

團體健身課程

GROUP FITNESS CLASSES

星期一
MONDAY



12:00-12:55
空中瑜伽
Aerial Yoga



13:00-13:55
普拉提
Pilates

星期二
TUESDAY



12:00-12:55
槓鈴塑身
BodyPump®



13:00-13:55
懸掛鍛鍊
TRX



18:15-19:10
尊巴
Zumba

星期四
THURSDAY



18:15-19:10
帶氧拳擊
BodyCombat®

星期五
FRIDAY



12:00-12:55
身心放鬆拉筋瑜伽
Relaxing Yoga Stretch



13:00-13:55
瑜伽輪
Wheel Yoga

萊美健身課程
LES MILLS Fitness Classes

課程低至 \$110 / 每節
Starting at just \$110 / Per class

點數套票 CREDIT PACKAGE

10 點數
CREDITS

\$1,100 ~~\$1,200~~
每節 Per class \$110

90 日
Days
有效期 Validity

5 點數
CREDITS

\$600 ~~\$800~~
每節 Per class \$120

60 日
Days
有效期 Validity

1 點數
CREDIT

\$160 ~~\$200~~
每節 Per class \$160

30 日
Days
有效期 Validity

排汗增肌減脂

Build Muscle and Reduce Fat

帶氧拳擊 | 槓鈴塑身 | 懸掛鍛鍊
Body Combat® | Body Pump® | TRX



增強身體靈活性

Enhance Body Flexibility

空中瑜伽 | 身心放鬆拉筋瑜伽 | 瑜伽輪
Aerial Yoga | Relaxing Yoga Stretch | Wheel Yoga



簡易肌肉鍛鍊

Simple Muscle Training

普拉提 | 尊巴
Pilates | Zumba

所有已支付的堂費(點數套票)不得退款及轉讓。套票生效日均由購買日起計。
All paid class fees (credit package) are non-refundable and non-transferable. Package validity starts from the date of purchase.

只限會所會員參加。名額有限, 先到先得。
Clubhouse members only. Limited quotas on a first-come, first-served basis.

課堂5人開班, 若人數不足需要取消, 會所將於課堂前一天通知學員, 並退回課堂點數。
Classes with fewer than 5 participants will be cancelled. You will be notified 1 day in advance and credit will be returned.

如有任何爭議, 香港科技園公司保留最終決定權。
If any disputes, Hong Kong Science and Technology Parks Corporation's decision will be final.

點數套票 (團體健身課程) Credit Package (For group fitness classes)

立即購買
Purchase NOW



開幕特別優惠
Grand Opening
Special Offer

每節課程
只需1點數
1 Credit Per Class

10 點數
Credits

\$1,100

5 點數
Credits

\$600

1 點數
Credit

\$160

1) 先於 [點數套票] 頁面購買點數套票。

Please proceed to the [Credit Package] page to purchase the credit package.

點數	價格	原價
1 點數	\$160	(原價 Original price: \$200)
5 點數	\$600	(原價 Original price: \$800)
10 點數	\$1,100	(原價 Original price: \$1,200)

2) 再於 [活動報名] 頁面, 選擇你的心水課程, 進行報名步驟。

成功報名後, 你將收到確認電郵。如有任何疑問, 歡迎致電會所或親臨會所查詢。

Please proceed to the [Enrollment] page,

select your desired class and complete the registration steps.

After successful registration, you will receive a confirmation email.

If you have any questions, feel free to call or visit Clubhouse in person for inquiries.

活動	主辦單位	地點	開始日期	時間	課堂	費用	名額
基礎空中瑜伽	會所	活動室 B	02/12/2024	12:00 - 12:55	1	1 Credit(s)	14 / 15

只限會所會員參加。名額有限, 先到先得。 Clubhouse members only. Limited quotas on a first-come, first-served basis.

如遲到15分鐘以上, 將不允許進入課室, 以免影響課堂進行。 You may be rejected from attending classes if you are late by 15 minutes.

所有已支付的堂費(點數套票)不得退款及轉讓。 All paid class fees (credit package) are non-refundable and non-transferable.

套票生效日均由購買日起計。 Package validity starts from the date of purchase.

如有任何爭議, 香港科技園公司保留最終決定權。 If any disputes, Hong Kong Science and Technology Parks Corporation's decision will be final.

團體健身課程簡介

About our group fitness classes

立即預約課程
Book a class



槓鈴塑身 Body Pump

結合了律動編排及音樂節拍，透過蹲舉、推舉與彎舉等動作，達到鍛鍊全身主要肌肉群的效果。跟著節奏，對肌肉進行良好、全面的訓練。

Combining rhythmic choreography and musical beats, squats, push-ups and curls are used to exercise the major muscle groups of the body. Follow the rhythm to get a good and comprehensive training for your muscles.

