳情可向地下大堂服務櫃台職員查詢

Locker service is available for all participants during lessons. Please bring your personal lock when using a locker.

For details, please contact our services counter staff at LG/F

醫療建議 Medical Advice

本會建議在參與較劇烈的適能運動前，先諮詢你的家庭醫生，特別是平常較少運動、年過 40、曾患有心臟病或關節毛病人士

The YMCA recommends participants especially adults who are aged over 40, not having regular exercises, have a history of heart or joint problems to consult their family doctor before participating in a more vigorous fitness exercise

上課地點 Venue for lesson

九龍保安道 373 號西九龍耀信學習中心

YMCA of Hong Kong Beacon Centre Lifelong Learning Institute, 373 Po On Road, Kowloon

課程級別指引及運動量消耗表 Class Levels and Calories Consumption Table

本會建議在參與各項健康舞及健康運動班前，請先評估課程程度及個人體能水平是否合適。有關「課程級別指引及運動量消耗表」之詳情，可查閱下列網址: www.ymcahk.org.hk/fnw 或致電 2268 7065 查詢

The YMCA recommends all participants to assess the intensity of the class level and personal fitness level before participating in various Aerobics and Fitness courses. For details of the "Class Levels and Calories Consumption Table", please visit www.ymcahk.org.hk/fnw or call 2268 7065 for enquiries

備註 Remarks :

1. 若課程遇到特殊情況導致停課，本會將安排課程代用券作補償，恕不另作補課及退款。Class suspension, which is due to special incidents, will be compensated with redemption coupon. No make up class or refund will be arranged.
2. 未經本部同意，請勿在課堂內進行拍攝及錄影。No photography or video-recording is allowed in classes unless prior consent from the Unit is obtained.

ZUMBA 動感節拍健體舞 ZUMBA Fitness Dance (Ages 16 or above)



語言 Language : 粵語輔以英語 Cantonese supplemented with English

ZUMBA 是現時在歐美相當流行的健體舞。它糅合了拉丁美洲及國際音樂的舞蹈風格，是一套充滿活力及高效消脂的帶氧健體動感舞蹈。每種舞步節拍非常簡單有趣，打破傳統健身舞的枯燥乏味。適合任何人士參與。(此班上課地點於長沙灣)

ZUMBA is one of the most popular fitness programmes in the world. It combines Latin and International music with a fun and effective workout system. It's exhilarating, effective and easy-to-do. Suitable for all levels. (The course venue is located at Cheung Sha Wan)

地點：西九龍耀信學習中心 UG,多用途禮堂 A

Venue : UG, Multi Function Hall A, Beacon Centre

查詢 Enquiry : 2268 7065 / 2281 6000

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20WDX 40101	7/10-30/12 (Wed)	19:15-20:15	13	Beacon Ctr.	\$1,690	\$1,950

帶氧拳擊運動 Cardio Kick Boxing (Ages 16 or above)



語言 Language : 粵語輔以英語 Cantonese supplemented with English

在快速的節奏下，參加者可體驗糅合拳擊技巧的健康舞，是一項高帶氧的全身減肥運動。(此班上課地點於長沙灣)

It combines martial arts techniques with fast-paced cardio. This high-energy workout will help you burn calories. (The course venue is located at Cheung Sha Wan)

地點：西九龍耀信學習中心 UG,多用途禮堂 A

Venue : UG, Multi Function Hall A, Beacon Centre

查詢 Enquiry : 2268 7065 / 2281 6000

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
20WDX 40301	6/10-29/12 (Tue)	19:15-20:15	13	Beacon Ctr.	\$1,690	\$1,950

減壓伸展班 Stress Relief Stretching (Ages 16 or above)



語言 Language : 粵語輔以英語 Cantonese supplemented with English

進行有系統的伸展動作，舒展僵硬的關節及筋腱。適合任何人士參與。(此班上課地點於長沙灣)

Doing stretching exercises on a regular basis will improve joints and tendon mobility and will help you stay flexible and healthy. Suitable for all levels. (The course venue is located at Cheung Sha Wan)

地點：西九龍耀信學習中心 UG,多用途禮堂 A

Venue : UG, Multi Function Hall A, Beacon Centre

查詢 Enquiry : 2268 7065 / 2281 6000

編號 Code	日期 Date	時間 Time	堂數 Sessions	地點 Venue	會員 Mem	非會員 NMem
20WWX 40601	8/10-17/12 (Thu)	19:15-20:15	11	Beacon Ctr.	\$1,430	\$1,650

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2/ 課堂內須佩帶口罩 Mask-on is required in a lesson