

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

**(A) Healthy knees or elbows class** – (a) September 5 (Tuesday) 13:30 – 14:00 or  
(b) September 19 (Tuesday) 13:30 – 14:00

Suitable for people with frequent pain in the knees or elbows. Proper relaxation and strengthening of muscle will help early recovery.

**(甲) 膝關節或手肘保健班** - (a) 九月五日 (星期二) 下午一時半至二時 或  
(b) 九月十九日 (星期二) 下午一時半至二時

適合膝關節或手肘經常疼痛人士，進行恰當的放鬆及加強肌力提升，有助及早康復。



**(B) Kettlebell exercise class** – (a) September 13 (Wednesday) 13:30 – 14:00 or  
(b) September 27 (Wednesday) 13:30 – 14:00

Focus on introducing some kettlebell movement skills. In the course, students will learn the most basic and important movements, such as swing, spin, deadlift, squat, etc. The purpose of the class is to improve students' flexibility (crotch, shoulder), body muscle mass, coordination and balance.

**(乙) 壺鈴運動班** - (a) 九月十三日 (星期三) 下午一時半至二時 或  
(b) 九月二十七日 (星期三) 下午一時半至二時

著重介紹一些壺鈴的動作技巧。在課程中將學到最基本也最重要的動作，如搖擺、旋轉、硬拉、蹲等。課堂目的在提升學員身體關節柔韌度(胯部、肩部)，增加身體肌肉量，提高協調性、平衡性。

Entry Form  
報名表格



\*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**