

BODY SHAPING

WITH JING

Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity. It targets strength building or muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. In addition, the time between exercises in circuit training is short, often with rapid movement to the next exercise.



Day: *Every Wednesday and Friday*

Time: *9:00am-9:45am*

Fee: *\$100 per class*

Venue: *Studio B 2/F (Wed)
Studio A 2/F (Fri)*

Age: *16 yrs and above*



For enquiries and registration, please contact the Fitness Centre on 2657 8292