Personal Training - In House Trainer/ Freelance Trainer	Duration	Member (HK$)	Guest (HK$)
Private			
Single Session	60 mins	$990	$1,240
Package of 3 Sessions*	60 mins	$900 ($2,700)	$1,125 ($3,375)
Package of 10 Sessions	60 mins	$860 ($8,600)	$1,075 ($10,750)
Package of 20 Sessions	60 mins	$830 ($16,600)	$1,030($20,600)
Package of 30 Sessions	60 mins	$810 ($24,300)	$1,005 ($30,150)
Semi-Private 1 on 2			
Single Session	60 mins	$615	$770
Package of 10 Sessions	60 mins	$520 ($5,200)	$650 ($6,500)
Package of 20 Sessions	60 mins	$495 ($9,900)	$615($12,300)
Package of 30 Sessions	60 mins	$480 ($14,400)	$595 ($17,850)

Private Group / Group Fitness Class / Others	Duration	Member (HK$)	Guest (HK$)
Group Fitness Class			
Single Session	60 mins	$270	$340
Package of 10 Sessions^	60 mins	$225 ($2,250)	$281 ($2,810)
Package of 36 Sessions#	60 mins	$250 ($9,000)	$310 ($11,160)
Unlimited Pass – 2 weeks	60 mins	$1,550	n/a
Unlimited Pass – 1 month	60 mins	$2,600	n/a
Private Group Fitness Class (Form your own group of min. 3)			
Single Session	60 mins	$325	$410

Teen Gym Induction	Duration	Member (HK$)
Single Session	45 mins	$450

Terms and Conditions

- Price are effective from 1 August, 2026 and subject to change without prior notice.
- Prepaid packages are non-refundable, non-transferrable and cannot be redeemed for cash.
- The sessions must be used by the client personally and cannot be reassigned.
- At least 12 hours advance notice is required for rescheduling/cancelling the session. Otherwise the session will be charged in full.
- All paid sessions must take place before the expiry date, failing which the client will not be entitled to any further sessions under the agreement or to any refund.
- Sick Leave - Please notify the concerned outlets and present a valid medical certificate within the next 48 hours to be eligible for lesson fee waiver a maximum of once a month.
- * The package of 3 sessions personal training is only applicable to new join member.
- The package of (3/10/20/30) sessions expires in (1/3/6/9) months after the date of purchase.
- ^ Group fitness package of 10 sessions expires in 2 months after the date of purchase.
- # Group fitness package of 36 sessions expires in 1 year after the date of purchase.
- Hong Kong Parkview reserves the right to change the Terms and Conditions at any time without prior notice.
- Should any disputes arise, the decision of Hong Kong Parkview shall be final.

Enquiries & Enrolment: 2812 3945 / 5200 8010
Please scan the QR code or
contact our Personal Trainers for more details.

Hong Kong Parkview | hongkongparkview | 香港阳明山庄

SPA & RESORT Parkview 健身會所