

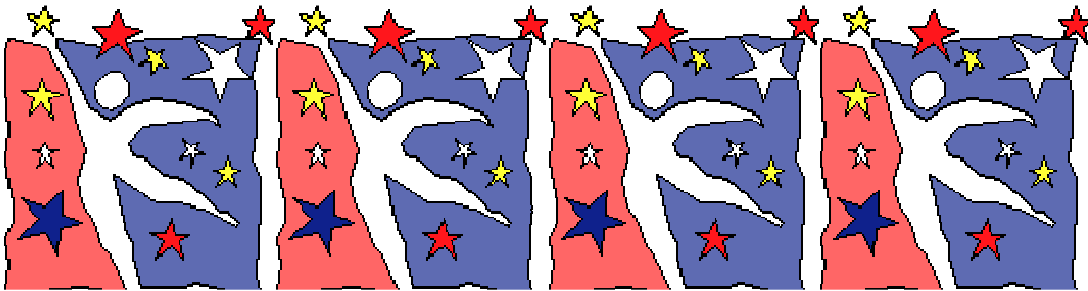
貝拉提斯健美操：舒展筋肌、放鬆身心

透過貝拉提斯健美操，此小組運動課程可幫助你強化筋肌和改善體態。課程特色揉合了身心舒展和放鬆運動法，使你能操練肌腱、增強身體彈性和平衡力，並替身心減壓。此課程的優點很多，特別適合一些少做運動的女姓參加，以提升健康生活的品質。

上課時間：二零零八年五月廿四日(星期六)早上九時半至十時半。

為個人衛生緣故，請自備運動蓆或大毛巾。

費用：全期\$100(共八堂)



Pilates: Stretching to Relax Your Mind and Body

Based on Pilates routine, this small group program will help you to develop strength, flexibility, and coordination without adding muscle bulk. The uniqueness of this program is that we incorporate stretching and relaxation exercises to help you lengthen your muscles and tendons as well as manage your stress. The benefits of this program are numerous, leading to a better health for your mind and body.

Come join us, once a week, every Saturday from 9:30 to 10:30 a.m.

Fee: \$100 per course (8 weeks)

Start date: May 24, 2008 (Saturday)

Instructor: Tiffany Wong

Positive Quotient – A Personal Development Centre

勵智坊個人成長中心

報名及查詢：905-480-0400

或瀏覽網址：www.PositiveQuotientInc.com

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