

健體易健身証

EASY JOIN Fitness Pass



健身中心
Fitness
CENTRE

《健體易》健身証是一項極具彈性的短期健身服務。參加者可自行選擇參加 4次、8次或12次入場優惠，於指定有效期內使用健身室、游泳池、按摩池及桑拿等設施。

The Fitness Centre offers you a EASY JOIN Fitness Pass with a choice of 4, 8 or 12 times for using the Weight Room, Swimming Pools, Jacuzzi and Sauna facilities in the YMCA.



服務及設施包括：
健身室
室內恆溫泳池
桑拿及按摩池
免費儲物櫃及浴巾

Services and facilities :
Weight Room
Swimming Pool
Sauna and Jacuzzi
Free Locker and Towel

由2021年2月1日起生效
Effective from 1st Feb 2021

使用期 Validity	入場次數 No. of access	費用 Fee
1 個月 month	4 次 times	\$440
2 個月 months	8 次 times	\$840
	12 次 times	\$1,080



健身室開放時間 Weight Room Opening Hours

星期一至星期日
MON to SUN

07:00am - 22:30pm

游泳池及按摩池開放時間 Pools & Jacuzzi Opening Hours

星期一
Monday

每週清潔時段
Close for weekly
cleansing

12:30pm - 17:00pm

18:00pm - 22:00pm

星期二至星期五
Tuesday to Friday

07:00am - 17:00pm

18:00pm - 22:00pm

星期六、日及公眾假期
Sat, Sun & Public Holidays

07:00am - 11:30am

12:30pm - 17:00pm

18:00pm - 22:00pm

詳情請與本中心職員聯絡，或致電2268 7055查詢

Please contact Fitness Centre staff or call 2268 7055 for details

香港基督教青年會保留隨時更改收費及條款的權利而無須事先通知
The YMCA of Hong Kong reserves the right to change the price and policy without prior notice