

Adventist 港
Health 安

Hong Kong Adventist Hospital • Tsuen Wan

香港港安醫院•荃灣



Personal Training

私人健身
訓練計劃

Extending the Healing Ministry of Christ 延續基督的醫治大能

運動評估及處方 (90 分鐘)

Fitness Assessment and Instruction (90 mins)

- + 體能評估 Fitness Assessment
- + 運動處方 Exercise Prescription
- + 家居運動建議 Home Exercise Guidelines

\$980

* 一對一健身訓練 (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，經過認證的私人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 professional trainer will design customized plans and help you meet them.

1 節 session \$800 / 節 session

10 節 sessions \$7,140

****Citibank 信用卡優惠****

10 節 sessions \$5,998

非繁忙時段

Non-peak Hour
(07:00 a.m. — 14:00 pm)

10 節 sessions \$6,825

報名及查詢 Bookings and Enquiries

電話 Telephone 2275 6020 WhatsApp 5507 8038

*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