

六月活動 JUNE HAPPENINGS

精選活動 Featured Activities

17
星期二 TUE

18:30-19:30

水晶頌鉢音療體驗 Crystal Singing Bowl Sound Healing Experience

透過純淨的水晶鉢聲音洗滌心靈，
放鬆並達致療癒效果
Relax and feel the healing power by soothing
crystal bowl vibrations



二人同行優惠
Accompany discount

導師 Instructor: Annie Yeung
認可靜觀心理諮詢師
Certified Mindfulness Counselor

\$120 / 位
Original price **\$150** / 位

24
星期二 TUE

18:15-20:15

初學者實用化妝術 Makeup Class for Beginners

專為初學者設計，學習簡單快速的日常妝容技巧
Perfect for beginners!
Master easy, time-saving techniques for a flawless daily look



導師 Instructor:
Katy Wong

\$160 / 位
Original price **\$180** / 位

27
星期五 FRI

12:00-14:00

午間咖啡派對 Free Coffee, Happy Noon

咖啡師即場沖調咖啡供會員試飲
An exquisite coffee tasting experience
crafted by our talented barista



免費 FREE

園區服務 Community Services

9
星期一 MON

11:00-19:00

流動車服務：「喜」動圖書館 Moving Vehicle Service: Library-on-Wheels Project

小型活動車提供約三百本
精選主題書籍
The specially designed truck,
equipped with about 300 books



13
星期五 FRI

12:30-13:30

健康講座：疣及其他常見皮膚增生 Health Talk: Warts and Common Skin Lesions

講者 Speaker:
李政謙醫生 | Dr. LEE Ching Him

仁安醫院
UNION HOSPITAL

參與今次健康講座，更清楚地了解你的皮膚，
學懂如何讓皮膚保持在最佳狀態！
Participate in this health talk to better understand your skin and
learn how to keep your skin in the best condition!

團體健身課程 Group Fitness Classes

課程低至 **\$110** / 每節
Starting at just **\$110** / Per class

空中瑜伽
Aerial Yoga

普拉提
Pilates

身心放鬆拉筋瑜伽
Relaxing Yoga Stretch

瑜伽輪
Wheel Yoga

槓鈴塑身
BodyPump®

帶氧拳擊
BodyCombat®

懸掛鍛鍊
TRX

尊巴
Zumba



手作體驗 DIY Experience

製作時間約 **30** 分鐘
Complete in about **30** MINS **\$38** / 份 Pack



浮游花筆
Floating Pen



馬賽克杯墊
Mosaic Coaster



壓花小夜燈
Pressed Flowers
Night Light



艾草鎚
Mugwort
Hammer

歡迎現場參與或帶回家 Join us on-site or take it home

名額有限，先到先得。Limited quotas on a first-come, first-served basis.

考慮到報名人數及實際具體安排，香港科技園公司保留修改、變更及取消活動之權利。

Concerning the number of participants and actual specific arrangements, Hong Kong Science and Technology Parks Corporation reserves the right to modify, amend and cancel the activities.

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 Group Fitness Classes

最新時間表見後頁
See next page for
the latest schedule

課程低至
Starting at just **\$110** / 每節
Per class



空中瑜伽
Aerial Yoga



普拉提
Pilates



身心放鬆拉筋瑜伽
Relaxing Yoga Stretch



瑜伽輪
Wheel Yoga



槓鈴塑身
BodyPump®



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手作體驗 DIY Experience

製作時間約
Complete in about

30 分鐘
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\$38 / 份
Pack

全新NEW



浮游花筆
Floating Pen

全新NEW



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壓花小夜燈
Pressed Flowers
Night Light



艾草鎚
Mugwort
Hammer

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空中瑜伽
Aerial Yoga



普拉提
Pilates



身心放鬆拉筋瑜伽
Relaxing Yoga Stretch



瑜伽輪
Wheel Yoga



槓鈴塑身
BodyPump®



帶氧拳擊
BodyCombat®



懸掛鍛鍊
TRX



尊巴
Zumba

® LESMILLS 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

2



12:00-12:55
空中瑜伽
Aerial Yoga



13:00-13:55
普拉提
Pilates

3



12:00-12:55
槓鈴塑身
BodyPump®



13:00-13:55
懸掛鍛鍊
TRX

4



12:00-12:55
尊巴
Zumba

NEW



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

5



18:15-19:10
帶氧拳擊
BodyCombat®

6



12:00-12:55
身心放鬆拉筋瑜伽
Relaxing Yoga Stretch



13:00-13:55
瑜伽輪
Wheel Yoga

9



12:00-12:55
空中瑜伽
Aerial Yoga



13:00-13:55
普拉提
Pilates

10



12:00-12:55
槓鈴塑身
BodyPump®



13:00-13:55
懸掛鍛鍊
TRX

11



12:00-12:55
尊巴
Zumba

NEW



18:15-19:10
身心放鬆拉筋瑜伽
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12



18:15-19:10
帶氧拳擊
BodyCombat®

13



12:00-12:55
身心放鬆拉筋瑜伽
Relaxing Yoga Stretch



13:00-13:55
瑜伽輪
Wheel Yoga

16



12:00-12:55
空中瑜伽
Aerial Yoga



13:00-13:55
普拉提
Pilates

17



12:00-12:55
槓鈴塑身
BodyPump®



13:00-13:55
懸掛鍛鍊
TRX

18



12:00-12:55
尊巴
Zumba

NEW



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

19



18:15-19:10
帶氧拳擊
BodyCombat®

20



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身心放鬆拉筋瑜伽
Relaxing Yoga Stretch



