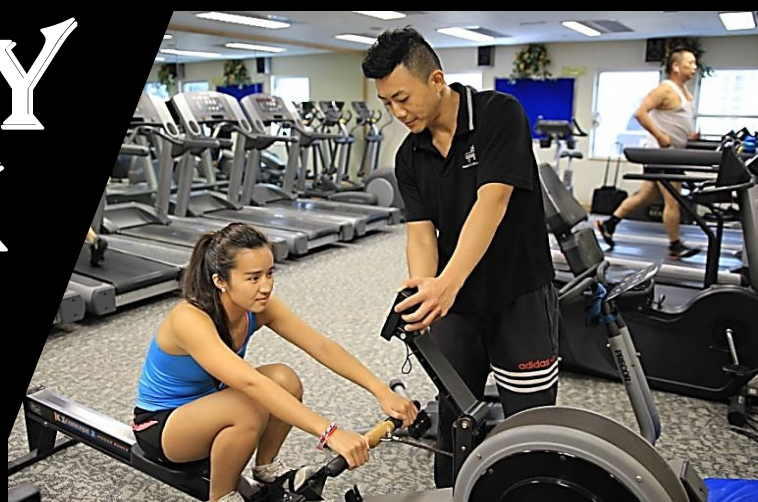


# 私人健體課程

## Personal Fitness Programme



### 誰人適合參加私人健體課程

### Getting started with our Personal Trainers

-你是否甚少接觸健身運動人士，不知從何入手

**Are you new to exercise**

-希望以個人訓練計劃來達致理想健體目標

**Do you want to achieve your fitness goal with a customized training programme**

-希望循正確及有效的方法訓練以避免傷患或勞損

**Do you want optimal advice on avoiding injuries or overtraining**

-由專人指導使您鍛煉得既積極又安全

**To workout safer and harder under the guidance and motivation of fitness professional**

#### 收費組合

#### **Packages**

首個單元 (4堂)  
1<sup>st</sup> Package (4 sessions)

一對一  
**1-on-1**

**\$2,640**

一對二  
**1-on-2**

**\$4,040**

第二個單元起 (4堂)  
2<sup>nd</sup> Package and onwards (4 sessions)

**\$2,210**

**\$3,440**

十二節優惠 (12堂)  
Tri-Pack Special (12 sessions)

**\$6,180**

**\$9,600**