

適能及健康課程 Fitness & Wellness

辦公時間 Office Hours : 星期一至五 上午十時至下午六時

Mon-Fri 10:00-18:00

查詢 Enquiry : 健身中心 Fitness Centre 2268 7055

健康中心 Wellness Centre 2268 7065

電郵 Email : fitness@ymcahk.org.hk

網頁 Website : www.ymcahk.org.hk/fnw

上課地點 Venue Location :

- (Fit. Ctr.) - 港青 (尖沙咀) 一樓健身中心 Fitness Centre, 1/F, YMCA(TST)
- (Dance St.) - 港青 (尖沙咀) 二樓舞蹈室 Dance Studio, 2/F, YMCA(TST)
- (Well. Ctr.) - 港青 (尖沙咀) 二樓健康中心 Wellness Centre, 2/F, YMCA(TST)
(請穿過二樓運動場進入 Please pass through Gymnasium on 2/F to Wellness Centre)
- (Act. Ctr.) - 港青 (尖沙咀) 三樓活動室 Activity Centre, 3/F, YMCA(TST)
- (6/F, Rm610/Rm625) - 港青 (尖沙咀) 南座六樓 610 室 /625 室 South Tower, 6/F, YMCA(TST)
(請乘搭南座升降機往六樓 610 / 625 室 Rm 610/625 at 6/F can be accessed by South Tower Lobby elevators)
- (KP Function Room) - 京士柏百年紀念中心 (香港九龍油麻地加士居道 22 號)
室內多用途活動室 King's Park Centenary Centre (22 Gascoigne Road, Yau Ma Tei, Kowloon) Multi-purpose Function Room

學員注意事項

Reminder for Participants

第一課 First Lesson

請於一樓健身中心領取學員證 (港青會員除外)。

Please get the programme participant card at 1/F Fitness Centre (except YMCA Members).

儲物櫃 Use of Locker

本會設有儲物櫃可供學員使用。請於上課前二十分鐘到一樓會員服務部，出示有效之學員證領取儲物櫃鎖匙。

Locker service is available for all participants. Please register at Member Services Section (1/F) with the programme participant card for a locker key 20 minutes before the start of the class.

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.

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。

Recommends participants, especially adults who are over 40 years of age, 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.

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:

- 報名程序可於網上進行，報名詳情請參考 P.2-4。
An online enrolment platform is available, please refer to P.2-4 for more details.
- 若課程遇到特殊情况導致停課，本會將安排學費按比例退回至學員的電子錢包，恕不另作補課及退款。If any class is suspended due to special incidents, fees paid will be refunded to participant E-Wallet on pro-rate basis. No make-up class or refund will be arranged.
- 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.

體適能課程 FITNESS PROGRAMME

伸展健美班

Stretch, Tone & Abs (Ages 16 or above)

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

透過伸展及各種肌力鍛鍊，以及腹部運動來強化腰腹。

A series of strength and toning workouts as well as a total body stretch can help your abs stay slim and trim.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 103201	Thu (3/10-19/12) No class 26/12	11:15-12:00	12	Well. Ctr.	\$1,480	\$1,740
24SFDCSC 103202	Fri (4/10-27/12) No class 11/10	11:00-12:00	12	Dance St.	\$1,720	\$2,065

臀、腰、腹訓練

Abs, Back & Bum (Ages 16 or above)

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

透過不同的動作，助您集中強化及結實臀、腰、腹等部位。

To strengthen the abdomen, back and bum through strengthening and toning workouts.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 103101	Thu (3/10-19/12) No class 26/12	10:00-11:00	12	Dance St.	\$1,720	\$2,065
24SFDCSC 103102	Sat (5/10-28/12)	15:00-16:00	13	Dance St.	\$1,860	\$2,240

進階踏板

Step Challenge (Ages 16 or above)

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

本課程以複雜快速的舞步為主，讓學員享受踏板運動的樂趣。(本課程適合有中級程度或以上的參加者)

This programme provides participants with a challenging workout based on complex and fast dance moves and for them to enjoy step aerobics. (This course is suitable for intermediate-level or above participants in step aerobics.)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 103201	Fri (4/10-27/12) No class 11/10	19:00-20:00	12	Dance St.	\$1,720	\$2,065

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 combines the elements of Kickboxing, Pilates and aerobics to offer participants a fun yet challenging high cardio workout. Kickboxing helps tone and sculpt the arms, legs, and thigh muscles, while Pilates enhances the body's endurance and flexibility. (Piloxing gloves are optional and are not provided in class).

