



伸展康體課程

STRETCH WELLNESS



適合任何人士參與 Suitable for all levels



有系統、循序漸進的伸展運動，增強脊椎的柔韌度及強化肌肉

A regular basis of stretching exercises to enhance the flexibility of spine and strengthen muscle



改善僵硬的關節及筋腱，舒緩常見的都市病如肌肉痠痛、肩頸痛、腰背痛等

Improve joints and tendon mobility to alleviate the common problems, such as muscle strain, neck, shoulder and back pain



舒展身心的靜態運動

Relax your body and decompress with a static exercise



STRETCHING IN THE MORNING AND NIGHT CHANGES YOUR BODY

課程編 Code	日期及時間 Duration	堂數 Sessions	費用(會員) Mem\$	費用(非會員) NMem\$	地點 Venue
22FWX30612	14/7-29/9 星期四晚 18:30-19:30	12	1,680	1,980	UG/F, Hall A, Beacon Centre

授課語言 Instruction : 專話輔以英語 Cantonese supplemented with English

師生比例 Class 1 : 12

學員注意事項 Reminders for Participants

查詢 ENQUIRY ☎ 2281 6000

儲物櫃借用 Use of Locker

儲物櫃借用只限於每次上課時段，請自行帶備儲物櫃鎖。詳情可向地下大堂服務櫃台職員查詢。

Locker service is available for all participants during lessons. Please bring along your personal lock when using a locker. For details, please contact our services counter staff at LG/F.

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病人士。

The YMCA recommends all 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.

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1. 參加者不論任何理由缺席課堂，將不會安排補課及退款 There will be no make up class or refund for any absences.
2. 退班或轉班申請須開課前14天辦理(包括持有醫生紙)及繳交行政費\$200 Course withdrawal / transfer application must be submitted 14 days before a course starts (including medical cert holder) and admin fee of HK\$200 will be applied.
3. 若課程遇到特殊情况導致停課，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.
4. 請參閱有關假期及惡劣天氣安排條款及細則 Please read the terms and conditions for holiday and bad weather arrangement.