帶氧拳擊班 Body Combat

高能量帶氧運動課程，融合空手、拳擊、跆拳道、太極拳和泰拳等多種武術元素的運動，配合強勁的音樂進行全身訓練並燃燒卡路里。

This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

懸吊訓練 Suspension Training (TRX)

懸吊訓練是一種同時鍛鍊力量、平衡、靈活性和核心穩定性的功能性訓練課程。懸吊訓練器利用重力和學員體重來產生阻力。挑戰您的核心肌群同時提高力量、身體意識力及運動表現。

Suspension Training is a functional training method that develops strength, balance, flexibility and core stability simultaneously. Suspension Trainer leverages gravity and user's bodyweight to create resistance. This will challenge your core while increasing strength, body awareness and improving performance.

尊巴 Zumba

此舞蹈由一系列不同強度的動作、身體動作和音樂編排而成。用基於核心的運動鍛鍊臀部和腹部，學習經濟高效的步伐來增強小腿和腳踝的力量。這個課程融合了快慢節奏，旨在燃燒脂肪的同時塑造體型。

It's choreographed with intervals of intensity, body movements and music. Work your hips and stomach with core-based movements, learn thrifty footwork to strengthen calves and ankles. The classes integrate fast and slow rhythms that have been designed to tone your body while burning fat.

立即預約課程

Book a class



基礎空中瑜珈 Aerial Yoga Basic

以傳統瑜珈原理為基礎，吊床為道具所設計的反重力運動。吊床的加入將注重更多核心肌肉的訓練。在課程中，將探索站立、彎曲、扭轉和反轉等不同姿勢。

An anti-gravity exercise designed based on traditional yoga principles with the hammock as a prop. The addition of hammock will require more engagement of core muscles. Different poses of standing, bending, twisting and reversing will be explored in class.

普拉提 Pilates

重點身體控制、呼吸技巧和流動性動作為特點的體適能訓練方法。你將提高身體靈活性、力量和平衡。離開課堂時，你會有更好的體態。

Emphasis will be placed on traditional Pilates sequencing and progressions and breathing. You'll improve your flexibility, strength and balance. Leave the class with better body awareness and posture.

身心放鬆拉筋瑜珈 Relaxing Yoga Stretch

一個節奏緩慢及溫和的瑜珈課程。透過對筋膜組織施加壓力來增加身體活動性和靈活性。課程中會有冥想部分，讓你在課程後得到身心放鬆及平穩。

A slow-paced and gentle style yoga. Focus to stress the connective tissues of the body with the aim of increasing mobility and improving flexibility. It also takes a meditative approach with the goal to wake up the awareness of inner peace and to balance the body with mind.

