

AUTUMN TERM 2019



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+
FRIDAYS 5:30PM - 6:30PM

Sep 13th, 20th, 27th
Oct 4th, 11th, 18th, 25th
Nov 1st, 8th, 15th, 22nd, 29th
Dec 6th, 13th

[BOOK NOW](#) | info@flexhk.com

*AGES 11+
SATURDAYS 11:45AM - 12:45PM

Sep 21st, 28th
Oct 5th, 12th, 19th, 26th
Nov 2nd, 9th, 16th, 23rd, 30th
Dec 7th, 14th

Term Fee: HK *\$3380 (13 sessions) / \$3640 (14 sessions) / Drop-in \$280

CREATE POSITIVE MOVEMENT | HABITS FOR LIFE

Shops 308 - 310, One Island South 2 Heung Yip Road, Wong Chuk Hang | T 2813 2212 E info@flexhk.com

intelligent movement | www.flexhk.com  FlexStudioHK  [flexstudiohk](https://www.instagram.com/flexstudiohk)

FLEX
STUDIO

ANTIGRAVITY® AERIAL

It's time to fly! Join our vibrant AntiGravity® team at Flex for the most comprehensive, inspiring and professional Aerial for kids of all ages!

AntiGravity® Yoga - poses reinvented in the soft yet super strong fabric. Challenges the entire body before relaxation in suspended bliss. AntiGravity® Suspension Fitness - greatly improves core strength and shoulder stability. An ideal complement to sports or other physical activities. AntiGravity® Aerial Performance (11+) - builds every week to finish with a creative and inspiring performance routine! Their very own Cirque Du Soleil! AntiGravity® Just Kids (6-8) - Little ones discover the healthy wonders of the hammock with this ideal Intro course.

What kid doesn't want to spin, fly and laugh themselves to better health and fitness?

AGES 6-8

WEDNESDAYS 4:30PM - 5:30PM

ANTIGRAVITY® Just Kids Intro

Sep 11th, 18th, 25th
 Oct 2nd, 9th, 16th, 23rd, 30th
 Nov 6th, 13th, 20th, 27th
 Dec 4th, 11th

AGES 9-11

THURSDAYS 5PM - 6PM

ANTIGRAVITY® Aerial Yoga For Pre Teens

Sep 12th, 19th, 26th
 Oct 3rd, 10th, 17th, 24th, 31st
 Nov 7th, 14th, 21st, 28th
 Dec 5th, 12th

AGES 9-11

FRIDAYS 5:15PM - 6:15PM

**ANTIGRAVITY® Suspension Fitness
 For Pre Teens**

Sep 13th, 20th, 27th
 Oct 4th, 11th, 18th, 25th
 Nov 1st, 8th, 15th, 22nd, 29th
 Dec 6th, 13th

AGES 11+

WEDNESDAYS 5:45PM - 6:45PM

ANTIGRAVITY® Aerial Performance

Sep 11th, 18th, 25th
 Oct 2nd, 9th, 16th, 23rd, 30th
 Nov 6th, 13th, 20th, 27th
 Dec 4th, 11th

AGES 6-8

FRIDAYS 4:15PM - 5:15PM

ANTIGRAVITY® Just Kids Intro

Sep 13th, 20th, 27th
 Oct 4th, 11th, 18th, 25th
 Nov 1st, 8th, 15th, 22nd, 29th
 Dec 6th, 13th

AGES 9-11

*** SATURDAYS 1PM - 2PM**

ANTIGRAVITY® Suspension Fitness

Sep 21st, 28th
 Oct 5th, 12th, 19th, 26th
 Nov 2nd, 9th, 16th, 23rd, 30th
 Dec 7th, 14th

AGES 11+

*** SATURDAYS 2:30PM - 3:30PM**

ANTIGRAVITY® Fitness Performance

Sep 21st, 28th
 Oct 5th, 12th, 19th, 26th
 Nov 2nd, 9th, 16th, 23rd, 30th
 Dec 7th, 14th

Term Fee: HK *\$3380 (13 sessions) / \$3640 (14 sessions) / Drop-in \$280

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