



GROUP FITNESS

SPA & RESORT *Parkview*
健身會所

Submission of this application form confirms the acceptance of the following conditions:

1. Members will be given priority over guests for class allocation.
2. Registration is subject to payment in full prior to their first lesson.
3. Registration is not confirmed until a confirmation is issued.
4. Registration is subject to availability.
5. Registration has to be done 12 hours prior to class. If no participant sign up for class 12 hours in advance, class will be cancelled. Final confirmation will be conducted by personal trainer.
6. Incomplete information may lead to unsuccessful application.
7. All paid sessions must take place by the expiry date, failing which the client will not be entitled either to any further sessions under this agreement or to any refund.
8. No refund or transfer is allowed.
9. Spa & Resort is not responsible for the loss or damage of any personal items.
10. Package of 10 Sessions expires 3 calendar months after 1st date of usage.
11. Any expenses, disbursements and legal costs incurred by Spa & Resort, in the enforcement of any rights contained in this contract shall be paid by the participant, including any solicitor's fee and/or debt collection agency fees.
12. Participants must be signed in and out of the programme at the time of drop-off and collection. Children will not be released to any person not named on the registration form.
13. The Club reserves the right to cancel a class if there is insufficient number of enrollments.
14. Participants are advised to check the updated policies with Spa & Resort.
15. Children under the age of 12 years need to be accompanied by their parents/helper/guardian within the club premises
16. Parents/helper/guardian should come to pick up their children 15 minutes before the class finished. Members are responsible to accompany & look after their own children within the club premises
17. Applicants must abide by the Club Rules and Membership handbook.
18. Cancellation: Group Lesson is required for cancellation with more than 12 hours advance notice. For cancellations with less than requested hours advance notice 100% of the total fees will be forfeited. In the event that a participant is prevented from attending a lesson because of illness, he/she is required to submit proof by way of a valid medical certificate issued by a registered medical practitioner in Hong Kong. Upon receipt of such proof, and subject to availability (which is not guaranteed), Spa & Resort may, at its sole discretion, arrange a credit of the course fee paid for the original lesson (where appropriate, on a pro-rata basis). If a lesson is cancelled or rescheduled by Spa & Resort and the participant is not able to enroll in another lesson or attend the rescheduled lesson, Spa & Resort shall arrange a credit of the course fee paid for the original lesson (where appropriate, on a pro-rata basis). Spa & Resort's calculation of the said credit shall be final and conclusive. No make-up lesson will be arranged for any lesson (or any part thereof) not attended. Spa & Resort reserves the right to cancel or re-schedule any lessons at its sole discretion. Reasons for cancellation or re-scheduling include but are not limited to: 1. Inclement weather (please refer to bad weather policy below); 2. Insufficient enrollment; 3. Non-availability of instructors and/or venue; 4. Misbehaviour during class/lesson
19. Inclement Weather Policy: Spa & Resort shall cancel lessons if Black Rainstorm or Typhoon Signal No.8 or higher is hoisted. Spa & Resort may also cancel lessons if it considers that the weather condition is not suitable for the lessons. Participants are advised to contact Spa & Resort Reception at 2812 3945 / 2812 3946 for further enquiries.

Enquiry

Spa & Resort Hotline : 2812 3945 / 2812 3946

Email : spa@hongkongparkview.com

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Boxing Circuit (outdoor)	A fun energetic way to sweat, get lean and shred! A boxing-based workout that combines rounds of bag work with rounds of circuit style movements, such as KB swings, burpees, push-ups, sit-ups. You will learn how to move and throw punches like a fighter and each round is setup to help you torch as many calories as possible.
Core & Glutes (Mask-free vaccinated class)	Are you looking for a strong Core and 3D Glutes? Come to join our intensive class which designed to hit your CORE and build your Butt muscles. That's includes: Rectus Abdominis, External Oblique, Internal Oblique, Transverse Abdominis, Multifidus, Gluteus Maximus, Gluteus Medius, Gluteus Minimus.
HIIT (outdoor)	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!
Stick Mobility (outdoor)	Stick Mobility is a training system that improves flexibility, strength and coordination. It uses a custom-designed tool called training sticks as a strong foundation for better movement. Training includes active stretching, strength training and joint mobilization.
TRX (Mask-free vaccinated class)	Suspension, body resistance class that is highly efficient for gain strength and burn fat in the same time. It is also working core through majority of movements. Suitable for all ages and all fitness levels. Resistance can be easy adjusted by moving position of feet to create more or less leverage.
Tai Chi	Tai Chi Long Kwon is a hybrid martial art that incorporates different techniques from Tai Chi, a gentle and self-pacing soft exercise, and Kung Fu, a traditional Chinese martial art that emphasizes the physical fitness and muscular strength. This hybrid martial art will help alleviate stress and anxiety, improve your aerobic capacity, flexibility, muscle strength, agility, increase your control of balance, enhance your quality of sleep, physical fitness, and reduce the risk of fall among older population. The program is provided by Heng Yue Yen Long Kwon (恒宇仁龍拳) and will ensure a progressive learning scheme that suits individual' s advancement.
Allomyoga By Anita	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.
Sunrise Vinyasa Yoga By Tee	Start your day right by building a strong practice that you can always return to, rely on, and move forward with. Combine classic poses with energizing breathing techniques to strengthen and open your body. Modifications will be given to suit you individually so you can progress at your own pace, all levels welcomed.
ZUMBA®	Looking for some funky vibe in your daily workout? Run by Natalie, our ZUMBA® class is a high energy dance class with non-stop cardio section to make it a calorie-burning and heart-pumping class! Designed for members who want to sweat with trendy tracks to lift up their spirit for week. Throughout the class, they will be moving to music and get a total body workout by following dance exercises that are choreographed to tone and strengthen their abdominals, legs and arms. While they're too busy shaking and dancing, they'll be getting a killer workout at the same time! Moderate intensity. The class is suitable for all levels.
Zero2Sixty Bootcamp (outdoor)	A total body, high-intensity workout which incorporates functional training to help you burn more calories and fat. The class runs like a circuit/functional training workout and the methods employed here are to improve anaerobic and aerobic capacity. The way we structure the class will not only improve cardiovascular fitness, but you also boost your metabolism. Your metabolism will stay high not only during the workout, but after the workout as well. This means that your body will be burning fat for hours after.
Muay Thai	Known for its intensity, it also helps develop self-confidence, improve fitness and build striking techniques. Muay Thai is the choice for all-inclusive workout goals. Join and activate your sweat glands to hyper mode now.

Course Fee:	Single Session - \$240 per member / \$300 per guest Package of 10 Sessions - \$2,000 per member / \$2,500 per guest
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