

Pilates Class

WTC Macau Health & Fitness Club will organize **New Pilates Class** starting from **Jan 15, 2019**. Detailed information is listed below:

澳門世界貿易中心附屬健康中心將於 **1月15日** 開辦新的 **Pilates** 課程。詳細內容如下：

About the classes...

Date: Jan 15, 2019 ~ Feb 21, 2019

Time: 18:30 – 19:30 (Every Tue & Thu)

*No class on Public Holiday

Venue: 18th floor, WTC Macau

Tutor : Ms. Zuleika Greganyck

Language: English

Lesson: 10 classes

Fee***: MOP 500(WTC Member)

MOP 850(Non WTC Member)

Attire: Sportswear

課程資料:

日期: 2019年1月15日至2019年2月21日

時間: 逢星期二、四下午六時半至七時半

*公眾假期停課

地點: 澳門世貿中心十八樓

導師: Zuleika Greganyck 小姐

語言: 英語

堂數: 10 節課

學費: 澳門幣 500 元(世貿會員)

澳門幣 850 元(非世貿會員)

衣著: 運動服

***Fee includes the usage of Sauna, Jacuzzi and Steam Bath.**

費用已包括使用桑拿，水力按摩和蒸氣浴。

**** Class fee must be paid in advance.**

需預先繳交課程費用。

*****Please check with your physician before commencing any exercise.**

在進行任何運動之前，請向您的私人醫生了解清楚閣下的身體健康狀況是否適合進行此類型運動。

Pilates movements are influenced by Yoga and Tai Chi but what makes it unique is that in Pilates the main focus is on the deep core muscles (e.g. transverses abdominals, pelvic floor muscles which are assisting in the stabilization of the pelvis and spine.) The method uses a sequence of exercise to work these muscles as well as improve your balance, body awareness, posture and flexibility. Suitable for men and women at all ages.

Pilates 運動主要受瑜伽和太極的影響，但其獨一無二之處在於**Pilates**主要著重於深層核心肌肉的鍛鍊(例如：橫向腹肌，盤骨底層肌肉，盤骨底層肌肉輔助平衡盤骨和脊柱。)該方法是以一連串的運動提升肌肉效果，用以改善身心的平衡、身體的認知、體態和靈活性。適合各年齡階層之人士。

Enrollment & Enquiry : Members Services Department (Tel: 28 727 666)

報名或查詢：會員服務部 (電話：28 727 666)

Elementary Hatha Yoga Class – 哈達瑜伽初級班

(10:30am - 11:30am)

WTC Macau Health & Fitness Club will organize new Yoga Class starting from 5 Jan 2019. Our experienced trainer Ms. Christine Lei is ready to help you unwind and relax which will lead to a healthy life. Detailed information is listed below:

澳門世界貿易中心附屬健身中心將於 2019 年 1 月 5 日 開辦新一期瑜伽初級班。誠邀資深導師 Ms. Christine Lei 助您舒展身心、潔淨心靈，從而令您擁有健康的生活。詳情如下：

Date	: 5 Jan 2019 ~ 9 Mar 2019	日期	: 2019 年 1 月 5 日至 2019 年 3 月 9 日
Time	: 10:30 am - 11:30 am, every Saturday	時間	: 逢星期六 上午十時半至十一時半
Venue	: 18 th floor, WTC Macau	地點	: 世貿中心大樓十八樓
Tutor	: Ms. Christine Lei	導師	: Ms. Christine Lei
Language	: Cantonese	語言	: 廣東話
Lesson	: 10 lessons	節數	: 10 節課
Fee	: MOP 380 (WTC Member) MOP 700 (Non WTC Member)****	學費	: 澳門幣 380 元 (世貿會員) 澳門幣 700 元 (非會員)****
Attire	: Sportswear	衣著	: 運動服

*** Fee includes the usage of Sauna, Hot and Cold Jacuzzi and Steam Bath.
費用已包括使用桑拿、冷熱水力按摩和蒸氣浴。

Class fee must be paid in advance 需預先繳交課程費用

Please check with your physician before commencing any exercise.

