

有關各健康舞及健康運動課程及健康舞及健康運動特式課程的運動量、難度及熱量消耗，請參考下列資料。
The intensity, difficulty and calories consumption for each aerobics dance and wellness class and feature class of aerobics dance and wellness are shown below as a reference.

備註：導師亦會因應學員的進度，適當調整課程之內容。

Remarks: The instructor will adjust the class level according to the progress of participants.

| | 運動量 Intensity | 難度 Difficulty | 運動熱量消耗 (千卡) Calories Consumption (Kcal) | 運動熱量消耗 (千卡) Calories Consumption (Kcal) |
|--|------------------|------------------|---|---|
| 健身會籍運動課程 FITNESS MEMBERSHIP EXERCISE CLASS | | | 女(Female) 59kg | 男(Male) 74kg |
| 綜合健康舞 Jam Dance | ** | * | 434 | 535 |
| 拉丁健康舞 Latino Jam | * | * | 372 | 466 |
| 舞蹈健康舞 Dance Aerobics | ** | ** | 434 | 535 |
| 排排健康舞 Line Dancing Aerobics | ** | ** | 434 | 535 |
| ZUMBA 動感節拍健體舞 ZUMBA Fitness Dance | ** | * | 434 | 535 |
| 帶氧動感爵士舞 Cardio Jazz Funky | * | * | 372 | 466 |
| 活力動感健體舞 Funky Groove | ** | * | 434 | 535 |
| 健康舞班 Aerobics class | ** | * | 434 | 535 |
| 混合健康舞 Combo Aerobics | ** | ** | 434 | 535 |
| 伸展健康舞 Stretching Aerobics | * | * | 372 | 466 |
| 健康舞(55 歲或以上) Aerobics (Ages 55 or above) | * | * | 372 | 466 |
| 帶氧拳擊運動 Cardio Kick Boxing | *** | ** | 496 | 622 |
| 收腹拳擊健康舞 Kick Boxing & Flat Abs | *** | ** | 496 | 622 |
| 消脂踏板 Fat Burning Step | *** | *** | 496 | 622 |
| 進階踏板 Step Challenge | *** | *** | 496 | 622 |
| 臀、腰、腹 訓練 Abs, Back & Bum | * | * | 372 | 466 |
| 伸展健美班 Stretch, Tone & Abs | * | * | 372 | 466 |
| 腹、臀、大腿訓練 Abs, Butt & Thigh | * | * | 372 | 466 |
| 多元塑身訓練 Total Body Conditioning | ** | * | 434 | 535 |
| 多元瘦身健康舞 Aerobics & Body Conditioning | ** | * | 434 | 535 |
| 消脂塑身訓練 Fatburn | ** | * | 434 | 535 |
| 背部健康班 Healthy Back | * | * | 186 | 233 |
| 伸展運動(55 歲或以上) Stretching Exercise (Ages 55 or above) | * | * | 186 | 233 |
| 伸展鬆弛班 Stretching & Relaxation | * | * | 186 | 233 |
| 普拉蒂運動(初級班) Pilates Exercise (Beginners) | * | * | 186 | 233 |
| 普拉蒂運動(中級班) Pilates Exercise (Intermediates) | ** | ** | 248 | 311 |
| 健康平衡汽球運動班(初級班) Stability Ball Exercise (Beginners) | * | * | 186 | 233 |
| 健康平衡汽球運動班(中級班) Stability Ball Exercise(Intermediates) | ** | ** | 248 | 311 |
| 平衡汽球及阻力訓練 Stability Ball with Resistance Training | ** | ** | 248 | 311 |

| | 運動量 Intensity | 難度 Difficulty | 運動熱量消耗 (千卡) Calories Consumption (Kcal) | 運動熱量消耗 (千卡) Calories Consumption (Kcal) |
|--|------------------|------------------|---|---|
| 健康舞及健康運動特式課程 FEATURE CLASS OF AEROBIC DANCE & WELLNESS | | | 女(Female) 59kg | 男(Male) 74kg |
| 動感瘦身舞 Funky Jam | ** | * | 434 | 535 |
| ZUMBA 動感節拍健體舞 ZUMBA Fitness Dance | ** | * | 434 | 535 |
| 綜合健康舞(55 歲或以上) Jam Dance(Ages 55 or above) | * | * | 372 | 466 |
| 塑身健康舞 Burn & Firm | *** | ** | 496 | 622 |
| Piloxing 搏擊健體舞 | *** | ** | 496 | 622 |
| 治療伸展(55 歲或以上) Stretch Therapy (Ages 55 or above) | * | * | 186 | 233 |
| 伸展與平衡訓練(55 歲或以上) Stretch and Balance Training (Ages 55 or above) | * | * | 186 | 233 |
| 肩、頸、背舒緩伸展 Shoulder, Neck and Back Stretch | * | * | 186 | 233 |
| 減壓伸展班 Stress Relief Stretching | * | * | 186 | 233 |
| 伸展與核心肌肉訓練 Body Stretch & Core Strength | * | * | 186 | 233 |
| 普拉蒂與伸展 Pilates & Stretch | * | * | 186 | 233 |
| <p>運動量 Intensity of Exercise</p> <p>* 輕運動量 Low intensity exercise</p> <p>** 中運動量 Moderate intensity exercise</p> <p>*** 較大運動量 High intensity exercise</p> <p>難度 Difficulty</p> <p>* 動作較簡單 Basic movement</p> <p>** 提昇及加強基本技術 Improve and enhance the basic movement</p> <p>*** 速度快、步法及動作較複雜 Quick pace, complicated step and movement</p> <p>熱量消耗(千卡) Calorie Consumption(kcal)</p> <p>上述的資料只作參考。計算是以一位體重 59 公斤的女士及 74 公斤的男士進行 60 分鐘有關運動後的熱量消耗作估計。熱量消耗數值是根據美國運動醫學學會所建議的運動代謝能量消耗公式配以列表上的運動強度作評估。一般健康舞的運動強度為 6-9METs.</p> <p>The information given is for reference only, showing an estimating caloric expenditure for a woman weighs 59kg and a man weighs 74kg in a 60 minutes session. The calories consumption figures are estimated by using the ACSM equation base on the table of Leisure Activities in METs, activity level of Aerobic Dance is ranged from 6-9 METs.</p> | | | | |