

CLUBHOUSE

團體 GROUP 健身訓練班 FITNESS CLASSES

六月 JUNE

立即預約課程! Book your class NOW!



瑜伽空中伸展 Yoga Trapeze



身心放鬆拉筋瑜伽 Relaxing Yoga Stretch



瑜伽輪 Wheel Yoga



普拉提 Pilates



尊巴 Zumba



懸掛鍛鍊 TRX



槓鈴塑身 BodyPump®



帶氧拳擊 BodyCombat®



肩頸背壓力釋放 Shoulder, Neck & Back Stress Release

活動詳情 Activities Details



LES MILLS 萊美健身課程 LES MILLS Fitness Classes

星期一 MON

星期二 TUE

星期三 WED

星期四 THU

星期五 FRI

1 12:00-12:55 瑜伽空中伸展 Yoga Trapeze
13:00-13:55 普拉提 Pilates

2 12:00-12:55 槓鈴塑身 BodyPump®
13:00-13:55 懸掛鍛鍊 TRX

3 12:00-12:55 尊巴 Zumba
18:15-19:10 身心放鬆拉筋瑜伽 Relaxing Yoga Stretch

4 13:00-13:55 肩頸背壓力釋放 Shoulders, Neck & Back Stress Release
18:15-19:10 帶氧拳擊 BodyCombat®

5 13:00-13:55 瑜伽輪 Wheel Yoga

8 12:00-12:55 瑜伽空中伸展 Yoga Trapeze
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13:00-13:55 普拉提 Pilates

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18:15-19:10 帶氧拳擊 BodyCombat®

19 13:00-13:55 瑜伽輪 Wheel Yoga

22 12:00-12:55 瑜伽空中伸展 Yoga Trapeze
13:00-13:55 普拉提 Pilates

23 12:00-12:55 槓鈴塑身 BodyPump®
13:00-13:55 懸掛鍛鍊 TRX

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18:15-19:10 身心放鬆拉筋瑜伽 Relaxing Yoga Stretch

25 13:00-13:55 肩頸背壓力釋放 Shoulders, Neck & Back Stress Release
18:15-19:10 帶氧拳擊 BodyCombat®

26 13:00-13:55 瑜伽輪 Wheel Yoga

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10 點數 CREDITS \$1,100 \$1,200 每節 \$110 90日 有效期 Validity

5 點數 CREDITS \$600 \$800 每節 \$120 60日 有效期 Validity

1 點數 CREDIT \$160 \$200 每節 \$160 30日 有效期 Validity

點數套票 CREDIT PACKAGE

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.

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



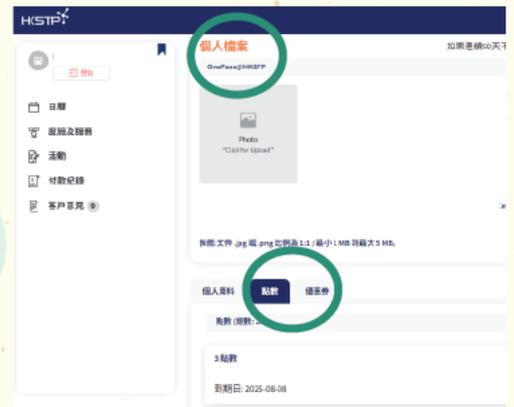
2 請先於 [點數套票] 頁面選購點數套票。
Buy your credit package on the [Credit Package] page.

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.
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



槓鈴塑身 BodyPump®

® **LES MILLS** | 萊美健身課程
LES MILLS Fitness Classes

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 BodyCombat®

® **LES MILLS** | 萊美健身課程
LES MILLS Fitness Classes

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 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。

TRX (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.



瑜伽空中伸展 Yoga Trapeze

瑜伽空中伸展是一堂專為深層身體伸展設計的倒掛治療課程，透過瑜伽吊床，短短2至3分鐘即可為脊椎提供即時牽引，舒緩背痛及坐骨神經痛，強化核心肌群，提升後彎動作與肩膀靈活性，同時鍛煉全身功能性力量。倒掛治療還能增加身體活動範圍，減輕輕微至中度的椎間盤突出疼痛，在L4/L5及L5/S1脊椎之間增加1-2毫米的空間，改善腰椎前凸並舒緩脊椎肌肉緊張。

Yoga Trapeze is an inversion therapy class designed for deep body stretching using a yoga trapeze. This class offers instant spinal traction in just 2-3 minutes, helps relieve back pain and sciatica, strengthens the core, enhances backbends and shoulder flexibility, and develops functional full-body strength. Inversion therapy improves range of motion, alleviates mild herniated disk pain, creates 1-2 mm of space between L4/L5 and L5/S1 vertebrae, reduces lordosis, and calms overactive spinal muscles.



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.



身心放鬆拉筋瑜伽 Relaxing Yoga Stretch

一個節奏緩慢及溫和的瑜伽課程。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.



瑜伽輪 Wheel Yoga

運用一個非常常用的瑜伽道具——瑜伽輪，為你的瑜伽練習帶來更多變化。

瑜伽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.



肩頸背壓力釋放 Shoulders, Neck & Back Stress Release

專為香港繁忙上班族而設的課程，針對長時間辦公室工作所累積的慢性肌肉緊張。這個以瑜伽為基礎的療愈課程，結合溫和伸展、關節活動練習及呼吸技巧，深層釋放上半身的緊繃感。無論你是受「低頭族頸痛」、圓肩駝背，或是連續視像會議造成的下背僵硬所困擾，我們的專業導師都會引導你進行針對性動作，糾正不良姿勢並恢復身體平衡。只需60分鐘，你更可學到實用技巧，即使在辦公桌前也能練習，助你保持良好姿勢，減少工作期間的痛楚。

Designed specifically for Hong Kong's busy professionals, our Shoulders, Neck and Back (SNB) Stress Release program targets the chronic tension that builds from long hours at your desk. This therapeutic yoga-based practice combines gentle stretches, mobility exercises, and breathing techniques to release deep-seated tension in your upper body. Whether you're dealing with tech neck, hunched shoulders, or lower back stiffness from endless Zoom calls, our expert instructor guide you through movements that counteract poor posture and restore balance to your body. In just 60 minutes, you'll learn practical techniques you can even use at your desk, helping you maintain better posture and reduce pain throughout your workday.

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

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	全新按摩椅已投入服務 A brand new massage chair is now in service		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	訪客票 Guest 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	HK\$26	HK\$280	HK\$40
星期六、日及公眾假期 Sat, Sun & Public Holidays			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

