



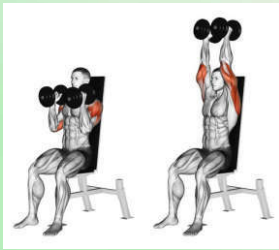
Small group (of 4) fitness workshops (四人)小組健身工作坊

- (A) Shoulder muscles training classes** – (a) May 2 (Tuesday) 13:30 – 14:00 or
(b) May 16 (Tuesday) 13:30 – 14:00

After recovery from a shoulder injury, proper exercise can reduce the risk of injury re-occurrence. Students will be given a brief introduction to shoulder muscle training and relaxation methods.

- (甲) 膊頭肌肉協進班** - (a) 五月二日 (星期二) 下午一時半至二時 或
(b) 五月十六日 (星期二) 下午一時半至二時

膊頭受傷康復過後，做適當的運動，可以減低再次受傷風險。簡介膊頭肌肉訓練，以及放鬆方法。



- (B) Cardiopulmonary aerobic exercise classes** – (a) May 10 (Wednesday) 13:30 – 14:00 or
(b) May 24 (Wednesday) 13:30 – 14:00

Mainly teaching the proper use of the treadmills, rowing machines, exercise bikes, etc. In addition, some freehand exercises such as burpees, are added to achieve cardiopulmonary aerobic effects.

- (乙) 心肺有氧運動班** - (a) 五月十日 (星期三) 下午一時半至二時 或
(b) 五月二十四日 (星期三) 下午一時半至二時

主要教授有氧機械如跑步機、划艇機、健身單車等，另外加入一些徒手動作如波比跳等來達到心肺有氧效果。



*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