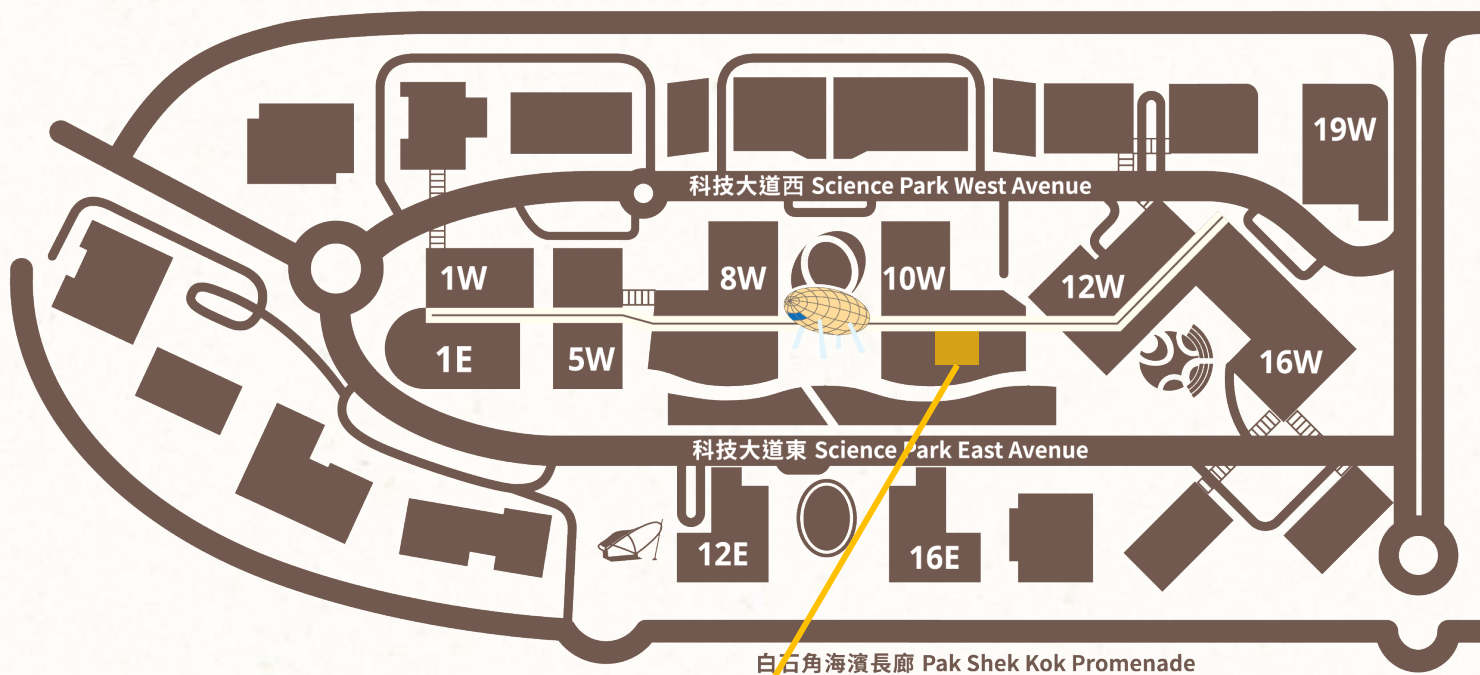
輪瑜珈 Wheel Yoga

運用一個非常常用的瑜珈道具——瑜珈輪，為你的瑜珈練習帶來更多變化。瑜珈輪為你後彎和倒立動作提供了更多的支撐，同時它也可以為核心訓練增加更多挑戰。

This class uses a great versatile yoga tool -Yoga Wheel to bring more variations to your practice. Yoga wheel gives you more support for backbends and inversions and it can adds more challenge to core training too.

活動場地

Activities Venue



會所 Clubhouse, 10W



會所會籍分為兩種：金級及銀級，各會籍享有專屬會員禮遇及服務。

There are two types of Membership, Gold Membership & Silver Membership,
with exclusive privileges and services to be offered.

GOLD 金級 會員 Members



會籍有效期 Membership Validity

12個月 Months

會費 Membership Fee

HK\$120

SILVER 銀級 會員 Members



會籍有效期 Membership Validity

3個月 Months

會費 Membership Fee

HK\$60

電子優惠券*
Electronic coupon*



餐飲現金券
Dining Coupon

HK\$100

HK\$20

電子優惠券*
Electronic coupon*



餐飲現金券
Dining Coupon

HK\$20

HK\$20

怎樣才能成為科學園會所會員？

How to become a member of the Science Park Clubhouse?

您必須擁有科學園智能卡，透過科技園公司應用程式提交申請，並繳交會籍費用。

To become a member of the Science Park Clubhouse, you must possess a Science Park Smart Card and submit an application through the HKSTP mobile application and settle membership fee.



您的會籍只有在完成付款後才會被視為有效。

Note: Your membership will only be considered valid after payment is completed.

每名申請人只可享迎新禮遇一次

Each member will be entitled to enjoy the welcome offer once.

*適用於所有會所設施及活動

* Can be spent for all Clubhouse Offerings.

如有任何爭議，香港科技園公司將保留最終決定權。

If any disputes, Hong Kong Science and Technology Parks Corporation's decision will be final.










設施收費表



Facilities Fees Table

只對科學園會所會員開放
Science Park Clubhouse members only

開幕特別優惠 Grand Opening Special Offer

會所開放時間
Opening Hours 0745-2100

設施 Facility	星期一至五 Mon-Fri	星期六、日及公眾假期 Sat, Sun & Public Holidays	人數上限 Maximum capacity
 活動室 Activity Room	HK\$80 小時/hr	HK\$60 小時/hr	20人 pax
 燒烤區 BBQ Area	HK\$600 / 4小時/hr HK\$1,200 / 8小時/hr		8人 pax / 區 area
 桌球室 Billiard Room	HK\$26 小時/hr	HK\$20 小時/hr	4人 pax
 工作室 Studio	HK\$600/4小時/hr	HK\$800/4小時/hr	21人 pax
 遊戲室 Game Room	HK\$120 小時/hr	HK\$100 小時/hr	8人 pax
 儲物櫃 Locker	HK\$10 / 櫃 Compartment  56  54		
 按摩椅 Massage Chair	HK\$10 / 15分鐘 mins		1人 pax

游泳池 Swimming pool		開放時間: 5月 - 10月 Opening period from: 5 MAY - 10 OCT	
星期一至五 Mon-Fri		 單次門票 Single pass	 月票 Monthly pass
第一節 1 st Session 08:00-11:00	第二節 2 nd Session 12:00-16:00	第三節 3 rd Session 17:00-20:00	訪客票 Guest pass
HK\$26			HK\$40
HK\$280			
星期六、日及公眾假期 Sat, Sun & Public Holidays		HK\$20	HK\$30
第一節 1 st Session 08:00-13:00	第二節 2 nd Session 14:00-18:00		

*每位會員每次最多可帶同4名訪客使用游泳池。
Each member may bring along a maximum of 4 guests at one time accessing the swimming pool.

泳池將在星期一，第一節關閉進行清潔工作。
The swimming pool will be closed on Mondays for cleaning during the first session.

各項設施之使用細則，請參閱個別房間/設施內之告示。
For rules & regulations of each facilities, please refer to the notice in each room/ facility.

所有預訂均不設退款。付款後，均不得更改或取消。
Booking is non-refundable. Once payment is settled, no amendment or cancellation is allowed.

所有訪客必須由會員陪同下方可使用會所設施。
Guests must be accompanied by Club members when using the facilities.

以上收費只供參考，香港科技園公司保留修改上述價目及時間表的權利而不作另行通知。
The above charges are for reference only, Hong Kong Science and Technology Parks Corporation reserves the right to revise the above charges and schedule from time to time without prior notice.

立即預訂設施
Scan HERE
to book a facility

