

# 適能及健康課程 Fitness & Wellness

辦公時間 Office Hours : 星期一至五 上午十時至下午六時

Mon-Fri 10:00-18:00

查詢 Enquiry : 健身中心 Fitness Centre 2268 7055

健康中心 Wellness Centre 2268 7077

電郵 Email : [fitness@ymcahk.org.hk](mailto:fitness@ymcahk.org.hk)

網頁 Website : [www.ymcahk.org.hk/fnw](http://www.ymcahk.org.hk/fnw)

## 上課地點 Venue Location :

- (Fit. Ctr.) - 港青 (尖沙咀) 一樓健身中心 Fitness Centre, 1/F, YMCA(TST)
- (Dance St.) - 港青 (尖沙咀) 二樓舞蹈室 Dance Studio, 2/F, YMCA(TST)
- (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 on 2/F to Wellness Centre)
- (Act.Ctr.) - 港青 (尖沙咀) 三樓活動室 Activity Centre, 3/F, YMCA(TST)
- (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)
- (KP Function Room) - 京士柏百周年紀念中心 (香港九龍油麻地加士居道 22 號)  
室內多用途活動室 King's Park Centenary Centre (22 Gascoigne Road, Yau Ma Tei, Kowloon) Multi-purpose Function Room

## 學員注意事項

### Reminders 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。

Lockers are 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.

## 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 of Hong Kong recommends that participants consult their family doctor before engaging in more strenuous fitness exercises, especially those who do not exercise regularly, are over 40 years old, or have a history of heart disease or joint problems.

## 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](http://www.ymcahk.org.hk/fnw) 或致電 2268 7077 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](http://www.ymcahk.org.hk/fnw) or call 2268 7077 for enquiries.

## 備註 Remarks:

- 報名程序可於網上進行，報名詳情請參考 P.2-4。

An online enrolment platform is available, please refer to P.2-4 for more details.

- 若課程遇到特殊情況導致停課，本會將安排學費按比例退回至學員的電子錢包，恕不另作補課及退款。If any class is suspended due to special incidents, fees paid will be refunded to participant E-Wallet on pro-rate basis. No make-up class or refund will be arranged.

- 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.

## 體適能課程

### FITNESS PROGRAMME

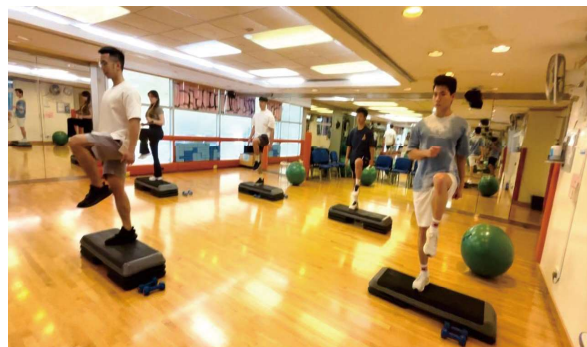
#### 高強度間歇訓練班

### High Intensity Interval Training(HIIT) (Ages 16 or above)

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

高強度間歇訓練是一種運動方式，它使用短暫的高強度活動和休息或較輕的活動相結合。這種鍛煉方式近年來非常受歡迎，因為它效率高，有效且多功能。它可以使用各種運動和器材進行，使各種健身水平和興趣的人都能夠適應。High-Intensity Interval Training, or HIIT, is a type of exercise that uses short, high-intensity bursts of activity followed by periods of rest or lighter activity. This type of workout has become popular in recent years due to its efficiency, effectiveness, and versatility. It can be performed with a variety of exercises and equipment, making it accessible to people of all fitness levels and interests.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCSC 013601	Wed (7/1-25/3) No Class:18/2	19:00-20:00	11	Dance St.	\$1,575	\$1,895