13:00-13:55
瑜伽輪
Wheel Yoga

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Aerial Yoga



13:00-13:55
普拉提
Pilates

24



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BodyPump®



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懸掛鍛鍊
TRX

25



12:00-12:55
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Zumba

NEW



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Relaxing Yoga Stretch

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BodyCombat®

27



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身心放鬆拉筋瑜伽
Relaxing Yoga Stretch



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Wheel Yoga

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空中瑜伽
Aerial Yoga



13:00-13:55
普拉提
Pilates

點數套票
CREDIT PACKAGE

10 點數
CREDITS

\$1,100 \$1,200

每節 \$110
Per class

90 日
Days

有效期 Validity

5 點數
CREDITS

\$600 \$800

每節 \$120
Per class

60 日
Days

有效期 Validity

1 點數
CREDIT

\$160 \$200

每節 \$160
Per class

30 日
Days

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.

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.

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精選活動 **Featured Activities**

立即報名
Enroll NOW



18:30-19:30

水晶頌鉢音療體驗 Crystal Singing Bowl Sound Healing Experience

導師 **Instructor: Annie Yeung**

認可靜觀心理諮詢師
Certified Mindfulness Counselor

給自己一個小時，讓純淨的水晶鉢聲音洗滌心靈，舒緩壓力及平衡能量。同時學習以簡單呼吸方法，享受屬於自己的平靜。無論您想放鬆、尋找內在平靜或探索靜觀，都歡迎您來一起感受療癒的力量！

Reserve an hour for yourself, let soothing crystal bowl vibrations help you release stress, set positive intentions, and recharge your mind and body. Also calm yourself with simple breathing techniques we will share in the class. Whether you want to relax, find inner peace, or explore mindfulness, you're welcome to come and feel the healing power together!

二人同行優惠
Accompany discount

\$120 / 位
Person

原價 **\$150** / 位
Original price Person



18:15-20:15

初學者實用化妝術 Makeup Class for Beginners

導師 **Instructor:**

Katy Wong

專為初學者設計，學習簡單快速的日常妝容技巧，從底妝到唇彩逐步教學，提升個人氣質與職場形象，讓化妝成為改變自信的日常工作儀式。適合上班、約會或休閒場合，輕鬆打造自然精緻妝感！

Perfect for beginners! Master easy, time-saving techniques for a flawless daily look—from base to lips. Enhance your natural beauty and professional image with minimal steps. Ideal for work, dates, or casual outings. Boost confidence effortlessly!

二人同行優惠
Accompany discount

\$160 / 位
Person

原價 **\$180** / 位
Original price Person

學習目標 Learning Points:

- 1) 認識基礎護膚步驟
Understanding basic skincare steps
- 2) 認識底妝的工具及產品
Learning about foundation tools and products
- 3) 認識遮瑕膏的顏色及化妝工具
Recognizing concealer shades and application tools
- 4) 認識眉型黃金三角分辦法、眉部產品及工具
Mastering the golden triangle method for eyebrow shaping, along with brow products and tools
- 5) 掌握四格眼影運用
Applying four-color eyeshadow techniques
- 6) 掌握精緻底妝的技巧
Perfecting the skills for a refined base makeup

(*自備家用鏡 Please prepare your own mirror)



12:00-14:00

午間咖啡派對 Free Coffee, Happy Noon

免費FREE

咖啡師即場沖調咖啡供會員試飲
An exquisite coffee tasting experience
crafted by our talented barista



園區服務 Community Services

6月JUNE

9

星期一 MON

11:00-19:00



流動車服務：「喜」動圖書館

Moving Vehicle Service: Library-on-Wheels Project

小型活動車提供約三百本精選主題書籍、自助借還書設備和平板電腦，以活動模式遊走不同地區，或用以配合不同的社區活動，旨在推廣公共圖書館自助借閱服務及豐富資源，並讓讀者親身體驗電子閱讀樂趣，推廣全民閱讀。

The specially designed truck, equipped with about 300 books, tablets, self-borrowing and returning equipment each, will visit different communities and dovetail with community events to promote reading for all, self-service and the rich electronic resources of the public libraries in a convenient manner.



8W大樓外, 方院
The Forum, Building 8W

6月JUNE

13

星期五 FRI

12:30-13:30



仁安醫院

UNION HOSPITAL

健康講座：疣及其他常見皮膚增生

Health Talk: Warts and Common Skin Lesions

對於疣和皮膚增生感到困惑？

我們的健康講座能幫到你！仁安醫院皮膚科專科李政謙醫生將深入淺出地講解關於疣和常見皮膚增生問題，以及實用預防技巧和治療方法，讓你更有自信地掌控你的皮膚健康。誠邀您參與今次講座，更好地了解自己的皮膚，保持你的皮膚在最佳狀態！

Tired of worrying about warts and other skin imperfections? Our Health Talk is here to help! Dermatologist Dr Lee Ching Him of Union Hospital will share practical tips and proven treatments for common skin lesions, giving you the confidence to take control of your skin health. Learn how to prevent problems and keep your skin looking its best. Get ready to understand your skin and say goodbye to confusion!

參加健康講座的會所會員可享小吃和飲品

Free snacks and drinks for Clubhouse members attending the health talk

會員講座報名

Enrollment for
Clubhouse Members



園區朋友講座報名

Enrollment for
Park Community



10W大樓2樓 會議廳04-05
Conference Hall 04 - 05, 2/F, Building 10W