

# iFit Rouliqiu



Rouliqiu combines essences of tai chi, tennis and badminton. This comprehensive exercise is especially suitable for children and the elderly. It improves the elderly's body balance and trains up their cardiovascular system in a leisurely way. It can also help to decrease the risk of muscular dystrophy and bone degeneration. As for children, it improves their physical coordination and body balance.

『柔力球』是集合了太極、羽毛球、網球等項目的精粹而創編及符合生理規律的球類運動。適合男女老幼練習，動作輕鬆自然，柔和緩慢，趣味性強，不易疲勞，長時間持續運動出汗而不氣喘，達到全身運動舒展筋骨的作用。經過操練一段時間後，可以改善腰、頸、脊椎等身體部位疼症，也減緩了肌肉的萎縮和骨骼及關節的退化。內容：包括正反基本握拍法、基礎套路、離心正反手拋接、迎引技術等。

**Date:** Every Friday  
**Time:** 9:00am-10:00am  
**Fee:** \$150 per class  
**Age:** 16yrs or above  
**Venue:** Squash Court



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