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 102701	Sat (5/10-21/12) No class 28/12	13:15-14:15	12	Well. Ctr.	\$1,720	\$2,065

消脂塑身訓練

Fatburn (Ages 16 or above)

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

本課程綜合健康舞及徒手訓練項目，部份課堂亦會使用踏板作練習，有助燃燒脂肪及改善肌肉線條。

This class combines aerobics and bodyweight training to help you burn fat and shape your body. Step aerobics will be introduced in some of the lessons.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 103601	Thu (3/10-19/12) No class 26/12	19:00-20:00	12	Dance St.	\$1,720	\$2,065

消脂踏板

Fat Burning Step (Ages 16 or above)

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

利用踏板配合快速及複雜舞步，讓學員加速燃燒體脂。(本課程適合對踏板有中度以上認識的參加者)

Burn your body fat with fast and complicated step aerobics. (Suitable for participants with a moderate level of step aerobics)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 103101	Tue (8/10-17/12) No class 1/10,24/12,31/12	19:00-19:45	11	Dance St.	\$1,355	\$1,595



健康平衡汽球運動班 (初級班)

Stability Ball Exercise (Beginners) (Ages 16 or above)

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

健康球運動能強化腰背臀肌肉，有效改善姿勢及減低腰背痛症。(本課程設於早晨時段及享有早晨課程優惠)

A stability ball can strengthen your lower back muscles, improve your posture, and alleviate back pain. (The course is scheduled in the morning, and the 'early morning class' special offer is applied).

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFS 103101	Tue (8/10-31/12) No class 1/10	9:00-9:45	13	Well. Ctr.	\$1,600	\$1,885

健康平衡汽球運動班 (中級班)

Stability Ball Exercise (Intermediate) (Ages 16 or above)

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

適合已接受健康平衡汽球初級訓練三個月或以上之人士參加。

Suitable for participants with at least 3 months of Stability Ball training.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFS 103201	Mon (7/10-30/12)	11:00-11:45	13	Well. Ctr.	\$1,600	\$1,885
24SFWCFS 103202	Tue (8/10-31/12) No class 1/10	13:00-13:45	13	Well. Ctr.	\$1,600	\$1,885

平衡汽球及阻力訓練

Stability Ball with Resistance Training (Ages 16 or above)

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

平衡汽球練習可強化腰背、改善姿態及平衡力。課堂會運用輔助工具加強肌肉訓練。(本課程適合對平衡汽球有中度以上認識的參加者)

A high-intensity stability ball training can strengthen abdominal and back muscles, establish good posture and improve balance. (Suitable for participants with a moderate knowledge of a stability ball or above).

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFS 103301	Fri (4/10-27/12) No class 11/10	20:00-21:00	12	Well. Ctr.	\$1,720	\$2,065



高強度間歇訓練班

High Intensity Interval Training (HIIT) (Ages 16 or above)

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

高強度間歇訓練是一種運動方式，它使用短暫的高強度活動和休息或較輕的活動相結合。這種鍛煉方式近年來非常受歡迎，因為它效率高，有效且多功能。它可以與各種運動和器材進行，使各種健身水平和興趣的人都能夠適應。

High-Intensity Interval Training, or HIIT, is a type of exercise that uses short, high-intensity bursts of activity followed by periods of rest or lighter activity. This type of workout has become popular in recent years due to its efficiency, effectiveness, and versatility. It can be performed with a variety of exercises and equipment, making it accessible to people of all fitness levels and interests.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 102601	Fri (4/10-27/12) No class 11/10	19:15-20:00	12	Well. Ctr.	\$1,480	\$1,740
24SFDCSC 102602	Wed (2/10-18/12) No class 25/12	20:00-21:00	12	Dance St.	\$1,720	\$2,065



