



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

SUMMER GET ACTIVE

Lean Mass Training Group
秀身健體訓練小組

#Get_lean #Strengthen_core
#Cardiovascular_fitness #burn_fat
#meet_new_friends

For aged 16 or above

HKD 1000 / 8 sessions

HKD 800 for GYM members

2nd Batch

Tuesday

18:30 - 19:30

8/8 - 26/9



報名熱線: 2577 5806



SCAAGYM



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