

# 適能及健康課程 Fitness & Wellness

辦公時間 Office Hours : 星期一至五 上午九時至下午六時

Mon-Fri 09:00-18:00

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 :

1. (Fit. Ctr.)-港青 (尖沙咀) 一樓健身中心 Fitness Centre, 1/F, YMCA(TST)
2. (Dance St.)-港青 (尖沙咀) 二樓舞蹈室 Dance Studio, 2/F, YMCA(TST)
3. (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 at 2/F to Wellness Centre)
4. (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)

## 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.

#### 先進會員課程 Programme for Master Member

#### 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。

The YMCA recommends participants especially adults who are aged over 40, 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:

1. 若課程遇到特殊情況導致停課，本會將安排課程代用券作補償，恕不另作補課及退款。Class suspension, which is due to special incidents, will be compensated with redemption coupon. No make up class or refund will be arranged.
2. 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.
3. 課堂進行時必須佩戴口罩。Please wear a face mask when class in progress.

## 健康舞 Aerobics Dance

### 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
21FDC 40101	4/10-20/12 (Mon)	18:00-18:45	12	Dance St.	\$1,320	\$1,620

### 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。

It combines martial arts techniques with fast-paced cardio. 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
21FDC 40302	4/10-20/12 (Mon)	20:15-21:00	12	Dance St.	\$1,320	\$1,620

### 收腹拳擊健康舞

#### Kick Boxing & Flat Abs (Ages 16 or above)

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

本課程利用拳擊健康舞配合腰部扭動作腹部收緊練習，有助學員燃燒體脂及結實腹部肌肉。(部份課堂會著重動作講解，並附加相關練習)

Martial arts techniques combine with waist twisting to strengthen "Core" and tighten up "Abs". (Simple kicks & punches will be introduced in some lessons supplemented with practice)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
21FDC 40304	6/10-29/12 (Wed)	19:00-20:00	13	Dance St.	\$1,690	\$2,080

### 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)

Make a challenge with fast and complicated step workout. (Suitable for participants with the intermediate 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
21FDC 40402	8/10-17/12 (Fri)	19:00-20:00	11	Dance St.	\$1,430	\$1,760

### 多元塑身訓練

#### Total Body Conditioning (Ages 16 or above)

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

本課程運用踏板或啞鈴進行健康舞，部份課堂會將拉丁舞步混入健康舞中，以增加趣味性。(課程設於早晨時段及享有早晨課程優惠)

A full body workout incorporates with steps and dumbbells, and elements of Latin dance will be used in some of the lessons to make it fun. (The course is scheduled in the morning and '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
21FDC 40507	6/10-29/12 (Wed)	07:30-08:30	13	Dance St.	\$1,235	\$1,495

**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。  
It is a fusion of aerobics and stretching exercises to reduce body fat and increase muscle flexibility.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
21FDC 40508	6/10-29/12 (Wed)	20:15-21:00	13	Well. Ctr.	\$1,430	\$1,755

**消脂塑身訓練****Fatburn (Ages 16 or above)**

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

本課程糅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。

A combination of aerobics and bodyweight training will 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
21FDC 40509	7/10-30/12 (Thu) No class 14/10	19:00-20:00	12	Dance St.	\$1,560	\$1,920

## 健康舞特色課程 Feature Class of Aerobics Dance

**動感瘦身舞****Funky Jam (Ages 16 or above)****HOT**

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
21FDX 40101	6/10-29/12 (Wed)	19:15-20:15	13	Well. Ctr.	\$1,690	\$2,080
21FDX 40102	2/10-18/12 (Sat)	16:00-17:00	12	Well. Ctr.	\$1,560	\$1,920

**ZUMBA 動感節拍健體舞****ZUMBA Fitness Dance (Ages 16 or above)****HOT**

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
21FDX 40103	4/10-20/12 (Mon)	18:15-19:15	12	Well. Ctr.	\$1,560	\$1,920
21FDX 40104	5/10-28/12 (Tue)	11:05-12:05	13	Well. Ctr.	\$1,690	\$2,080
21FDX 40105	7/10-30/12 (Thu) No class 14/10	12:05-13:05	12	Well. Ctr.	\$1,560	\$1,920
21FDX 40106	2/10-18/12 (Sat)	14:15-15:15	12	Well. Ctr.	\$1,560	\$1,920

**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 specially designed for seniors to develop their total body fitness through simple dance steps such as Jazz, Hip-hop, Funky Dance, etc. (The class is not a type of rehabilitation training. It is suitable for participants with ability in doing exercise independently)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
21FDX 40107	7/10-30/12 (Thu) No class 14/10	13:15-14:15	12	Well. Ctr.	\$1,560	\$1,920

**塑身健康舞****Burn & Firm (Ages 16 or above)**

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

課堂以健康舞幫助體脂燃燒，再配合使用啞鈴及徒手訓練模式收緊肌肉，是一項高帶氧的瘦身運動。

This class spends half the time on aerobics for a cardio burst and the other half on toning and firming with weights and your own bodyweight training. It is an intense workout for whole body sculpting.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
21FDX 40501	8/10-17/12 (Fri)	19:00-20:00	11	Well. Ctr.	\$1,430	\$1,760

**Piloxing 搏擊健體舞****Piloxing (Ages 16 or above)****HOT**

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 offers a fun yet challenging interval workout. It blends Kickboxing, Pilates and dance moves into a high energy interval workout. Kickboxing is to be introduced for arms, legs and thigh muscle toning, while incorporating the sculpting and flexibility of Pilates and dance moves. (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
21FDX 40502	2/10-18/12 (Sat)	13:15-14:15	12	Well. Ctr.	\$1,560	\$1,920



