

GYM PERSONAL TRAINING

PRIVATE SESSION INFO

健身中心私人教練課程

ENQUIRIES: 2966 1346 (VALLEY GYM) / 2966 1355 (HILLTOP GYM)

PERSONAL TRAINING/ STRETCHING & MOBILITY TRAINING

私人訓練 / 伸展運動及提升靈活度訓練

60 MINUTES (每節一小時)

	TRAINER	SENIOR TRAINER
SINGLE SESSION	\$1,010	\$1,150
5 SESSION PACKAGE	\$4,950	\$5,620
10 SESSION PACKAGE	\$9,700	\$11,040
20 SESSION PACKAGE	\$18,800	\$21,670

30 MINUTES (每節半小時)

	TRAINER	SENIOR TRAINER
SINGLE SESSION	\$560	\$690
5 SESSION PACKAGE	\$2,750	\$3,400
10 SESSION PACKAGE	\$5,350	\$6,680
20 SESSION PACKAGE	\$10,500	\$13,000

SEMI- PRIVATE 60 MINUTES (2人小組訓練)

	TRAINER	SENIOR TRAINER
SINGLE SESSION	\$1,120	\$1,380
5 SESSION PACKAGE	\$5,500	\$6,800
10 SESSION PACKAGE	\$10,800	\$13,400
20 SESSION PACKAGE	\$21,000	\$26,200

VIBRATION PLATFORM

震動平台運動

30 MINUTES (每節半小時)

	TRAINER	SENIOR TRAINER
SINGLE SESSION	\$560	\$690
5 SESSION PACKAGE	\$2,750	\$3,400
10 SESSION PACKAGE	\$5,350	\$6,680
20 SESSION PACKAGE	\$10,500	\$13,000

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PILATES & GYROTONIC TRAINING

普拉提 / 禪柔 訓練

	TRAINER	SENIOR TRAINER	MASTER TRAINER
60 MINUTES (每節一小時)			
SINGLE SESSION	\$1,080	\$1,230	\$1,680
5 SESSION PACKAGE	\$5,300	\$6,050	\$7,850
10 SESSION PACKAGE	\$10,400	\$11,900	\$15,350
20 SESSION PACKAGE	\$20,400	\$23,200	\$30,000
30 MINUTES (每節半小時)			
SINGLE SESSION	\$580	\$700	
5 SESSION PACKAGE	\$2,850	\$3,400	
10 SESSION PACKAGE	\$5,560	\$6,680	
20 SESSION PACKAGE	\$10,700	\$13,080	
SEMI- PRIVATE 60 MINUTES (2人小組訓練)			
SINGLE SESSION	\$1,250	\$1,430	\$1,790
5 SESSION PACKAGE	\$6,150	\$7,060	\$8,800
10 SESSION PACKAGE	\$12,100	\$13,790	\$17,100
20 SESSION PACKAGE	\$23,400	\$26,930	\$33,500

PRIVATE GROUP FITNESS CLASS

私人團體運動班

60 MINUTES CLASS (每節一小時)

	PER SESSION
UP TO 5 PEOPLE 最多五人	\$1,850
UP TO 12 PEOPLE 最多十二人	\$3,200