

GROUP OUTDOOR EARLIES

50 minute classes on Monday's, Wednesday's and Fridays at 5.45am in Sai Kung town, bright and early.

SAI
KUNG'S
ONLY...

HOLISTIC WELLNESS

FITNESS AND COACHING
DRAGON
& FITNESS STUDIO

800 SQ FT
AIR CON
GYM



"Ally is amazing. I wouldn't get up at 5am 3 times a week for just anyone! I love having the opportunity to have my workout over and done with before work and Ally realised how important this is for working parents. She will even open up her own gym at home if there is rain forecast. Booking and payment is easy and hassle free. Ally is so friendly, kind and attentive and the training groups are full of lovely people.

What You Get

You'll never know! Sometimes conditioning, sometimes bodyweight exercises, TRX or weights. I'll keep mixing it up, so you never get bored! You will get fitter and get to see the sunrise!

Perfect for you if:

- You're an early riser and want to work out early to start the day right!
- You work full time and need to work out early to fit it into your daily schedule
- You enjoy Bootcamp style workouts and are motivated to exercise with other people
- You still want to focus on good form and technique
- You don't want bad weather to disrupt your workout schedule (we go inside when it's very wet/ stormy)
- Ideally you have a fair fitness level, however workouts can be adapted if you haven't exercised for a while

Your coach Ally van de Pol is a NASM-CPT Personal Trainer, AFPA Certified Holistic Nutritionist & AAHF Senior Exercise Specialist, plus First Aid and CPR qualified.

www.dragonfitnessandcoaching.com
ally@dragonfitnessandcoaching.com