

港青會員 / 海外港青會員即日使用証

YMCA Members / Overseas YMCA Members Trial Day Pass

成人Adult \$150 / 先進人士 Masters \$75

非港青會員即日使用証

Non-YMCA Members Trial Day Pass

成人Adult \$200 / 先進人士 Masters \$100

可享用場地及設施
Facilities Includes:

- 健身中心
Fitness Center
- 室內暖水泳池
Indoor Swimming Pool
- 桑拿房 / 按摩池
Sauna / Jacuzzi Facilities
- 每次進場均提供毛巾乙條
Complimentary Towel
- 專業健身教練指導
Professional Fitness Advice

貴賓券 (必須由港青會員或健身中心會員購買)

Guest Fee (invited by YMCA of HK or YMCA Fitness Centre members)

成人Adult \$150 / 先進人士 Masters \$75

• 港青/健身中心會員購買貴賓券上限為每次兩張，所邀賓客必須由該會員陪同使用 健身中心設施
YMCA / Fitness Members may invite up to 2 guests at a time, the guests must be accompanied by the member when using the facilities

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

每週清潔時段
Close for weekly cleansing

星期一
Monday

12:30pm - 17:00pm

18:00pm - 22:30pm

星期二至星期五
Tuesday to Friday

07:00am - 17:00pm

18:00pm - 22:30pm

星期六、日及公眾假期
Sat, Sun & Public Holidays

07:00am - 11:30am

12:30pm - 17:00pm

18:00pm - 22:30pm

健身室開放時間

Weight Room Opening Hours

星期一至日
MON to SUN

07:00-22:30

詳情請致電2268 7055查詢
Please call Fitness Centre 2268 7055 for details