舞蹈課程 DANCING PROGRAMME

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 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 102701	Sat (5/10-28/12)	16:00-17:00	13	Well. Ctr.	\$1,860	\$2,240

混合健康舞

Combo Aerobics (Ages 16 or above)

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

節拍較快，動作多變及運動量較大。部份課堂同時會運用踏板進行練習。(此課程適合對健康舞及踏板有基礎認識的參加者)

This class is a great combination of high cardio with little impact. Step aerobics will be introduced in some of the lessons.

(Suitable for participant with basic level of step aerobics)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCAA 103201	Fri (4/10-27/12) No class 11/10	10:00-11:00	12	Dance St.	\$1,720	\$2,065

活力動感健體舞

Funky Groove (Ages 16 or above)

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

這是充滿動感及活力的修身健體舞。透過簡單易學的舞步及時下流行音樂，幫助加速排汗及燃燒脂肪，可輕鬆又有效地瘦身。適合任何人士參與。

Funky Dance infused with fun and vitality. Learning simple dance moves from pop music can make you sweat as well as burn fat. Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 103701	Tue (8/10-31/12) No class 1/10	12:10-12:55	13	Well. Ctr.	\$1,600	\$1,885

帶氧動感爵士舞

Cardio Jazz Funky (Ages 16 or above)

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

課程透過富動感的舞步及音樂節拍，可改善身形及體驗跳舞的樂趣。

The class allows you to work your mind and body by learning choreographed routine for body shaping and a fun dancing experience.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 103601	Mon (7/10-30/12)	10:00-11:00	13	Well. Ctr.	\$1,860	\$2,240

排排健康舞

Line Dancing Aerobics (Ages 16 or above)

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

透過節奏快速的排排舞如拉丁、探戈、森巴、Cha Cha 等舞步來鍛鍊心肺功能。

A variety of Line dances including Latin, Tango, Samba and Cha Cha. Fast-paced steps will enhance your cardiovascular system.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 103401	Tue (8/10-31/12) No class 1/10	10:00-11:00	13	Dance St.	\$1,860	\$2,240

拉丁健康舞

Latino Jam (Ages 16 or above)

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

本課程將基本拉丁舞步混合健康舞中，持續舞步練習能改善心肺功能，有助燃燒脂肪。

This class allows your body to move along the rhythm of Latin favorites infused with aerobics. The sustained pace is to improve cardiac performance and give you total body workout.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 103201	Tue (8/10-17/12) No class 1/10, 24/12, 31/12	18:00-19:00	11	Well. Ctr.	\$1,575	\$1,895

綜合健康舞

Jam Dance (Ages 16 or above)

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

課堂會混合不同舞步如爵士、Hip-hop、Funky 等等為基礎，有助燃燒脂肪及改善身形。

The class combines dance steps from Jazz, Hip-hop, Funky Dance, etc. for fat burning and body shaping.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 103101	Mon (7/10-30/12)	18:00-18:45	13	Dance St.	\$1,600	\$1,885
24SFDCDW 103102	Tue (8/10-17/12) No class 1/10, 24/12, 31/12	18:00-19:00	11	Dance St.	\$1,575	\$1,895
24SFDCDW 103103	Fri (4/10-27/12) No class 11/10	13:00-14:00	12	Dance St.	\$1,720	\$2,065

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 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 102501	Mon (7/10-30/12)	18:15-19:15	13	Well. Ctr.	\$1,860	\$2,240
24SFDCDW 102502	Tue (8/10-31/12) No class 1/10	11:05-12:05	13	Well. Ctr.	\$1,860	\$2,240
24SFDCDW 102503	Thu (3/10-19/12) No class 26/12	12:10-13:10	12	Well. Ctr.	\$1,720	\$2,065
24SFDCDW 102504	Sat (5/10-28/12)	14:15-15:15	13	Well. Ctr.	\$1,860	\$2,240
24SFDCDW 102505	Mon (7/10-30/12)	19:30-20:15	13	Dance St.	\$1,600	\$1,885



