

WE TAKE . . .

A PURELY HOLISTIC APPROACH



Fitness Group Class Proposal

Fitness & health

Class	Description
健康舞班 Aerobics	揉合健康舞及跳舞動作，高運動量及充滿挑戰性。變化大和消耗量高的心肺運動。 A high energy class combining aerobics movements with dance elements to form a challenging and dynamic pure cardio workout.
八段錦班 Baduanjin	八段錦是一種在中國古代發明的健身方法，由八種肢體動作組成，內容包括肢體運動和氣息調理。 Baduanjin is a fitness that invented in ancient Chinese which contain eight kinds of body movements, limb movements and breath conditioning.
有氧循環 Cardio Circuit	以帶氧及阻力訓練的交替來強化心肺功能及肌耐力。會以啞鈴及彈力帶增加阻力，使用椅子作支撐，進行拉筋及鬆弛動作。 Increase cardiovascular and muscular endurance by alternating non-impact aerobic and strengthen exercises. Hand held weights and elastic bands will be used for additional resistance. A chair is offered for support, stretching and relaxation exercises.
五步拳 Combined Exercise for Five Kinds of Steps	五步拳是查拳入門拳套，也是學習中國國家標準武術入門之基本拳術組合套路，是青少年學習武術的初級必學套路，它包含了武術中最基本的步型、手型及手法。通過五步拳的練習可以增進身體的協調能力，掌握動作與動作之間的銜接要領，提高動作質量。為進一步學習武術打下基礎。 Combined Exercise for Five Kinds of Steps is the basic skill of learning both Cha Quan and Chinese Wushu. It is suitable for teenagers who are interested in Martial Arts. It contains the most fundamental step-forms, hand-types and method of martial arts. Not only can improve the abilities of body-coordination, but also the quality of movement between actions.

Class	Description
<p>哈達瑜伽 Hatha Yoga</p>	<p>集中於緩慢而輕柔的瑜伽動作，適合喜歡做輕鬆運動的人士。 Focuses on slow and gentle movements. It is suitable for participants who prefer a more relaxed style.</p>
<p>拳擊舞班 Kickboxing</p>	<p>功夫舞是一種包含了泰式及西式拳擊特色的新式運動，運動者在強勁節拍音樂帶動下，做出各種動作，從而達至強身、強體及消耗體內多餘之脂肪。 Kickboxing is a dynamic session that incorporates technique of Thai Boxing and Western Boxing. The whole body and high workload movement can strengthen your body and reduce your body fat.</p>
<p>靜坐 Meditation</p>	<p>現今常用靜坐方式有兩種，其中一種是瑜伽的傳統方法。這種靜坐方式，在現今繁忙的都市生活裡，能使人緩解緊張不安的情緒。在導師的帶領下，以實踐形式去體驗靜坐的好處，體驗瑜伽的靜坐法。除了學習靜坐的姿勢外，同時亦會練習休息、呼吸法和簡單的身體伸展。 The Yogic style is one of the meditations which are practiced widely nowadays. The practice of Yogic meditation involves a focus on concentration, leading to a calm, peaceful and pleasant life free from anxiety, worry and stress. The instructor will guide you through different yogic traditions and meditation techniques. Also, training will be given on different relaxation, breathing techniques and stretches of the body.</p>
<p>調理肌肉 Muscle Conditioning</p>	<p>以各種健身器材及技巧來強化肌肉。 Strengthen muscles using a variety of resistance equipment and techniques.</p>
<p>普拉提 Pilates</p>	<p>普拉提是時下流行的運動之一，外國更會用作物理治療，因為它對下背和頸部的疼痛特別有效。此外，它的重點是強化身體的深層核心肌肉，有助改善身體的協調、姿勢、平衡力和柔韌度。它適合任何年齡和不同的身體狀況的人仕參加。參加者只需要簡單地站立或躺在墊子上進行練習，所以在任何地方都方便進行練習。 Pilates is popular to use as physiotherapy in foreign country nowadays, especially good for lower back and neck pain. It is also suitable for all ages and physical condition. It focuses on strengthening the deep core muscles of the body and helps to improve the posture, balance, flexibility and co-ordination of the body. Participants will perform exercise simply in standing and lying on mat which make it a convenience exercise to practice anywhere.</p>
<p>自衛術班 Self-Defense</p>	<p>自衛術訓練課程將會介紹自衛術的基本概念及原理，課程內容主要教授利用身體槓桿原理之個人防衛技巧。 This course will introduce the basic concepts and principles of self-defense. The course mainly focuses on the principles of body limb lever and self-defense.</p>