在進行任何運動之前，請向您的私人醫生了解清楚閣下的身體健康狀況是否適合進行此類型運動。

What can Yoga class do for you?

Yoga, originated in India, is a physical and mental practice. It not only can enhance one's knowledge of Yoga, but also can improve one's fitness level. In fact, Yoga is valued as an exercise system that synthesizes mind, body and soul, it enables people to regain vitality, tone up the muscles, and even be used therapeutically to control pain and aid in the healing process of most health problems. In addition, Yoga has also proved to be a perfect remedy for stress.

學習瑜伽有什麼好處呢？

瑜伽是印度一種古老的身心健身法。通過修練瑜伽外功，學員不但能掌握瑜伽的基礎理論知識，更可增強自身的運動量。事實上，瑜伽被喻為是一種能潔淨心靈的運動。練習瑜伽，可使你恢復活力、結實肌肉、舒緩痛楚及有助治療身體毛病。此外，瑜伽更被證實是最佳的減壓方法。

Enrollment & Enquiry : Members Services Department (Tel: 2872 7666)

報名或查詢：會員服務部（電話：2872 7666）

Intermediate Ashtanga Yoga Class – 阿斯湯瑜伽進階班

(4:30pm - 5:45pm)

WTC Macau Health & Fitness Club will organize new Yoga Class starting from 19 Jan 2019. Our experienced trainer Ms. Christine Lei is ready to help you unwind and relax which will lead to a healthy life. Detailed information is listed below:

澳門世界貿易中心附屬健康中心將於 2019 年 1 月 19 日 開辦新一期瑜伽中級班。誠邀資深導師 Ms. Christine Lei 助您舒展身心、潔淨心靈，從而令您擁有健康的生活。詳情如下：

Date	: 19 Jan 2019 ~ 23 Mar 2019	日期	: 2019 年 1 月 19 日至 2019 年 3 月 23 日
Time	: 4:30pm - 5:45pm , every Saturday	時間	: 逢星期六下午四時半至五時四十五分
Venue	: 18 th floor, WTC Macau	地點	: 世貿中心大樓十八樓
Tutor	: Ms. Christine Lei	導師	: Ms. Christine Lei
Language	: Cantonese	語言	: 廣東話
Lesson	: 10 lessons	節數	: 10 節課
Fee	: MOP 380 (WTC Member) MOP 730 (Non WTC Member)***	學費	: 澳門幣 380 元 (世貿會員) 澳門幣 730 元 (非會員)***
Attire	: Sportswear	衣著	: 運動服

*** Fee includes the usage of Sauna, Jacuzzi and Steam Bath.
費用已包括使用桑拿，水力按摩和蒸氣浴。

Class fee must be paid in advance 需預先繳交課程費用

Please check with your physician before commencing any exercise.

在進行任何運動之前，請向您的私人醫生了解清楚閣下的身體健康狀況是否適合進行此類型運動。

Class description

This is a challenging yoga practice, which requires the participants to have previous experience of at least 1-2 year consistent training in Hatha Yoga. Class begins with Sun Salutations and various standing postures, followed by more advanced postures in the second half, which is aimed to build up more strength, stamina and body awareness. The use of breath synchronization with bandhas (energetic locks) will be introduced in the practice to facilitate the students to move into more challenging postures such as Lotus, Wheel or other inverted postures like Headstands/Handstands and variations.

課程簡介

此進階課程適合已有經驗(或 1 至 2 年持續性哈達瑜珈練習)的瑜珈愛好者。課堂上半部分由太陽式以及不同的站立體式作熱身，以輔助練習者打開髖部和整體柔軟度，以利於後續的進階動作。透過融合呼吸和鎖印能量的運用將帶領練習者進入難度動作，如全蓮花和輪式以及頭倒立和手倒立等強調肌力和身體意識的體式。

Enrollment & Enquiry : Members Services Department (Tel: 2872 7666)

報名或查詢：會員服務部 (電話：2872 7666)