2026

十一月 November

CLUBHOUSE

團體 GROUP 健身訓練班 FITNESS CLASSES





立即預約課程!
Book your class NOW!

活動詳情
Activities Details

星期一 MON	星期二 TUE	星期三 WED	星期四 THU	星期五 FRI
2 12:00-12:55 綜合訓練 (Hyrox基礎) Hybrid Training (Hyrox based) 13:00-13:55 深層伸展及脊柱護理 Deep Stretch and Spine Care	**3** 12:00-12:55 燃脂塑身班 Body Sculpt and Fat Burn 13:00-13:55 核心普拉提 CoreCraft Pilates	**4** 12:00-12:55 有氧拳擊 Cardio Boxing 13:00-13:55 瑜伽輪 Wheel Yoga 18:15-19:10 新 NEW! 燃脂塑身班 Body Sculpt and Fat Burn	**5** 12:00-12:55 海島律動：力量與流動 Island Fit: Power and Flow 13:00-13:55 新 NEW! 深層伸展及頌缽釋壓 Deep Stretch and Singing Bowl Stress Release 18:15-19:10 全身伸展及筋膜放鬆 Full Body Stretch and Myofascial Release	**6** 12:00-12:55 新 NEW! 增肌減脂班 Fat Loss and Muscle Building 13:00-13:55 空中瑜伽 Aerial Yoga 新 NEW!
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點數套票 CREDIT PACKAGE

10 點數 CREDITS	5 點數 CREDITS	1 點數 CREDIT
$1,100 ~~$1,200~~	$600 ~~$800~~	$160 ~~$200~~
每節 Per class $110	每節 Per class $120	每節 Per class $160
90 日 Days	60 日 Days	30 日 Days
有效期 Validity	有效期 Validity	有效期 Validity

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.

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.

+852 2639 8733
香港科學園10W大樓 Building 10W, Hong Kong Science Park
clubhouse@hksciencepark.org

立即選購點數套票
Purchase your credit package NOW

如何報名團體健身課程？
How to sign up for a group fitness class?

1 登入設施預約系統
Login FBS





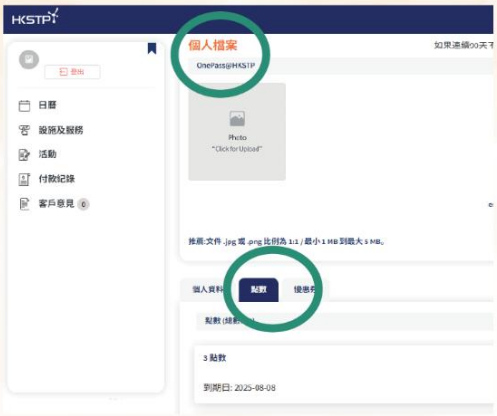
2
請先於[點數套票]頁面
選購點數套票。
Buy your credit package
on the [Credit Package] page.

3
前往[活動報名]頁面，選擇心儀課程並完成報名手續。
成功報名後，你將收到確認電郵。
Please proceed to the [Enrollment] page,
select your preferred class and complete the registration steps.
You'll receive a confirmation email once your registration is successfully processed.

如何查閱自己的點數及優惠券詳情？
How to check your credits and coupon details?

1 登入設施預約系統
Login FBS

2
進入個人檔案後，點擊[點數]或[優惠券]頁面，
即可查看餘額及到期日。
Open your profile, then go to the [Credit(s)] or [Coupons] page
to check your balance and expiration date.



請記得於到期日前使用！優惠券適用於：購買點數套票、參與會所活動及預訂會所設施。
Remember to use it before the expiration date!
Coupon can be used to : Purchase credit packages, Clubhouse activities, or to reserve Clubhouse facilities.

登入設施預約系統，提前準備簽到二維碼，方便上課！
Login FBS → Get QR Code → Class Ready!



1
點開[活動]頁面
Go to the [Activities] page



2
進入[我的活動]
查看已報名的課程
Under [My Enrollment],
you can view your successfully
registered classes



3
點選課程
即可查看詳情及簽到二維碼
Select a class to check details
and access the check-in QR code

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.
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團體健身課程簡介
Group Fitness Classes Introduction

CLUBHOUSE



綜合訓練（Hyrox基礎）
Hybrid Training (Hyrox based)

模擬競賽結合舉重與功能站（如雪橇、藥球、波比等）與有氧間歇，目標提升專項耐力與力量，以增強有氧能力、站點技術與功能性表現。

適合想挑戰自我、競賽選手及Hyrox 參賽者。

Simulating competition-style training that combines weightlifting and functional stations (sled, carries, rowing, burpees) with aerobic intervals, aiming to improve event-specific endurance and strength; expected outcomes include enhanced aerobic capacity, station technique, and functional performance.

