



Body Transformation Programme

Whether you are looking to build stronger muscles, get in shape or maintain physical health, the fully-equipped Fitness Centre at The Mandarin Spa offers a **Body Transformation Programme** to help you reach your fitness goals. Our certified trainers will personalise a training plan, provide nutritional and diet advice and keep you motivated with weekly weigh-ins and assessments. Packages include access to the Fitness Centre and use of the cardio equipment during non-training days.

Body Transformation Programme

8-Week Package - HKD20,000
(2 personal training sessions per week)

10-Week Package - HKD33,750
(3 personal training sessions per week)

12-Week Package - HKD48,000
(4 personal training sessions per week)

Individual Personal Training Session Package

12 Sessions – HKD15,000 / 24 Sessions - HKD27,000 / 36 Sessions - HKD38,000

For more information and reservations, please call +852 2825 4903
or email mohkg-fitness@mohg.com.