#### 壺鈴訓練班

### Kettlebell Fitness Training (Ages 16 or above)

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

本課程使用壺鈴作練習，結合了力量訓練、有氧運動和柔軟性訓練。訓練針對多個肌肉群，有助燃燒脂肪及改善肌肉線條，適合所有健身水平的人士。Kettlebell fitness training is a highly effective workout that combines strength training, cardiovascular conditioning, and flexibility. It targets multiple muscle groups and is suitable for all fitness levels.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFCKB 013301	Thu (8/1-26/3) No Class:19/2	18:00-19:00	11	Well. Ctr.	\$1,575	\$1,895

#### 伸展健美班

### Stretch, Tone & Abs (Ages 16 or above)

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

透過伸展及各種肌力鍛煉，以及腹部運動來強化腰腹。

A series of strength and toning workouts as well as a total body stretch can help your abs stay slim and trim.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCSC 013201	Thu (8/1-26/3) No Class:19/2	11:15-12:00	11	Well. Ctr.	\$1,355	\$1,595
26SFDCSC 013202	Fri (2/1-27/3)	11:00-12:00	13	Dance St.	\$1,860	\$2,240

## 消脂踏板

### Fat Burning Step (Ages 16 or above)

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

利用踏板配合快速及複雜舞步，讓學員加速燃燒體脂。(本課程適合對踏板有中度以上認識的參加者)

Burn your body fat with fast and complicated step aerobics. (Suitable for participants with a moderate 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
26SFDCCS 013101	Tue (6/1-31/3) No Class:17/2	19:00-20:00	12	Dance St.	\$1,720	\$2,065

## 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)

This programme provides participants with a challenging workout based on complex and fast dance moves and for them to enjoy step aerobics. (This course is suitable for intermediate-level or above participants in step aerobics.)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCCS 013201	Fri (2/1-27/3)	19:30-20:30	13	Dance St.	\$1,860	\$2,240

## Piloxing 搏擊健體舞

### Piloxing (Ages 16 or above)



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 combines the elements of Kickboxing, Pilates and aerobics to offer participants a fun yet challenging high cardio workout. Kickboxing helps tone and sculpt the arms, legs, and thigh muscles, while Pilates enhances the body's endurance and flexibility. (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
26SFDCCS 012701	Sat (3/1-28/3)	13:15-14:15	13	Well. Ctr.	\$1,860	\$2,240

## 臀、腰、腹訓練

### Abs, Back & Bum (Ages 16 or above)

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

透過不同的動作，助您集中強化及結實臀、腰、腹等部位。

To strengthen the abdomen, back and bum through strengthening and toning workouts.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCCS 013101	Thu (8/1-26/3) No Class:19/2	10:00-11:00	11	Dance St.	\$1,575	\$1,895
26SFDCCS 013102	Sat (3/1-28/3)	15:00-16:00	13	Dance St.	\$1,860	\$2,240

## 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 knowledge of a stability ball or above).

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCFS 013301	Fri (2/1-27/3)	20:00-21:00	13	Well. Ctr.	\$1,860	\$2,240

## 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)

A stability ball can strengthen your lower back muscles, improve your posture, and alleviate back pain. (The course is scheduled in the morning, and the '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
26SFWCFS 013101	Tue (6/1-31/3) No Class:17/2	9:00-9:45	12	Well. Ctr.	\$1,480	\$1,740

## 健康平衡汽球運動班 (中級班)

### Stability Ball Exercise (Intermediate) (Ages 16 or above)

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

適合已接受健康平衡汽球初級訓練三個月或以上之人士參加。

Suitable for participants with at least 3 months of Stability Ball training.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCFS 013201	Mon (5/1-30/3)	11:00-11:45	13	Well. Ctr.	\$1,600	\$1,885
26SFWCFS 013202	Tue (6/1-31/3) No Class:17/2	13:00-13:45	12	Well. Ctr.	\$1,480	\$1,740

## 動物流運動

### Animal Flow



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

動物流訓練結合了獨特的運動、力量和靈活性，靈感來自動物的運動。這種創新的鍛煉方式旨在增強你的身體素質、改善靈活性，並以有趣和動態的方式讓你與自己的身體建立聯繫。

Animal Flow is a unique blend of movement, strength, and flexibility inspired by animal locomotion. This innovative workout is designed to enhance your physical fitness, improve mobility, and connect you with your body in a fun and dynamic way.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCAM 012101	Fri (2/1-27/3)	19:15-20:00	13	Well. Ctr.	\$1,600	\$1,885

