



## **Fitness Program** 健身教練服務

**General Fitness** 健身訓練  
Weight Management 體重管理  
Strength Development 提高肌肉強度訓練

**Corrective Exercise** 糾正姿勢  
Posture Correction 糾正姿勢

**Mat Pilates** 墊子式普拉提  
Core Strengthening 加強核心訓練  
Postural Re-Alignment 姿態調整

**Office Syndrome Therapy** 辦公室職業病綜合症治療  
Neck and Shoulder Tightening 頸膊崩緊  
Lower Back Pain 腰背痛  
Wrist Pain 手腕痛

Price (One hour): 價錢(1小時):  
1-On-1 Session HK\$950 1對1堂 HK\$950  
Semi-Private Session HK\$1,520 雙人堂 HK\$1,520

Please contact Sky Club at 2733 2800 for enquiries and reservations  
如欲預約或查詢詳情，請致電2733 2800 (Sky Club)