



Intelligent Movement Programme

Challenge yourself to a 30-day wellness programme which has been designed to help tone the body whilst improving mobility and flexibility. Our certified trainers will personalise a training plan which includes a daily exercise regimen and diet advice to keep you motivated. The package also includes 12 sessions of personal training, two sessions of Intelligent Movement Treatment, access to the Fitness Centre and use of the cardio equipment during non-training days.

HKD13,380 per person

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

All prices are subject to 10% service charge.

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