## 舞蹈課程 DANCING PROGRAMME

### 動感瘦身舞

#### Funky Jam (Ages 16 or above)

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
26SFDCDW 012701	Sat (3/1-28/3)	16:00-17:00	13	Well. Ctr.	\$1,860	\$2,240

### 拉丁健康舞

#### Latino Jam (Ages 16 or above)

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

本課程將基本拉丁舞步混合健康舞中，持續舞步練習能改善心肺功能，有助燃燒脂肪。

This class allows your body to move along the rhythm of Latin favorites infused with aerobics. The sustained pace is to improve cardiac performance and give you total body workout.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCDW 013201	Tue (6/1-31/3) No Class:17/2	18:00-19:00	12	Well. Ctr.	\$1,720	\$2,065

### 活力動感健體舞

#### Funky Groove (Ages 16 or above)

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

這是充滿動感及活力的修身健體舞。透過簡單易學的舞步及時下流行音樂，幫助加速排汗及燃燒脂肪，可輕鬆又有效地瘦身。適合任何人士參與。

Funky Dance infused with fun and vitality. Learning simple dance moves from pop music can make you sweat as well as burn fat. 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
26SFDCDW 013701	Tue (6/1-31/3) No Class:17/2	12:10-12:55	12	Well. Ctr.	\$1,480	\$1,740

### 帶氧動感爵士舞

#### Cardio Jazz Funky (Ages 16 or above)

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

課程透過富動感的舞步及音樂節拍，可改善身形及體驗跳舞的樂趣。

The class allows you to work your mind and body by learning choreographed routine for body shaping and a fun dancing experience.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCDW 013601	Mon (5/1-30/3)	10:00-11:00	13	Well. Ctr.	\$1,860	\$2,240

### K-Pop 舞蹈課程

#### K-Pop Dance Class(Ages 16 or above)

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

K-Pop 舞蹈課程透過教授最新 K-POP 歌曲舞蹈，讓學員了解舞蹈的基本動作和技巧。

K-Pop combines dance steps with the latest music in the genre. It helps participants to learn the fundamental dance movements and techniques in a fun and engaging environment.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCDW 013801	Fri (2/1-27/3)	18:30-19:30	13	Dance St.	\$1,860	\$2,240

### 混合健康舞

#### Combo Aerobics (Ages 16 or above)

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

節拍較快，動作多變及運動量較大。部份課堂同時會運用踏板進行練習。(此課程適合對健康舞及踏板有基礎認識的參加者)

This class is a great combination of high cardio with little impact. Step aerobics will be introduced in some of the lessons.

(Suitable for participant with basic 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
26SFDCAA 013201	Fri (2/1-27/3)	10:00-11:00	13	Dance St.	\$1,860	\$2,240

### 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
26SFDCDW 013102	Tue (6/1-31/3) No Class:17/2	18:00-19:00	12	Dance St.	\$1,720	\$2,065
26SFDCDW 013103	Fri (2/1-27/3)	13:00-14:00	13	Dance St.	\$1,860	\$2,240

### ZUMBA 動感節拍健體舞

#### ZUMBA Fitness Dance (Ages 16 or above)

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
26SFDCDW 012501	Mon (5/1-30/3) No class:16/2	18:15-19:15	12	Well. Ctr.	\$1,720	\$2,065
26SFDCDW 012502	Tue (6/1-31/3) No class:17/2	11:05-12:05	12	Well. Ctr.	\$1,720	\$2,065
26SFDCDW 012503	Thu (8/1-26/3) No Class:19/2	12:10-13:10	11	Well. Ctr.	\$1,575	\$1,895
26SFDCDW 012504	Sat (3/1-28/3)	14:15-15:15	13	Well. Ctr.	\$1,860	\$2,240
26SFDCDW 013501	Mon (5/1-30/3) No class:16/2	19:30-20:15	12	Dance St.	\$1,480	\$1,740