Suitable for self-challengers, competitive athletes, and Hyrox participants.



燃脂塑身班
Body Sculpt and Fat Burn

結合全身主要肌群力量訓練，刺激肌群並提升代謝率，塑造線條與肌耐力，提升基礎代謝與脂肪燃燒效率，令身形更結實緊緻。

適合想塑形、增強肌耐力，並進行循序漸進負重訓練的學員。

Combining strength training for all major muscle groups to activate muscles and boost metabolic rate, sculpt muscle tone and endurance, increase basal metabolism and fat-burning efficiency, resulting in a firmer, more toned body.

Suitable for participants seeking body shaping and improved muscular endurance through progressive resistance training.



增肌減脂班
Fat Loss and Muscle Building

課程結合阻力訓練與代謝調節，助您重塑體態。透過漸進式超負荷的系統化阻力與調理計畫，旨在燃燒體脂肪的同時建立精實肌肉。

適合尋求安全、有系統地接觸自由重量與基本運動用具的人士。

This comprehensive class combines strength training with metabolic conditioning to reshape your physique. The structured resistance and conditioning program are designed to burn body fat while simultaneously building lean muscle mass through progressive overload.

Ideal for Individuals looking for a safe, structured introduction to free weights, and basic exercise equipment.



有氧拳擊
Cardio Boxing

以基礎拳法、腳步與防守技術，結合有氧和間歇訓練，提升心肺耐力、爆發力與協調。幫助釋放壓力，達到燃脂效果，同時強化全身協調與自信。

適合喜愛功能性訓練、想提升衝擊耐受能力的人士。

Using basic punching, footwork, and defensive techniques combined with aerobic and interval training to boost cardiovascular endurance, explosive power, and coordination, relieve stress, and achieve fat-burning results while building whole-body coordination and confidence.

Suitable for those who enjoy functional training and want to improve their impact tolerance.

團體健身課程簡介
Group Fitness Classes Introduction

CLUBHOUSE



核心普拉提
CoreCraft Pilates

以核心穩定與動作精準為核心，改善姿勢、靈活性和身體意識，強化深層肌群與預防受傷。

適合需復健、矯正姿勢或偏好低衝擊力量訓練者。

Focusing on core stability and precise movement, it improves posture, mobility, and body awareness, strengthens deep muscle groups, and helps prevent injuries.

Suitable for those needing rehabilitation, posture correction, or low-impact strength training.



瑜伽輪
Wheel Yoga

以瑜伽輪輔助漸進伸展與力量訓練，目標擴展脊椎與胸廓、減輕肩背緊繃，提升脊椎柔軟度，改善姿勢並強化核心。

適合想提升脊柱活動度與舒緩久坐症狀者。

Using a yoga wheel for progressive stretches and strength training, this class aims to expand spinal and thoracic mobility, relieve shoulder and back tension, increased spinal flexibility, improve posture, and strengthen the core.

Suitable for those wanting to enhance spinal mobility and relieve effects of prolonged sitting.



全身伸展及筋膜放鬆
Full Body Stretch and Myofascial Release

功能性療癒伸展結合呼吸放鬆，針對全身關節與肌腱緊繃，目標緩解慢性疼痛，減輕肌肉結節並重建動作平衡；預期提升活動度、動作更順。

適合久坐辦公與肌腱緊張者。

Functional therapeutic stretching with breath-based relaxation, targeting tight joints and tendons throughout the body. Aims to relieve chronic pain, muscle knots, and rebuild movement balance; expected to improve mobility and make movement smoother.

Suitable for sedentary office workers and those with tendon tightness.

團體健身課程簡介
Group Fitness Classes Introduction

CLUBHOUSE



空中瑜伽
Aerial Yoga

結合吊布支撐與瑜伽體式，釋放脊椎壓力、強化核心與提升靈活度，並增添趣味與安全的倒立練習。

適合喜歡輕鬆&新鮮感、想嘗試低衝擊倒吊者。

Combines hammock-supported poses with traditional yoga to decompress the spine, build core strength, and increase mobility—plus fun, supported inversions.

