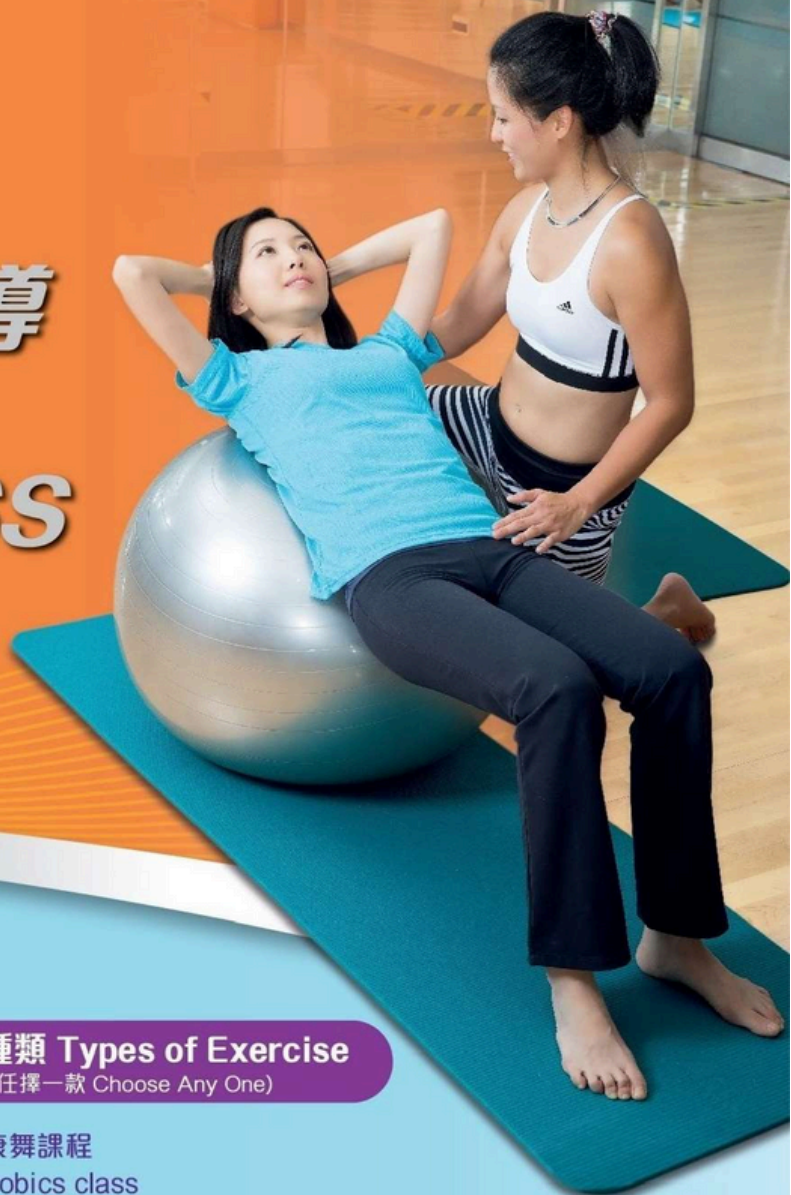


私人健康指導 PERSONAL WELLNESS COACHING



課程特色 Course Features

- 專人度身設計課程
Tailor-made Programme
- 一對一針對性指導
One-on-one targeted coaching
- 因應個人能力和進度
而進行適切練習
Work at your own pace and
cater to your needs

課程種類 Types of Exercise

(任擇一款 Choose Any One)

- 健康舞課程
Aerobics class
- 伸展課程
Stretching / Pilates class
- 健體舞蹈訓練
Dance-oriented Fitness Training

一對一指導 One-on-One Coaching (Ages 16 or above)

堂數 Session	4堂 4-Session	8堂 8-Session	12堂 12-Session
費用 Fee	\$3,080	\$6,000	\$8,880

一對二指導 One-on-Two Coaching (Ages 16 or above)

堂數 Session	4堂 4-Session	8堂 8-Session	12堂 12-Session
費用 Fee	\$3,960	\$7,760	\$11,520