## 有氧健康課程 CARDIO AND AEROBICS PROGRAMME

### 健康舞班 Aerobics class (Ages 16 or above)

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

健康舞班讓你學懂基本健康舞步和動作，是一項有助強化心肺功能的運動。適合任何人士參與。  
Learn all basic movements and enhance your cardiovascular system. 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
26SFDCAA 013101	Mon (5/1-30/3) No class:16/2	18:45-19:30	12	Dance St.	\$1,480	\$1,740

### 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。  
In this class, aerobics and stretching exercises are combined to reduce body fat and increase body flexibility.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCCS 013501	Wed (7/1-25/3) No Class:18/2	19:15-20:00	11	Well. Ctr.	\$1,355	\$1,595

### 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，參加者可體驗綜合拳擊技巧的健康舞，是一項高帶氧的全身減肥運動。  
In this class, participants can experience a combination of Martial Arts techniques with fast-paced aerobics exercises. 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
26SFDCKB 013101	Mon (5/1-30/3) No class:16/2	20:15-21:00	12	Dance St.	\$1,480	\$1,740
26SFDCKB 013102	Thu (8/1-26/3) No Class:19/2	19:00-20:00	11	Dance St.	\$1,575	\$1,895

## 先進人士健康運動 SENIOR WELLNESS PROGRAMME

### 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 especially designed for seniors to develop their total body fitness through simple dance steps such as Jazz, Hip-hop, Funky Dance, etc. (The course is not applicable to rehabilitation training. It is only suitable for participants who can exercise independently.)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDCCDW 012101	Thu (8/1-26/3) No Class:19/2	13:15-14:15	11	Well. Ctr.	\$1,575	\$1,895

### 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)

Ageing joints are common among seniors. This course provides a series of stretching and balance training especially designed for seniors to improve their joints and tendon mobility and reduce the risk of falling. (The course is not applicable to rehabilitation training. It is only suitable for participants who can exercise independently.)

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCSF 012501	Mon (5/1-30/3)	10:30-11:30	13	3/F, Act. Ctr.	\$1,860	\$2,240
26SFWCSF 012502	Wed (7/1-25/3) No Class:18/2	10:30-11:30	11	6/F, Rm 610	\$1,575	\$1,895
26SFWCSF 012503	Thu (8/1-26/3) No Class:19/2	9:00-10:00	11	Well. Ctr.	\$1,575	\$1,895
26SFWCSF 012504	Fri (2/1-27/3)	10:00-11:00	13	6/F, Rm 610	\$1,860	\$2,240

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

### 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
26SFWCSF 012401	Fri (2/1-27/3)	10:00-11:00	13	Well. Ctr.	\$1,860	\$2,240
26SFWCSF 012402	Fri (2/1-27/3)	11:00-12:00	13	Well. Ctr.	\$1,860	\$2,240



## 功能性訓練班 (55 歲或以上) Funtional Fitness Class(55 or above)



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

課程為 55 歲或以上人士提供專門設計的功能性訓練，訓練內容主要教導長者如何利用動力鏈發力完成日常動作，並附以由柔韌度，肌力，以及協調訓練，從而提升學員活動能力，改善姿勢，減少跌倒風險及提升生活質量。課程由專業教練指導，並根據參加者的個別需要調整，以確保安全和有效性。This course primarily teaches seniors how to utilize the kinetic chain to perform daily movements, accompanied by flexibility, strength, and coordination exercises. This approach aims to enhance mobility, improve gait, and reduce the risk of falls, thus improving their quality of life. The course is led by professional instructors and can be adjusted based on the individual needs of participants to ensure safety and effectiveness.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFDSC 012602	Wed (7/1-25/3) No class:18/2	11:00-12:00	11	Well. Ctr.	\$1,575	\$1,895