有氧健康課程 CARDIO AND AEROBICS PROGRAMME

健康舞班 Aerobics class (Ages 16 or above)

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

健康舞班讓你學懂基本健康舞步和動作，是一項有助強化心肺功能的運動。適合任何人士參與。
Learn all basic movements and enhance your cardiovascular system. Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCAA 103101	Mon (7/10-30/12)	18:45-19:30	13	Dance St.	\$1,600	\$1,885

多元瘦身健康舞 Aerobics & Body Conditioning (Ages 16 or above)

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

運用健康舞及配合伸展運動，增加身體柔軟度，同時達致瘦身效果。
In this class, aerobics and stretching exercises are combined to reduce body fat and increase body flexibility.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCSC 103501	Wed (2/10-18/12) No class 25/12	20:15-21:00	12	Well. Ctr.	\$1,480	\$1,740

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。
In this class, participants can experience a combination of Martial Arts techniques with fast-paced aerobics exercises. This high energy workout will help you burn calories.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCCKB 103101	Mon (7/10-30/12)	20:15-21:00	13	Dance St.	\$1,600	\$1,885
24SFDCCKB 103102	Thu (3/10-19/12) No class 26/12	18:00-19:00	12	Well. Ctr.	\$1,720	\$2,065

先進人士健康運動 SENIOR WELLNESS PROGRAMME

綜合健康舞 (55 歲或以上) Jam Dance (Ages 55 or above)

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

專為年長人士而設計的健康舞，配合簡單舞步如爵士、Hip-hop、Funky 等等為基礎作全身運動。(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)

This class is especially designed for seniors to develop their total body fitness through simple dance steps such as Jazz, Hip-hop, Funky Dance, etc. (The course is not applicable to rehabilitation training. It is only suitable for participants who can exercise independently.)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFDCDW 102101	Thu (3/10-19/12) No class 26/12	13:15-14:15	12	Well. Ctr.	\$1,720	\$2,065

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)

Ageing joints are common among seniors. This course provides a series of stretching and balance training especially designed for seniors to improve their joints and tendon mobility and reduce the risk of falling. (The course is not applicable to rehabilitation training. It is only suitable for participants who can exercise independently.)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCSCF 102501	Mon (7/10-30/12)	10:30-11:30	13	6/F, Rm 610	\$1,860	\$2,240
24SFWCSCF 102502	Wed (2/10-18/12) No class 25/12	10:30-11:30	12	6/F, Rm 610	\$1,720	\$2,065
24SFWCSCF 102503	Thu (3/10-19/12) No class 26/12	9:00-10:00	12	Well. Ctr.	\$1,720	\$2,065
24SFWCSCF 102504	Fri (4/10-27/12) No class 11/10	10:00-11:00	12	6/F, Rm 610	\$1,720	\$2,065

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

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 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCSCF 102401	Fri (4/10-20/12) No class 11/10, 27/12	10:00-11:00	11	Well. Ctr.	\$1,575	\$1,895
24SFWCSCF 102402	Fri (4/10-20/12) No class 11/10, 27/12	11:00-12:00	11	Well. Ctr.	\$1,575	\$1,895

伸展課程 STRETCHING PROGRAMME

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 regularly will improve joints and tendon mobility and help you stay flexible and healthy. Suitable for all levels.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFSF 102701	Mon (7/10-30/12)	20:00-21:00	13	3/F, Act. Ctr.	\$1,860	\$2,240
24SFWCFSF 102702	Sat (5/10-28/12)	12:05-13:05	13	Well. Ctr.	\$1,860	\$2,240