Suitable for those who enjoy a relaxed vibe, a sense of novelty and low-impact inversions



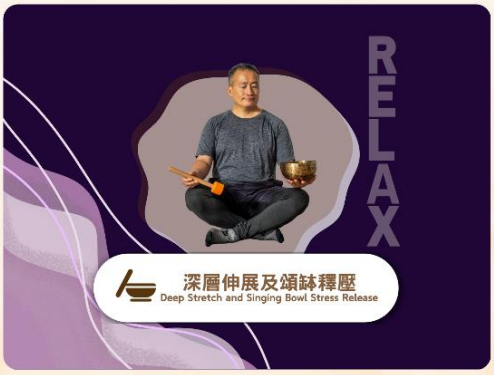
深層伸展及脊柱護理
Deep Stretch and Spine Care

以漸進方式由淺中層，拉伸至深層肌肉。目標深層伸展肌腱，建立脊柱肌群的基本穩定與脊注關節護理，恢復日常活動範圍與姿勢。

適合辦公室、低頭族及脊柱僵硬，彈性減弱的人士。

Progressively stretch from the superficial and mid layers into the deep muscles. The goal is deep tendon stretching to establish basic stability of the spinal muscle groups and care for the spinal joints, restoring range of motion and posture for daily activities.

Suitable for office workers, frequent device users who habitually look down, and people with spinal stiffness or reduced flexibility.



深層伸展及頌缽釋壓
Deep Stretch and Singing Bowl Stress Release

針對全身筋腱的緊張與僵硬，逐步釋放壓力。並以頌缽的鳴響引導靜心與放鬆，達到身體與神經系統的協調恢復。目標是鬆解肌肉張力、重建主要肌群的基本穩定與關節保養，恢復日常活動範圍、改善姿勢並降低壓力感受。

適合長時間低頭使用裝置者，肩頸背僵硬、或需舒緩壓力及放鬆情緒的人士。

Gradually release tension and stiffness throughout the tendons of the entire body. Using the resonant vibrations of singing bowls, this session guides you into mindfulness and relaxation, achieving a coordinated recovery of the body and nervous system. The goals are to relieve muscle tension, rebuild the fundamental stability of major muscle groups, protect joints, restore daily range of motion, improve posture, and reduce perceived stress.

Ideal for those who look down at devices for long periods, experience stiffness in the shoulders, neck, and back, or need to alleviate stress and relax their emotions.



海島律動：力量與流動
Island Fit: Power and Flow

課程結合強勁的海島部落節奏與功能性伸展。讓你在午休時間極速擊退辦公室疲勞，釋放壓力，帶著徹底重置的「心流」狀態，充滿能量地迎接下午的工作。

適合任何體能水平人士。強烈建議赤腳參與，以達致最佳的 Grounding 減壓效果。

Combining powerful island tribal rhythms with functional stretching, this class is designed to beat office fatigue and release stress during lunch break. Step back into your afternoon full of energy, reset, and in a complete state of "flow."

Suitable for all fitness levels. Barefoot participation is strongly recommended to achieve the best grounding and stress-relief effects.

會所會籍分為兩種：金級及銀級，各會藉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

迎新禮遇 Welcome Offers

全額回贈 100% Rebate

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?

科學園會所會籍只限於科學園夥伴公司員工或受邀人士。透過科技園公司手機應用程式提交申請，並繳交會籍費用。

Clubhouse membership is exclusively reserved for staff of Science Park Partner Companies or Invited Partners. Submit your request via the HKSTP App and settle the membership fee.

下載科技園公司應用程式
Download HKSTP mobile application

▶

提交申請
Submit an application

+

繳交會籍費用
Settle membership fee

▶

成為科學園會所會員
Become a member of the Science Park Clubhouse

註冊指南
Registration Guide

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

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
乒乓球室 Table Tennis 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	收費請參考現場資訊 Please refer to the onsite information for pricing		1人pax
匹克球場 16W Pickleball Court	HK$350 小時/hr	特別優惠價* Special rate* HK$300 小時/hr	4人pax

*每位會員在每個月份均可以特別優惠價每小時 $300 預訂匹克球場一次。
*Each member is entitled to a one-time special rate of HK$300 per hour for Pickleball Court booking during each calendar month.

游泳池 Swimming pool

開放時間 Opening period from：5月 MAY - 10月 OCT

	第一節 1st Session	第二節 2nd Session	第三節 3rd Session	單次門票 Single pass	月票 Monthly pass	訪客票 Guest pass
星期一至五 Mon-Fri	08:00-11:00	12:00-16:00	17:00-20:00	HK$26	HK$280	HK$40
星期六、日及公眾假期 Sat, Sun & Public Holidays	08:00-11:00	12:00-16:00	17:00-20:00	HK$20		HK$30

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