



ADULT'S CLASSES TIMETABLE

From 1 April – 30 June, 2019

GROUP X1

ALLOMYOGA

Breath and flow are the key to these classes. Each class is modified to suit the individuals and may be strong or gentle. Special attention is given to weak or injured areas and there is always room for rest. Bring your smile and energy to class and we will do the rest.

BEACH BODY MAT PILATES

A combination of the breathing and mindful practices of Yoga combined with the core conditioning of Pilates. If you are in need of increased flexibility, improved mindfulness, and a stronger core, that works to better align your posture, then this is the class for you. Designed for all levels from beginner to advanced.

BODY FUNK

Body Funk is a high energy dance class, with simple, easy to follow moves. From Hip Hop, Jazz & Funk to the latest club tracks.

ELASTIC BAND RESISTANCE TRAINING CLASS FOR SENIORS

Elastic band resistance exercise help elderly people prevent loss of bone mass, build different parts of body muscle and improve balance-important in preventing falls and staying active and independent.

JAZZ ADULT

The class is aimed at working on body positioning (floor barre style of exercises), at developing strength when holding a position, at understanding sequences of movement and isolation and will incorporate a short combination at the end of each class so as to prepare students for more advanced dance classes.

JAZZ INTRO

This class is aimed at working on body positioning and developing strength while holding a position and understanding the sequences of movement and isolation that will incorporate short combinations at the end of each class so as to prepare students for more advanced classes.

ZUMBA

Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be fitter, have more energy, and be smiling in this effective and totally exhilarating class.

GROUP X2

AERIAL STRETCHING

This unique class uses the beauty of aerial silks to stretch your whole body, as you feel the serenity that comes with being flexible in every way. This class is ideal for beginners to intermediate.

WING CHUN

Improves your physical health and longevity. Enhances your self-awareness and helps you develop a healthy philosophy of life. Improves your ability to defend yourself and protect your loved one.

GYM

BOOT CAMP

A hard 'core' workout where you get out of your comfort zone and into the 'training zone' and improve your strength, stamina, and your will to survive in this hour-long workout. Come along to Camp Parkview and see what all the excitement is about!

CORE AND GLUTES

Are you looking for a strong Core and 3D Glutes? Join our intensive class which is designed to hit your CORE and build your butt muscles. Work on your Rectus Abdominis, External Oblique, Internal Oblique, Transverse Abdominis, Multifidus, Gluteus Maximus, Gluteus Medius, Gluteus Minimus.

HIIT

Are you a high-energy fitness person that loves intense physical activity? Challenge yourself in this fast paced 45 minute workout! Torch calories, shred fat and greatly increase stamina with high reps, body weight and power movements. Not only will this class test your agility and coordination, but it will leave you feeling energized and FIT FOR LIFE!

SPARTAN RACE 8-WEEK TRAINING PROGRAM

Crawl, climb, hang, jump, lift, push, REPEAT! Join our Personal Trainers for an intensive Spartan Race 8-week Training Program to unleash your full strength.

STRETCHING

In this stretching class, we take you through a series of stretches to increase joint mobility and flexibility throughout your entire body in a slow and comfortable pace and in a relaxing environment. Perfect if you are wanting that gentle stretch or want to slowly improve your flexibility.

TEEN BOXING

Learn the art of training like a boxer in this made for teens, whole-body workout, that works on increasing strength, fitness, hand-eye coordination and that core strength, all the while, having fun. Its real fighting skills in a non-contact environment with an emphasis on FUN.

ART ROOM

ADULT ART

Enhance your skills in Chinese and Oil painting. Chinese painting has a rich history as an enduring art form and is well known throughout the world. Students will create one painting to take home and be proud of.

GROUP X1

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
8:00am		8:00am – 9:30am Allomyoga					
9:00am			9:00am – 10:30am Beach Body Mat Pilates	9:00am – 10:30am Allomyoga	9:30am – 10:30am Body Funk		
10:00am	10:00am – 11:00am Zumba						
11:00am					10:30am – 11:45am Jazz Intro		
12:00nn							
1:00pm							
2:00pm					2:00pm – 3:00pm Elastic Band Resistance Training Class For Seniors		
3:00pm							
6:00pm							
7:00pm							
8:00pm	8:00pm – 9:00pm Spatan Race 8-week	7:45pm – 9:15pm Jazz Adult					
9:00pm							

GROUP X2

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
10:00am	10:00am – 11:00am Aerial Stretching						
11:00am							
6:00pm							
7:00pm			7:00pm – 8:00pm Wing Chun				
8:00pm							
9:00pm							

GYM

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7:00am				7:00am – 8:00am Boot Camp			
8:00am							
9:00am		9:00am – 9:45am HIIT					
10:00am						10:00am – 11:00am Boot Camp	
11:00am							
12:00nn						11:00am – 12:00nn Spatan Race 8-week	
2:00pm	2:00pm – 3:00pm Stretching						
3:00pm							
4:00pm							4:00pm – 5:00pm Teen Boxing
5:00pm							5:00pm – 6:00pm Boot Camp
6:00pm							
7:00pm							
8:00pm	8:00pm – 9:00pm Core and Glutes		8:00pm – 9:00pm Boot Camp				
9:00pm							

ART ROOM

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
10:00am				9:30am – 11:30am Adult Art			
11:00am							
12:00nn							

• All activities are subject to availability and on a first-come, first-served basis. Hong Kong Parkview reserves the right to amend or cancel the programs without prior notice. Please contact Spa & Resort for details at the time of registration.