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痛十分有效。適合任何人士參與。
Exercising the core muscles and stretching helps relieve tight joints and tendons while training deep muscle strength and balance. It is very effective in maintaining spinal health and reducing lower back pain. It is suitable for all.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFSF 102301	Tue (8/10-17/12) No class 1/10,24/12,31/12	20:10-21:10	11	Well. Ctr.	\$1,575	\$1,895
24SFWCFSF 102302	Wed (2/10-18/12) No class 25/12	19:00-20:00	12	6/F, Rm 610	\$1,720	\$2,065
24SFWCFSF 102303	Fri (4/10-27/12) No class 11/10	19:00-20:00	12	6/F, Rm 610	\$1,720	\$2,065
24SFWCFSF 102304	Sun (6/10-29/12)	11:00-12:00	13	Well. Ctr.	\$1,860	\$2,240

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、腰痛、關節僵硬等都市病。

The use of equipment helps relax your muscle pain and strain and relieves job stress. Long-term practice can strengthen the spine's flexibility and revitalize stiff joints and tendons. It helps alleviate common problems, such as neck, shoulder and back pain and frozen joints.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFSF 102601	Tue (8/10-17/12) No class 1/10,24/12,31/12	18:30-19:30	11	6/F, Rm 610	\$1,575	\$1,895
24SFWCFSF 102602	Sun (6/10-29/12)	12:10-13:10	13	Well. Ctr.	\$1,860	\$2,240

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

伸展鬆弛班 Stretching & Relaxation (Ages 16 or above)

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

伸展運動可幫助改善及維持身體柔軟度，同時可舒緩情緒，減低壓力。
This class aims at improving and maintaining your overall muscle

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFS 103301	Thu (3/10-19/12) No class 26/12	18:00-19:00	12	Dance St.	\$1,720	\$2,065

背部健康班 Healthy Back (Ages 16 or above)

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

本課程主要鍛鍊腰背部的核心肌群，強化脊柱，以減低腰痛的機會。
This class provides a gentle and balanced workout focusing on training the core muscles of your lower back and strengthening the spine to reduce the chances of lower back pain.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFS 101101	Wed (2/10-18/12) No class 25/12	11:00-11:45	12	Well. Ctr.	\$1,480	\$1,740

深度放鬆 Deep Stretching

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

透過不同的伸展動作增加身體柔軟性並緩解肌肉緊張，從而促進血液循環、改善姿勢、減輕壓力並提升身心靈的平衡。參加者可以透過深度放鬆課程放鬆身心，增強身體的靈活性和健康。

Deep stretching class helps to enhance flexibility and relieve the tension of muscles. Additionally, various stretching improves blood circulation, and body posture and releases stress. Participants can relax both physically and mentally and promote overall well-being.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCFSF 102801	Sun (6/10-29/12)	13:15-14:15	13	Well. Ctr.	\$1,860	\$2,240
24SFWCFSF 102802	Tue (8/10-17/12) No class 1/10,24/12,31/12	19:30-20:30	11	Rm 610	\$1,575	\$1,895

瑜伽課程 YOGA PROGRAMME

瑜伽伸展 Stretch Yoga



語言 Language：粵語 Cantonese

瑜伽伸展是以身體伸展和呼吸為主，配合體位法及基礎的練習方式，從而增進肌力及身體柔軟度，舒緩肌肉僵硬和勞損帶來的問題，令身心得到所需的休息。適合瑜伽初學者及工作壓力大的人士參與。

Stretch Yoga focuses on stretching your body and controlling your breathing, combined with posture training and basic exercises to enhance muscular strength and body flexibility. Stretch Yoga also helps relieve muscle stiffness and strain and relax your body and mind. It is suitable for beginners and those under high stress from work.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFYCSY 102201	Fri (4/10-27/12) No class 11/10	12:15-13:15	12	Well. Ctr.	\$1,720	\$2,065

哈達瑜伽 Hatha Yoga

語言 Language：粵語 Cantonese

哈達瑜伽會利用有系統的瑜伽體位練習，結合呼吸和不同的伸展動作，讓參加者由內到外感受自己的身體，達致身心合一的境界。此外，哈達瑜伽可以鍛鍊參加者的關節，肌力、肌耐力和柔軟度，而且動作節奏較慢，適合瑜伽初學者及工作壓力大的人士參與。