## 瑜伽課程 Yoga Classes

### 瑜伽伸展 Stretch Yoga

NEW

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 in order to enhance muscular strength and body flexibility. Also, Stretch Yoga help relax your muscle strain, body and mind. 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
21FWX 40901	8/10-31/12 (Fri)	12:15-13:15	13	Well. Ctr.	\$1,690	\$2,080

### 靜態瑜伽 Yin Yoga

NEW

語言 Language：粵語 Cantonese

靜態瑜伽強調整個身體的放鬆，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 on the relaxation of the whole body, and combining with slow breathing and posture maintenance, exercising the bones and the connecting tissues (especially the pelvis, hip and spine) and achieving the state of physical and mental unity. In addition, Yin Yoga helps people relax the body and recover from injuries. Exercises are mostly 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
21FWX 40902	2/10-18/12 (Sat)	09:15-10:15	12	Well. Ctr.	\$1,560	\$1,920

## 健康運動 Wellness

### 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 balanced workout focusing on strengthening your core muscles so as to keep your spine strong and prevent you from back pain.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
21FWC 40602	8/10-17/12 (Fri)	18:15-19:00	11	Well. Ctr.	\$1,210	\$1,485

### 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痛及保持正確姿勢人士而設，主要鍛鍊肌力、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
21FWC 40702	4/10-20/12 (Mon)	20:00-21:00	12	Well. Ctr.	\$1,560	\$1,920
21FWC 40704	7/10-30/12 (Thu) No class 14/10	20:10-21:10	12	Well. Ctr.	\$1,560	\$1,920

### 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
21FWC 40707	7/10-30/12 (Thu) No class 14/10	19:10-20:10	12	Well. Ctr.	\$1,560	\$1,920

### 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) Use of stability ball can strengthen your lower back muscles and improve your posture and alleviate back pain. (The course is scheduled in the morning and '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
21FWC 40801	7/10-30/12 (Thu) NO class 14/10	07:30-08:15	12	Well. Ctr.	\$1,140	\$1,380

### 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 level of stability) ball)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
21FWC 40804	8/10-17/12 (Fri)	20:00-21:00	11	Well. Ctr.	\$1,430	\$1,760





## 健康運動特色課程 Feature Class of Wellness

### 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
21FWX 40602	8/10-24/12 (Fri)	10:00-11:00	12	Well. Ctr.	\$1,560	\$1,920
21FWX 40603	8/10-24/12 (Fri)	11:00-12:00	12	Well. Ctr.	\$1,560	\$1,920

### 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)

Aging joints are common among seniors. This course provides a series of stretching and balancing drills specially designed for seniors to improve their joints and tendon mobility and reduce the risk of falling. (The class is not a type of rehabilitation training. It is suitable for participants with ability in doing exercise independently)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
21FWX 40604	4/10-20/12 (Mon)	10:30-11:30	12	6/F, Rm 610	\$1,560	\$1,920
21FWX 40605	6/10-29/12 (Wed)	10:30-11:30	13	6/F, Rm 610	\$1,690	\$2,080
21FWX 40606	7/10-30/12 (Thu) No class 14/10	09:00-10:00	12	Well. Ctr.	\$1,560	\$1,920
21FWX 40607	8/10-31/12 (Fri)	10:00-11:00	13	6/F, Rm 610	\$1,690	\$2,080

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)

HOT

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、腰背痛、關節僵硬等都市病。

Using equipments can help you relax your muscular strain and reduce your job stress. It will improve the flexibility of the spine and enhance the joints and tendon mobility with long term practice. It helps to alleviate the 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
21FWX 40608	5/10-28/12 (Tue) No class 21/12	19:00-20:00	12	6/F, Rm 610	\$1,560	\$1,920
21FWX 40609	3/10-19/12 (Sun)	12:10-13:10	12	Well. Ctr.	\$1,560	\$1,920

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

### 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 on a regular basis will improve joints and tendon mobility and will 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
21FWX 40610	4/10-20/12 (Mon)	20:00-21:00	12	6/F, Rm 625	\$1,560	\$1,920
21FWX 40611	2/10-18/12 (Sat)	12:05-13:05	12	Well. Ctr.	\$1,560	\$1,920

請乘搭大堂南座升降機往六樓 625 室 Room 625 at 6/F can be accessed by South Tower Lobby elevators

### 伸展與核心肌肉訓練 Body Stretch & Core Strength (Ages 16 or above)

HOT

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背痛十分有效。適合任何人士參與。A blend of flexibility and core stability training are designed to improve strength and suppleness. You'll get a total body stretch and work your "Core" as well in this workout. It's good for improving spine health and relieving back pain. 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
21FWX 40701	5/10-28/12 (Tue) No class 21/12	20:10-21:10	12	Well. Ctr.	\$1,560	\$1,920
21FWX 40702	6/10-29/12 (Wed)	19:00-20:00	13	6/F, Rm 610	\$1,690	\$2,080
21FWX 40703	3/10-19/12 (Sun)	11:00-12:00	12	Well. Ctr.	\$1,560	\$1,920

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

### 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。

Chronic pain can be alleviated as you build strength, flexibility and balance through "Core" and "Stretch" training. 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
21FWX 40704	4/10-20/12 (Mon)	19:00-20:00	12	6/F, Rm 625	\$1,560	\$1,920
21FWX 40705	7/10-30/12 (Thu) No class 14/10	10:05-11:05	12	Well. Ctr.	\$1,560	\$1,920
21FWX 40706	8/10-17/12 (Fri)	19:00-20:00	11	6/F, Rm 610	\$1,430	\$1,760
21FWX 40707	2/10-18/12 (Sat)	10:30-12:00	12	Well. Ctr.	\$2,220	\$2,700

請乘搭大堂南座升降機往六樓 610/625 室 Room 610/625 at 6/F can be accessed by South Tower Lobby elevators