## 伸展課程 STRETCHING PROGRAMME

### 背部健康班 Healthy Back (Ages 16 or above)

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

本課程主要鍛煉腰背部的核心肌群，強化脊柱，以減低腰背痛的機會。This class provides a gentle and balanced workout focusing on training the core muscles of your lower back and strengthening the spine to reduce the chances of 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
26SFWCHS 011101	Wed (7/1-25/3) No class:18/2	11:00-11:45	11	Dance St.	\$1,355	\$1,595

### 深度放鬆 Deep Stretching

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

透過不同的伸展動作增加身體柔韌性並緩解肌肉緊張，從而促進血液循環、改善姿勢、減輕壓力並提升身心靈的平衡。參加者可以透過深度放鬆課程放鬆身心，增強身體的靈活性和健康。Deep stretching class helps to enhance flexibility and relieve the tension of muscles. Additionally, various stretching improves blood circulation, and body posture and releases stress. Participants can relax both physically and mentally and promote overall well-being.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCSF 012801	Sun (4/1-29/3)	13:15-14:15	13	Well. Ctr.	\$1,860	\$2,240
26SFWCSF 012802	Tue (6/1-31/3) No Class:17/2	19:30-20:30	12	Rm 610	\$1,720	\$2,065

### 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 regularly will improve joints and tendon mobility and 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
26SFWCSF 012702	Sat (3/1-28/3)	12:05-13:05	13	Well. Ctr.	\$1,860	\$2,240

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

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

通過鍛煉核心肌群及伸展，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。Exercising the core muscles and stretching helps relieve tight joints and tendons while training deep muscle strength and balance. It is very effective in maintaining spinal health and reducing lower back pain. It is suitable for all.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCSF 012301	Tue (6/1-31/3) No Class:17/2	20:10-21:10	12	Well. Ctr.	\$1,720	\$2,065
26SFWCSF 012302	Wed (7/1-25/3) No Class:18/2	19:00-20:00	11	6/F, Rm 610	\$1,575	\$1,895
26SFWCSF 012303	Sun (4/1-29/3)	09:00-10:00	13	Well. Ctr.	\$1,860	\$2,240
26SFWCSF 012304	Sun (4/1-29/3)	11:00-12:00	13	Well. Ctr.	\$1,860	\$2,240

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

### 筋膜放鬆班 Myofascial Release



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

筋膜放鬆旨在通過不同的工具改變肌筋膜內張力緊繃的狀況。它可以減輕肌肉緊繃、改善柔軟性並增強整體活動能力。Myofascial Release aims to release the tightness and pain throughout the myofascial tissues through different tools. It alleviates tightness, improves flexibility, and enhances overall mobility.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCMR 013101	Tue (6/1-31/3) No Class:17/2	10:00-11:00	12	Dance St.	\$1,720	\$2,065
26SFWCMR 012101	Fri (2/1-27/3)	19:00-20:00	13	6/F, Rm 610	\$1,860	\$2,240
26SFWCMR 012102	Sat (3/1-28/3)	9:15-10:15	13	Well. Ctr.	\$1,860	\$2,240

### 肩、頸、背舒緩伸展 Shoulder, Neck and Back Stretch (Ages 16 or above)

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。The use of equipment helps relax your muscle pain and strain and relieves job stress. Long-term practice can strengthen the spine's flexibility and revitalize stiff joints and tendons. It helps alleviate 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
26SFWCSF 012601	Tue (6/1-31/3) No class:17/2	18:30-19:30	12	6/F, Rm 610	\$1,720	\$2,065
26SFWCSF 012602	Sun (4/1-29/3)	12:10-13:10	13	Well. Ctr.	\$1,860	\$2,240

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

### 伸展鬆弛班 Stretching & Relaxation (Ages 16 or above)

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

伸展運動可幫助改善及維持身體柔軟度，同時可舒緩情緒，減低壓力。This class aims at improving and maintaining your overall muscle

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCHS 013301	Thu (8/1-26/3) No Class:19/2	18:00-19:00	11	Dance St.	\$1,575	\$1,895

