

Fitness workshops (Small group of 4) 健身工作坊 (四人小組)

(A) Foot and calf pain relief class – (a) November 7 (Tuesday) 13:30 – 14:00 or
(b) November 21 (Tuesday) 13:30 – 14:00

Introduction to basic calf relaxation and light exercise methods to gradually strengthen calf muscles and relieve muscles pain.

(甲) 腳底小腿疼痛舒緩班 - (a) 十一月七日 (星期二) 下午一時半至二時 或
(b) 十一月二十一日 (星期二) 下午一時半至二時

簡介基本小腿放鬆以及輕量運動方法，慢慢加強小腿肌力，放鬆肌肉。



For enrolment



供報名用

(B) "Fitness at Home" Training Class – (a) November 15 (Wednesday) 13:30 – 14:00 or
(b) November 29 (Wednesday) 13:30 – 14:00

You will be taught freehand exercises. The instructor will demonstrate four to five freehand exercises and guide them throughout the session. Students can achieve the same fitness effect at home as in the fitness room.

(乙) 「在家健身」訓練班 - (a) 十一月十五日 (星期三) 下午一時半至二時 或
(b) 十一月二十九日 (星期三) 下午一時半至二時

主要教授徒手動作訓練。導師會示範四至五個徒手訓練動作，從旁指導。令學員在家中也
能達到和上健身室一樣的健身效果。



*Each member can only sign up for one day of each class

To sign up, please call : 2837 1820

*每位會員只可報名每一課程的其中一日

報名請致電 : 2837 1820