Class	Description
修身舞班 Slimming Funky Dance	<p>修身舞有別於一般運動，它最特別的地方在於透過舞蹈，配合強力的音樂節奏，動作輕鬆，有趣又有效燃燒脂肪及加強心肺功能。</p> <p>Slimming Dance is a whole body workout with some simple dancing steps which under rhythm music, it helps to burn fat and increases cardio vascular strength.</p>
伸展和放鬆 Stretch and Relax	<p>用自身的體重和泡棉滾筒進行自我按摩或肌筋膜鬆弛活動，舒緩痛點及繃緊的肌肉，有助促進血液循環。</p> <p>Use your own body weight and a foam roller to perform a self-massage or myofascial release, break up trigger points and soothe tight fascia while increasing blood flow and circulation to the soft tissues.</p>
吳式太極 Wu Style Tai Chi	<p>吳式太極拳路佈局嚴密，細緻，拳架開展，動作小巧緊湊，連綿不斷。初學者先開習方拳拳架，然後學習圓拳貫串技巧。屬於較柔和之運動，能夠改善體質及增強抵抗力，減壓清心。太極拳著重放鬆，用意不用力，有助使緊張的肌肉舒緩起來，從而令到血液流通，更促進血液循環，吸收力增強，心境開朗，令個人情緒變得平靜，健康自然可以得到改善。</p> <p>The Wu style's distinctive hand form, pushing hands and weapons trainings emphasize parallel footwork and horse stance training with the feet relatively closer together than the modern Yang or Chen styles, small circle hand techniques and differs from the other tai chi family styles martially with Wu style's initial focus on grappling, throws (shuai chiao), tumbling, jumping, footsweeps, pressure point leverage and joint locks and breaks.</p>
武術操 Wushu Rhythmic Exercise	<p>武術操是武術基本功練習與節拍體操結合起來的一種鍛鍊形式，將武術的基本手型、手法、步型、步法、腿法、身法等進行動作分解，配合音樂，由靜到動，由慢到快，由簡到繁，進行全身心的鍛鍊。武術操雖然動作較多，但容易學、容易記，且運動量較一般體操運動大，有良好的健身效果。</p> <p>Wushu Rhythmic Exercise is a form of exercise and Wushu rhythm practice, which combined the basic techniques and body movements, etc. With the rhythm of music, steps by steps, from static to dynamic; slow to fast; simple to complex. Although the movements are more than the general Wushu, it is easy to learn and remember. It helps to achieve a better fitness results.</p>
楊家 24 式太極拳 Yang Style -24 forms Tai Chi Chuan	<p>楊家 24 式太極拳是一種適合任何年齡人士練習的良好運動，通過連貫優美的動作，能使人體各部份的關節，獲得平衡的發展，有助預防骨質疏鬆和保持心境寧靜，對身體中樞神經系統有很大裨益。這項傳統的中國國粹正是促進身體協調、身心平衡及敏銳知覺的良方。消耗量低。適合任何初學者。</p> <p>The Yang Style 24 forms Tai Chi Chuan is one of the best exercises for all ages offering a balanced drill to the muscles and joints of the various parts of the body. With movement regulated by the timing of deep breathing, Tai Chi Chuan can provide tranquility of mind with concentration applied to thought rather than strength.</p>

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易筋經班 Yijin Jing	<p>少林易筋經是一種健身目的十分明確的武術套路，它更是一種十分經典的氣功功法。</p> <p>Shaolin Yi Jin Jing is a Wu Shu which is mainly focus on fitness, it is also a type of classic Qigong.</p>
陰瑜珈 Yin Yoga	<p>陰瑜珈是讓整個人沉靜冥想，放鬆身體進行肢體伸展的動作。由於陰瑜珈的姿勢幾乎沒有運用或收縮肌肉的部分，因此並不算是鍛鍊力氣的運動，其主要的的作用在於放鬆緊繃的韌帶關節，讓你在日常活動時更加靈活。陰瑜珈是放鬆壓力、沉澱心靈、展開髖部、腿筋和下背的有效方法。</p> <p>Yin Yoga is a relaxing meditative style of yoga that focuses on stretching the myofascial connective tissues. This is not a strength building practice, as muscles are rarely contracted or engaged in the postures. It is most effective for opening tight ligamentous joints, allowing for greater movement in everyday activities. Yin Yoga is a very effective way to relieve stress, quiet the mind, to open up your hips, hamstrings and lower spine.</p>
尊巴舞班 Zumba Dance	<p>尊巴舞結合了拉丁美洲及國際音樂的舞蹈風格，是一套充滿活力、與高熱量消耗的健身運動。</p> <p>Zumba Dane combines Latin and international music dance style, it is a vibrant, high-calorie consumed exercise.</p>
舞動班 Dance Jam	<p>舞動班適合初學者至有舞蹈根基的學員參加，學習多元化的型格舞步訓練，並透過輕鬆強勁的韻律，讓身體隨之舞動，變得更靈活、柔軟，並達到修身的效果。</p> <p>Dance Jam is an exciting dance class, suitable for all. Classes focus on learning dance in a wide range of stylish and relaxed through the strong rhythm, in order to achieve the effect of body slimming.</p>
孕婦瑜珈班 Prenatal Yoga	<p>瑜珈不只能舒緩筋骨，還可改善孕婦身心不適及睡眠品質差問題。孕婦瑜珈舒緩運動，有效改善她們腰痠背痛及頻尿等困擾，睡眠品質變好。</p> <p>Pregnant soothing yoga exercise, improve their back pain and frequent urination and other problems, sleep quality improved. Classes will be designed to take care of problems that a pregnant woman that may face and help her to be in a fit form when they are pregnant.</p>

The above information is for reference only, and it does not constitute as formal quotation. Upon confirmation of the proposed program concept, Fitmax will provide a formal quotation.