

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			Private Fitness Class		Vibration Platform			Table Tennis Coaching											
By Appointment Valley Gym / Hilltop Gym			By Appointment Valley Gym / Hilltop Gym		By Appointment Valley Gym / Hilltop Gym			By Appointment Lower Studio or Squash Court											
Personal Training	Trainer	Senior Trainer	Private Fitness Class	Senior Trainer	Vibration Platform	Trainer	Senior Trainer	Private	Fee										
1 Hour			1 Hour (5 persons in maximum) 1 Hour (10 persons in maximum)	HK\$1,850 HK\$2,800	Single Session	HK\$550	HK\$680	Private	HK\$700 per hour										
Single Session	HK\$980	HK\$1,120			5-session package	HK\$2,650	HK\$3,285												
5-session package	HK\$4,700	HK\$5,470			10-session package	HK\$5,190	HK\$6,440												
10-session package	HK\$9,250	HK\$10,750			20-session package	HK\$10,230	HK\$12,650												
20-session package	HK\$17,500	HK\$21,100																	
30 minutes																			
Single Session	HK\$550	HK\$680																	
5-session package	HK\$2,650	HK\$3,285																	
10-session package	HK\$5,190	HK\$6,440																	
20-session package	HK\$10,230	HK\$12,650																	
Semi-Private	Trainer	Senior Trainer																	
1 Hour																			
Single Session	HK\$1,050	HK\$1,335																	
5-session package	HK\$5,150	HK\$6,530																	
10-session package	HK\$10,050	HK\$12,730																	
20-session package	HK\$19,000	HK\$24,850																	
Pilates/Gyro					Stretching and Mobility					GOLF COACHING					TENNIS COACHING				
										Tennis Coaching									
By Appointment Valley Gym / Hilltop Gym					By Appointment Valley Gym / Hilltop Gym					By Appointment Tennis Court					By Appointment Tennis Court				
Pilates/Gyro	Trainer	Senior Trainer	Master Trainer	Stretching and Mobility	Trainer	Senior Trainer	Private	Fee	Tennis Director	Fee									
Single Session	HK\$1,040	HK\$1,190	HK\$1,600	Single Session	HK\$960	HK\$1,150	Private	HK\$1,290 per hour	Private	HK\$955 per hour									
5-session package	HK\$5,100	HK\$5,815	HK\$7,850	5-session package	HK\$4,710	HK\$5,620	Age 12 & Below Only	HK\$730 per 30 minutes	Private	HK\$500 per 30 minutes									
10-session package	HK\$10,000	HK\$11,420	HK\$15,350	10-session package	HK\$9,230	HK\$11,040			Semi-Private (2 players)	HK\$300 per hour									
20-session package	HK\$19,800	HK\$22,620	HK\$30,000	20-session package	HK\$18,300	HK\$21,670													
Semi-Private	Trainer	Senior Trainer	Master Trainer	Stretching and Mobility (30 minutes)	Trainer	Senior Trainer	Private Package	Fee	Senior Pro	Fee									
Single Session	HK\$1,200	HK\$1,430	HK\$1,790	Single Session	HK\$550	HK\$680	Including five 1-hour lessons	HK\$5,975 per package	Private	HK\$880 per hour									
5-session package	HK\$5,800	HK\$7,060	HK\$8,285	5-session package	HK\$2,650	HK\$3,285	Age 12 & below only	HK\$3,520 per 30 minutes	Private	HK\$475 per 30 minutes									
10-session package	HK\$11,200	HK\$13,790	HK\$17,100	10-session package	HK\$5,190	HK\$6,440	including five 30 minute lessons		Semi-Private (2 players)	HK\$475 per hour									
20-session package	HK\$21,500	HK\$26,930	HK\$33,500	20-session package	HK\$10,230	HK\$12,650													
Private Studio Pilates/Gyro/Yoga/Dance	Trainer	Senior Trainer		Semi-Private	Trainer	Senior Trainer	Semi-Private	Fee	Group Coaching	Fee per person									
Single Session	HK\$1,750	HK\$1,850		Single Session	HK\$1,060	HK\$1,365	2 players	HK\$1,370	3 players	HK\$345									
5-session package	HK\$8,575	HK\$8,975		5-session package	HK\$5,150	HK\$6,680			4 players	HK\$310									
10-session package	HK\$16,800	HK\$17,600		10-session package	HK\$10,100	HK\$13,100			5-6 players	HK\$270									
20-session package	HK\$32,900	HK\$33,900		20-session package	HK\$19,700	HK\$25,700			7-8 players (Camp onlv)	HK\$270									
										*Additional 20% of the lesson fees will be charged for guest enrollments.									
SWIMMING COACHING																			
Group			Improver Class		Private Lesson			Nursery Squad and Master Team Training											
By Appointment Valley Pool			By Appointment Valley Pool		By Appointment Valley Pool			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			PICKLEBALL COACHING											
Group Fitness Class			Small Group Training		Squash Coaching			Pickleball Coaching											
By Appointment Valley Gym			By Appointment Hilltop Gym		By Appointment Squash Court			By Appointment Rooflop Tennis Court											
Class	Fee		Class	Fee	Private	Fee	Private	Professional Coach	Head Coach										
Single Class	HK\$260		Single Class	HK\$180	Private	HK\$560 per hour		HK\$715	HK\$875										
Pass	Fee				Semi-Private	Fee	Semi-Private	Fee per person											
Monthly Unlimited Pass	HK\$2,280				2 players	HK\$335 per person per hour	Professional Coach	Head Coach											
					*Additional 20% of the lesson fees will be charged for guest enrollments.			2 players	HK\$385	HK\$460									
								3 players	HK\$275	HK\$320									
								Group 4-6 players	HK\$240	HK\$285									
									*Additional 20% of the lesson fees will be charged for guest enrollments.										