

健體易 健身証

EASY JOIN Fitness Pass



《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：
健身房
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

入場次數 No. of access	費用 Fee
1 次 month	\$440
2 次 months	\$840
12 次 times	\$1,080



健身房開放時間 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