

CARDIO

Kickboxing

帶氧拳擊運動



健康中心
Wellness
CENTRE

西九龍耀信發展學習中心
YMCA OF HONG KONG BEACON CENTRE
LIFELONG LEARNING INSTITUTE



NEW

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。(此班上課地點位於長沙灣**)

It combines martial arts techniques with fast-paced cardio. This high-energy workout will help you burn calories. (The course venue is located at Cheung Sha Wan**)

Code	Duration	Sessions	Mem\$	NMem\$	Venue
20WDX 30301	7/7 – 29/9 (TUE), 1915-2015	13	1,690	1,950	UG/F, Hall A (Beacon Ctr)

授課語言 Instruction : 粵語輔以英語 Cantonese supplemented with English

to punch harder, better, faster, and stronger

查詢 ENQUIRY : 2268 7065 / 2281 6000

**九龍保安道373號西九龍耀信學習中心 YMCA of Hong Kong Beacon Centre Lifelong Learning Institute, 373 Po On Road, Kowloon

學員注意事項
Reminders for Participants

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毛病人士

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

** 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 doctor cert holder) and admin fee of HK\$200 will be applied

3. 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