

Detailed Private Class Info											
Enquiries: 2966 1346 (Valley Gym) / 2966 1355 (Hilltop Gym) / 2966 1257 (Valley Pool) / 2966 1304 (Sports Complex)											
GYM PERSONAL TRAINING						TABLE TENNIS COACHING					
Personal Training By Appointment Valley Gym / Hilltop Gym			Private Fitness Class By Appointment Valley Gym / Hilltop Gym			Vibration Platform By Appointment Valley Gym / Hilltop Gym			Table Tennis Coaching By Appointment Lower Studio or Squash Court		
Personal Training	Coach	Senior Trainer	Private Fitness Class		Senior Trainer	Vibration Platform	Coach	Senior Trainer	Private	Fee	
1 Hour	HK\$940	HK\$1,080	1 Hour (5 persons in maximum):		HK\$1,850	30 minutes	HK\$520	HK\$650	Private	HK\$680 per hour	
5 Hours	HK\$4,500	HK\$5,290	1 Hour (10 persons in maximum):		HK\$2,600	5 x 30 minutes	HK\$2,550	HK\$3,185			
10 Hours	HK\$8,850	HK\$10,370				10 x 30 minutes	HK\$4,990	HK\$6,240			
20 Hours	HK\$16,500	HK\$20,300				20 x 30 minutes	HK\$9,780	HK\$12,240			
Semi-Private	Coach	Senior Trainer				Semi-Private	Coach	Senior Trainer	Semi-Private	Fee	
1 Hour	HK\$1,000	HK\$1,295				30 minutes	HK\$580	HK\$780	2 players	HK\$350 per person per hour	
5 Hours	HK\$4,900	HK\$6,350				5 x 30 minutes	HK\$2,840	HK\$3,820			
10 Hours	HK\$9,600	HK\$12,430				10 x 30 minutes	HK\$5,570	HK\$7,490			
20 Hours	HK\$18,800	HK\$24,350				20 x 30 minutes	HK\$10,900	HK\$14,660			
						GOLF COACHING				TENNIS COACHING	
Pilates/Gyro By Appointment Valley Gym / Hilltop Gym			Stretching and Mobility By Appointment Valley Gym / Hilltop Gym			Golf Coaching (Instructor - Andy Henderson) By Appointment Golf Simulators & Short Game Area			Tennis Coaching By Appointment Tennis Court		
Pilates/Gyro	Coach	Senior Trainer	Master Trainer	Stretching and Mobility	Coach	Senior Trainer	Private	Fee	Tennis Director	Fee	
1 Hour	HK\$1,000	HK\$1,150	HK\$1,600	1 Hour	HK\$920	HK\$920	Private	HK\$1,250 per hour	Private	HK\$915 per hour	
5 Hours	HK\$4,900	HK\$5,635	HK\$7,850	5 Hours	HK\$4,510	HK\$4,510	Private	HK\$710 per 30 minutes	Private	HK\$480 per 30 minutes	
10 Hours	HK\$9,600	HK\$11,040	HK\$15,300	10 Hours	HK\$8,830	HK\$8,830	Age 12 & Below Only		Semi-Private (2 players)	HK\$480 per hour	
20 Hours	HK\$18,800	HK\$21,620	HK\$30,000	20 Hours	HK\$17,300	HK\$17,300					
Semi-Private	Coach	Senior Trainer	Master Trainer	Stretching and Mobility	Trainer	Senior Trainer	Private Package	Fee	Tennis Professional	Fee	
1 Hour	HK\$1,120	HK\$1,390	HK\$1,790	30 minutes	HK\$520	HK\$650	Including five 1-hour lessons	HK\$5,775 per package	Private	HK\$840 per hour	
5 Hours	HK\$5,500	HK\$6,810	HK\$8,800	5 x 30 minutes	HK\$2,520	HK\$3,250	Age 12 & below only, including five 30 minute lessons	HK\$710 per 30 minutes	Private	HK\$455 per 30 minutes	
10 Hours	HK\$10,600	HK\$13,340	HK\$17,100	10 x 30 minutes	HK\$4,990	HK\$6,240			Semi-Private (2 players)	HK\$455 per hour	
20 Hours	HK\$20,500	HK\$26,130	HK\$33,500	20 x 30 minutes	HK\$9,780	HK\$12,200					
Private Studio Pilates/Gyro/Yoga/Dance	Trainer	Senior Trainer		Semi-Private	Trainer	Senior Trainer	Semi-Private	Fee	Group Coaching	Fee	
1 Hour	HK\$1,750	HK\$1,750		1 Hour	HK\$990	HK\$1,325	2 players	HK\$1,320 per pair per hour	3 players	HK\$330 per hour	
5 Hours	HK\$8,575	HK\$8,575		5 Hours	HK\$4,850	HK\$6,500			4 players	HK\$295 per hour	
10 Hours	HK\$16,800	HK\$16,800		10 Hours	HK\$9,500	HK\$12,700			5 players	HK\$260 per hour	
20 Hours	HK\$32,900	HK\$32,900		20 Hours	HK\$18,600	HK\$24,900			6 players	HK\$260 per hour	
SWIMMING COACHING											
Group By Appointment Valley Pool			Improver Class By Appointment Valley Pool			Private Lesson By Appointment Valley Pool			Nursery Squad and Master Team Training By Appointment Valley Pool		
Group Name	Fee		Group	Fee		1-Person	Fee		Nursery Squad	Fee (Monthly)	
Small Group	HK\$195 per 30 minutes		Improver	HK\$235 per hour		One Person	HK\$460 per 30 minutes		Twice times per week	HK\$1,215 per hour	
Large Group	HK\$195 per 30 minutes		Advanced Improver	HK\$235 per hour		One Person	HK\$690 per 45 minutes		Three times per week	HK\$1,825 per hour	
Large Group	HK\$235 per hour					One Person	HK\$920 per hour				
Adults Group	HK\$380 per hour										
Elite Swimming Class	HK\$235 per hour					2-Person	Fee		Master Team Training	Fee (Monthly)	
Youth Training Squad	HK\$235 per 1.5 hours					Two Persons	HK\$235 per 30 minutes		Once per week	HK\$915 per hour	
						Two Persons	HK\$380 per 45 minutes		Twice per week	HK\$1,830 per hour	
						Two Persons	HK\$235 per hour				
						Others	Fee				
						Mother and Baby	HK\$325 per pair per 30 minutes				
						Ladies Group	HK\$210 per 30 minutes				
GROUP FITNESS CLASS			SMALL GROUP TRAINING			SQUASH COACHING					
Group Fitness Class By Appointment Valley Gym			Small Group Training By Appointment Hilltop Gym			Squash Coaching By Appointment Squash Court					
Class	Fee		Class	Fee		Private	Fee				
Single Class	HK\$250		Single Class	HK\$170		Private	HK\$530 per hour				
Pass	Fee					Semi-Private	Fee				
Monthly Unlimited Pass	HK\$1,980					2 players	HK\$320 per person per hour				