## 瑜伽課程 YOGA PROGRAMME

### 哈達瑜伽 Hatha Yoga

語言 Language: 粵語 Cantonese



哈達瑜伽會利用有系統的瑜伽體位練習，結合呼吸和不同的伸展動作，讓參加者由內到外感受自己的身體，達致身心合一的境界。此外，哈達瑜伽可以鍛煉參加者的關節，肌力、肌耐力和柔韌度，而且動作節奏較慢，適合瑜伽初學者及工作壓力大的人士參與。

Hatha Yoga uses systematic yoga postures, combined with breathing skill and different stretching movements. Participants can strengthen their mind-body linkage from the inside out and achieve the state of physical and mental unity. In addition, hatha yoga can improve joints stability, muscle strength, muscle endurance and flexibility. Beside, the exercise tempo of Hatha Yoga is slow, suitable for yoga beginners and people with pressure from work.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFYCHY 012301	Sun (4/1-29/3)	10:00-11:00	13	Well. Ctr.	\$1,860	\$2,240

### 基礎瑜伽 Yoga Basics

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

此課程通過練習瑜伽傳統的基本姿勢和配合適當呼吸法，鍛煉身體、提高柔韌性，同時增進身心健康。適合任何人士參與。

Through practicing the basic postures in traditional Hatha Yoga and practicing the breathing, it helps to strengthen muscles, enhance the flexibility and improve the general health. It is suitable for all.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFYCBY 013501	Fri (2/1-27/3)	18:30-19:15	13	Well. Ctr.	\$1,600	\$1,885

### 瑜伽伸展 Stretch Yoga

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 to enhance muscular strength and body flexibility. Stretch Yoga also helps relieve muscle stiffness and strain and relax your body and mind. It is suitable for beginners and those under high stress from work.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFYCSY 012201	Fri (2/1-27/3)	12:15-13:15	13	Well. Ctr.	\$1,860	\$2,240

### 香薰瑜伽 Aroma Yoga (Ages 16 or above)

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



加入我們的香氛瑜珈課，舒緩的精油與溫和的動作創造出愉悅的體驗，促進放鬆與快樂。在瑜珈墊上找到寧靜！

Join us for Aroma Yoga, where calming essential oils and gentle movements create a blissful experience, promoting relaxation and joy. Find peace and serenity on your mat! flexibility while helping you relax.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFYCAV 013101	Wed (7/1-25/3) No class:18/2	20:00-21:00	11	Well. Ctr.	\$1,575	\$1,895

## 普拉蒂課程 PILATES PROGRAMME

### 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背痛及保持正確姿勢人士而設，主要鍛煉肌力、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
26SFWCPP 013101	Mon (5/1-30/3) No class:16/2	20:00-21:00	12	Well. Ctr.	\$1,720	\$2,065
26SFWCPP 013102	Thu (8/1-26/3) No Class:19/2	20:10-21:10	11	Well. Ctr.	\$1,575	\$1,895

### 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
26SFWCPP 013201	Mon (5/1-30/3) No class:16/2	19:15-20:00	12	Well. Ctr.	\$1,480	\$1,740
26SFWCPP 013202	Wed (7/1-25/3) No class:18/2	10:00-11:00	11	Well. Ctr.	\$1,575	\$1,895
26SFWCPP 013203	Thu (8/1-26/3) No class:19/2	19:10-20:10	11	Well. Ctr.	\$1,575	\$1,895

### 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。

This is a combination of stretching, muscle strength and balance training. It effectively relieves back, neck and back pain and muscle strain. It is suitable for all.

編號 Code	日期 Date	時間 Time	堂數 Session	地點 Venue	會員 Mem	非會員 NMem
26SFWCPP 012401	Mon (5/1-30/3) No class:16/2	19:00-20:00	12	6/F, Rm 610	\$1,720	\$2,065
26SFWCPP 012402	Thu (8/1-26/3) No Class:19/2	10:05-11:05	11	Well. Ctr.	\$1,575	\$1,895
26SFWCPP 012403	Sat (3/1-28/3)	10:30-12:00	13	Well. Ctr.	\$2,600	\$3,120