

# INTRODUCING Flexteen FITNESS

## AUTUMN SCHEDULE 2018

**10% OFF**  
AUTUMN TERM  
BOOK BEFORE  
10 AUGUST

FLEX*treme*

**FLEXTREME TEEN**



Our Flextreme fitness teens classes are designed to help young people develop healthy habits, maintain motivation through sweating and exercise while developing their teamwork spirit. Our FLEXTreme Teen classes are a fusion of strength training (POWER), cardio training (Sweat) and suspension fitness found in TRX® Circuit - so teens can experience a wide range of movement. All fitness levels welcome.

AGES 11+

**MONDAYS 5.15PM - 6.05PM**

**Sept** 3rd, 10th, 17th  
**Oct** 8th, 15th, 22nd, 29th

**Nov** 5th, 12th, 19th, 26th  
**Dec** 3rd

**Term Fee:** HK\$3,200 (12 sessions) / 1st time drop-in HK\$280

CREATE POSITIVE MOVEMENT | HABITS FOR LIFE

3F & 4F Man Cheung Building, 15-17 Wyndham Street, Central  
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intelligent movement | [www.flexhk.com](http://www.flexhk.com) | [f](#) flexstudiohk | [@](#) flexstudiohk

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# Flexteen

## ANTIGRAVITY® AERIAL PERFORMANCE

Let their spirits fly. The Flyers class incorporates more challenging Yoga oriented sequences and poses, plus fun tricks to engage this growing child. Our AntiGravity® instructor will lead Aerial Yoga sequences for your child to swing, stretch, spin, balance, strengthen core muscles, and expand the imagination. Teens will discover a sense of independence while developing self confidence. The result is a happy, balanced child.

AGES 11+

**TUESDAYS 5:15PM - 6:15PM**

**ANTIGRAVITY® Aerial Performance**

**Sept** 4th, 11th, 18th

**Oct** 2nd, 9th, 16th, 23rd, 30th

**Nov** 6th, 13th, 20th, 27th

**Dec** 4th, 11th, 18th

**Term Fee:** HK\$3,900 (15 sessions) / 1st time drop-in HK\$280

## TEEN PILATES

There is no more effective and fast way for teens to get a head start on finding (and keeping) proper posture and alignment, flexibility, improved balance and core strength. Classes start with basic mat exercises using small props, which is both fun and challenging. The group later moves on to our state-of-the-art Pilates Allegro equipment using light spring resistance for greater control. Kids love it – and their bodies will too!

AGES 11+

**THURSDAYS 5PM - 6PM**

**Sept** 6th, 13th, 20th, 27th

**Oct** 4th, 11th, 18th, 25th

**Nov** 1st, 8th, 15th, 22nd, 29th

**Dec** 6th, 13th



**Term Fee:** HK\$3,900 (15 sessions) / 1st time drop-in HK\$280

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# CENTRAL

## MON

6.15PM BLT Pilates Allegro Level 2

## TUES

1.30PM Pre - Natal Pilates Pilates Allegro

3.50PM Fat Burn Pilates Allegro Level 2

7.30PM Pilates Allegro/Mat Combo Multilevel

## THU

1.30PM Pilates Allegro Multilevel

6PM Pilates Allegro Level 1

6.15PM Pilates Allegro Multilevel