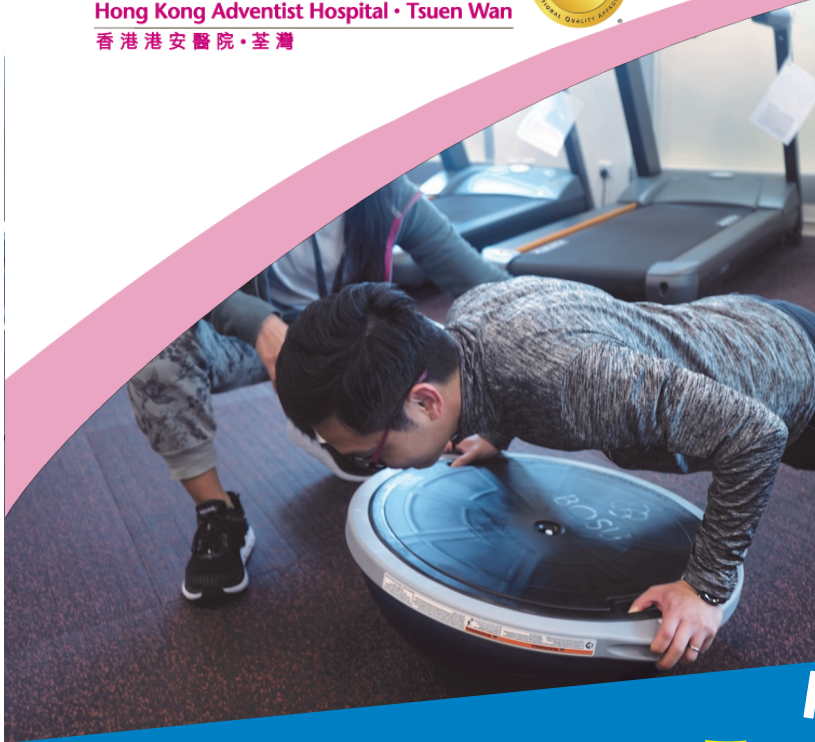


Adventist 港  
Health 安

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

## 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

**\$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，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

單堂原價 Original Price	\$800
十堂優惠 10 sessions special price	\$7,140
本院營養師轉介十堂優惠 In-house Dietician referral price	\$6,300
Citibank 信用卡十二堂優惠 Citibank Special Offer	\$7,560

/ 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