

ADULT INTEREST CLASS HIGHLIGHTS

成人興趣班推介



CLUB BEL-AIR BAY WING / PEAK WING

貝沙灣灣畔會所 / 朗峰會所



Weekday / Weekend Options

平日/週末選項



ALL Levels

所有等級

SCAN FOR MORE CLASSES

請掃描查找更多興趣班資訊



1

AQUATIC & RACQUET SPORTS 水上運動與球拍運動



Swimming 游泳

Adults 成人 18+ to Seniors 長者 55+

Focus : Stroke Technique, Breathing, Water Confidence

重點: 泳姿、呼吸、對水的信心



Tennis 網球

Beginner 初級 - Intermediate 中級 / Cardio tennis 帶氧網球

Learn technique and movement 學習技巧與動作

High-energy calorie burning 高強度燃脂



Pickleball 匹克球

All Levels - Beginner-friendly 所有程度，初學者亦適合

Low-impact Exercise 低衝擊運動

Learn Rules and Gameplay 了解規則與遊戲玩法



2

MIND, BODY & HOLISTIC HEALTH 身心與整體健康



Yoga 瑜伽

Styles: Hatha, Stretch, Restorative, Mindfulness with singing bowl

風格: 哈達瑜伽、伸展、修復瑜伽、搭配頌鉢的正念冥想

Benefits: Flexibility, stress reduction

好處: 提升靈活性、舒緩壓力



Pilates Reformer 普拉提床

Small group classes with personalized guidance

小組教學，提供貼心指導

Focus: Core Strength, Balanced Posture & Alignment

重點: 核心肌力、平衡的姿勢與調整



Tai Chi 太極

Beginner 初級 - Intermediate 中級

Traditional & Low-impact Exercise 傳統且低衝擊的運動

Improve balance, coordination & relaxation

提升平衡感、協調性並放鬆身心



3

HIGH- ENERGY FITNESS 高強度健身



Circuit Training 循環訓練

Fat Burning, Improved Metabolism, Flexibility & Endurance

燃脂、提升新陳代謝、增強靈活性及耐力

Weight Management & Strength Development 體重管理及肌力發展



For further information or enrollment, please contact Club Bel-Air Reception at Bay Wing (2989 9000) / Peak Wing (2989 6500).

Photos are for reference only. 如有查詢或報名，歡迎致電貝沙灣灣畔會所(2989 9000)或朗峰會所(2989 6500)。圖片只供參考。



貝沙灣