



Gym & Fitness Centre, 5/F, Sports Centre, SCAA, 88 Caroline Hill Rd., Causeway Bay
scaa.org.hk

LEAN MASS

現正招生

Group Training
秀身健體小組訓練



Phase 3: Waist and Hip Workout

第三期訓練主題: 腰臀

#Strengthen_core&glute #build_your_curve

#improve_mobility #lower_waist_hip_ratio

#meet_new_friends

For aged 16 or above

HKD 1000 / 8 sessions

HKD 800 for GYM members

TUESDAY 18:30 - 19:30 10/10 - 28/11



查詢電話: 2577 5806



SCAAGYM



hea@scaa.org.hk

LEAN MASS Group Training

2017-09-21

Phase 3

Training focus: Waist & Hip

Age: 16 or above

Date: 10/10 – 28/11 (Every Tuesday)

Time: 18:30 - 19:30

Price: \$1000

Discounted price# for members holding Gym&Fitness Centre Entrance Card*: \$800

Details: <https://goo.gl/f6sm97>

Enquiry / registration:

1. Contact staff of our Gym&Fitness Centre by 2577 5806
2. Send text message to Gym&Fitness Centre's facebook page at <http://www.facebook.com/scaagym>

* Type of Gym&Fitness Centre Entrance Card (Member) entitled to this discount: Gym / Gym & Aerobic Dance of **monthly or longer period of entrance**

The offer are applicable to LEAN MASS Group Training – Phase 3 only. The offers are not transferable, and cannot be redeemed or exchanged for cash, other products or discounts, and cannot be used in conjunction with other promotional offers, discounts, coupons, cash coupons. In case of any dispute, the decision of South China Athletic Association shall be final.

LEAN MASS 秀身健體小組訓練

2017-09-21

第三期

訓練主題: 腰 臀

年齡: 16 歲或以上

日期: 10/10 - 28/11 (逢星期二)

時間: 18:30 - 19:30

費用: \$1000

持保健中心健身室或健康舞入場證*之會員可享優惠 #: \$800

詳情: <https://goo.gl/f6sm97>

報名或查詢:

1. 致電本會保健中心: 2577 5806
2. 簡訊至保健中心 Facebook 專頁 <http://www.facebook.com/scaagym>

*月費或以上之健身室或健身及健康舞入場證(會員)可享此優惠

#優惠只適用於第三期 LEAN MASS 秀身健體小組訓練。優惠不得轉讓，亦不可兌換現金、其他課程折扣，或與其他推廣優惠、折扣、優惠券、現金券同時使用。如有任何爭議，南華體育會保留最終決定權。