Hatha Yoga uses systematic yoga postures, combined with breathing skill and different stretching movements. Participants can strengthen their mind-body linkage from the inside out and achieve the state of physical and mental unity. In addition, hatha yoga can improve joints stability, muscle strength, muscle endurance and flexibility. Beside, the exercise tempo of Hatha Yoga is slow, suitable for yoga beginners and people with pressure from work.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFYCHY 102301	Sun (6/10-29/12)	10:00-11:00	13	Well. Ctr.	\$1,860	\$2,240

靜態瑜伽 Yin Yoga



靜態瑜伽強調調整整個身體的放鬆，並結合緩慢的呼吸和長時間的動作保持，在肌肉完全放鬆的狀態下鍛煉骨骼及其連接組織（骨盆，髖部，脊椎等結締組織），達致身心合一的境界。此外，靜態瑜伽能夠幫助人們放鬆身心及治癒創傷。練習姿勢較為多為坐姿和躺姿。適合瑜伽初學者及工作壓力大的人士參與。

Yin Yoga emphasizes the relaxation of the whole body, combined with slow breathing and prolonged holding of poses. The bones and their connecting tissues (pelvis, hips, spine and other connective tissues) are exercised in a complete muscle relaxation to achieve a state of physical and mental unity. In addition, Yin Yoga helps people relax the body and recover from injuries. Exercises are primarily in sitting and lying positions. It is suitable for beginners and people under high work pressure.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFYCY 102101	Sat (5/10-28/12)	9:15-10:15	13	Well. Ctr.	\$1,860	\$2,240

基礎瑜伽 Yoga Basics

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

此課程通過練習瑜伽傳統的基本姿勢和配合適當呼吸法，鍛煉身體、提高柔軟性，同時增進身心健康。適合任何人士參與。

Through practicing the basic postures in traditional Hatha Yoga and practicing the breathing, it helps to strengthen muscles, enhance the flexibility and improve the general health. It is suitable for all.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFYCBY 103501	Fri (4/10-27/12) No class 11/10	18:30-19:15	12	Well. Ctr.	\$1,480	\$1,740



普拉蒂課程 PILATES PROGRAMME

普拉蒂運動 (初級班) Pilates Exercise (Beginners) (Ages 16 or above)

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

普拉蒂運動是專為預防腰背痛及保持正確姿勢人士而設，主要鍛煉肌力、核心肌肉的穩定性及靈活性。

Pilates is a great exercise to train core stability, strength and spine mobilization. It helps to maintain good posture and prevent lower back pain.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCPP 103101	Mon (7/10-30/12)	20:00-21:00	13	Well. Ctr.	\$1,860	\$2,240
24SFWCPP 103102	Thu (3/10-19/12) No class 26/12	20:10-21:10	12	Well. Ctr.	\$1,720	\$2,065

普拉蒂運動 (中級班) Pilates Exercise (Intermediate) (Ages 16 or above)

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

適合已接受普拉蒂運動達三個月或以上之人士參加。

Suitable for participants with at least 3 months of Pilates training.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCPP 103201	Mon (7/10-30/12)	19:15-20:00	13	Well. Ctr.	\$1,600	\$1,885
24SFWCPP 103202	Wed (2/10-18/12) No class 25/12	10:00-11:00	12	Well. Ctr.	\$1,720	\$2,065
24SFWCPP 103203	Thu (3/10-19/12) No class 26/12	19:10-20:10	12	Well. Ctr.	\$1,720	\$2,065

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。

This is a combination of stretching, muscle strength and balance training. It effectively relieves back, neck and back pain and muscle strain. It is suitable for all.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
24SFWCPP 102401	Mon (7/10-30/12)	19:00-20:00	13	3/F, Act. Ctr.	\$1,860	\$2,240
24SFWCPP 102402	Thu (3/10-19/12) No class 26/12	10:05-11:05	12	Well. Ctr.	\$1,720	\$2,065
24SFWCPP 102403	Sat (5/10-28/12)	10:30-12:00	13	Well. Ctr.	\$2,600	\$3,120
24SFWCPP 103401	Wed (2/10-18/12) No class 25/12	19:00-20:00	12	Dance St.	\$1,720	\$2,065