



# Personal Training 私人健身訓練

## 體能評估及運動指導 (90 分鐘)

Fitness Assessment & Exercise Instruction (90 mins)

- + 體能評估 Fitness Assessment
- + 個人運動指導 Exercise Instruction
- + 家居運動建議 Home Exercise Guidelines

**\$998**

## 私人健身訓練 (每節 60 分鐘)\*

Personal Training (60 mins / session)\*

- ✓ 體能評估 Fitness Assessment
- ✓ 確立運動目標 Exercise goals setting
- ✓ 定期評估及修正 Regular Evaluation
- ✓ 個人訓練課程 Customized Training

明白各人需要不盡相同，我們富有經驗的持牌教練一對一的健身訓練課程，度身設計針對性的個人健身計劃

We understand everyone has their own fitness goals. Our experienced certified personal trainer will design a tailor-made exercise plan according to individual needs

私人健身訓練 (單堂原價) \$860  
Personal Training (Original Price)

- 十堂優惠 \$7,310  
- 10 sessions special price

雙人健身訓練 (單堂原價) \$1,280  
Group Personal Training for Two (Original Price)

- 十堂優惠 \$11,000  
- 10 sessions special price

報名及查詢 Bookings and Enquiries

電話 Telephone 2275 6020 WhatsApp 9458 6116

\*使用期限為第一次使用服務起計 90 天

\* The service period is 90 days from the first service used