

DIVERSIFIED COURSES

at AlphaStep



THE FITNESS FOUNDRY

Individual Services

AlphaStep offers **20+ courses**, across seven categories which include; **Foundational, Ninja Warrior, Mind & Body, Strength & Conditioning, Sports Specific, Parent-child, and Play & Learn.** The courses are available at different levels for several age groups.

1 Foundational

- Focus on physical and mental well-being which helps children develop abilities and interest in specific areas
- Introductory course to our Foundry
- Allow participants to experience most of our courses in one package
- Master the basics

2 Ninja Warrior

- Based on the show "American Ninja Warrior"
- Children will enjoy challenging yet safe obstacle courses with the ninja warrior facility to promote physiological and neurological development
- Not only trains the skills related to the ninja warrior course, but will also touch on healthy & skill related fitness
- Fun and challenging, aims to peak interest for physical activity and enhance self-efficacy and self-confidence at young ages

3 Parent-child

- Allow parent and child to build connection and bonding
- Allow parent to be aware of the importance of physical activity
- Allow parent and children to learn different types of fitness training

4 After School Learning & Play

- Allows students to enjoy fun and light activities after school, improving their mental health, physical fitness, and learning ability
- Learn some basic knowledge about sports science
- Use physical activity as a medium to relieve stress from school

5 Play Course

- Allow children to engage in physical activity
- Play as a form of physical activity can promote mental & physical well-being. Relieve stress and anxiety
- Designed for children to have fun and use the ninja warrior facility under staff supervision, the course offers stress relief and teaches basic techniques

Course Name	Age	Module	Course Fee (per module)
Foundational	3-5	4	HK\$360
	6-9		
	10-13	8	HK\$330
	14-17		
18+			

Ninja Warrior	3-5	4	HK\$360
	6-9		
	10-13	8	HK\$330
	14-17		

Parent-child	3-5	4	HK\$490
	6-8	8	HK\$460
	9-11		

After School Learning & Play	12-14	8	HK\$330
	15-17		

Play Course	3-5	4	HK\$280
	6-8		
	9-11		
	12-15		

6 Mind, Body & Fitness

- Stress importance of both physical activity & relaxation
- Experience different kinds of low impact & intensity exercises such as high intensity interval training, to mindfulness and relaxation

7 Corrective Movements

- Promote better movement patterns and mechanics
- Promote long term health and live pain-free
- Reduce risk of injuries

8 Before School Fitness Club

- Mental preparation for school
- Exercise before school promotes brain function, allowing better retention and memory
- Promote healthy lifestyle and help children develop a healthy daily routine, and increase their focus and energy levels at school

9 Speed & Power

- Train specifically to get athletes to be more powerful & fast, maximise neuromuscular systems and fitness abilities
- Teach athletes how to train for these to aspects and how to program their own training sessions

10 Fundamental Human Movements

- Entry level course to learn the 5 fundamental human movements (including push, pull, hinge, squat, and rotation) that occur in the daily situation
- Master the basics of these movements
- Can improve health as well as performance

11 Components of Fitness

- Breakdown of 8 components of fitness including strength, power, agility, balance, flexibility, muscular endurance, cardiovascular endurance, and co-ordination
- How to specially train for each component
- How they can be applied to sports

12 Sports Specific

- Tailor made for specific sports, including basketball, rugby, football, volleyball, badminton, swimming, golf and tennis
- Experience training programs that are transferable to the sport
- Systematic approach to programming, training and executing each session and movement

Course Name	Age	Module	Course Fee (per module)
Mind, Body & Fitness	6-9	4	HK\$360
	10-13		
	14-17		
	18+		

Corrective Movements	14-17	4	HK\$380
	18+		

Before School Fitness Club	3-5	4	HK\$260
	6-8		
	9-11		

Speed & Power	10-13	8	HK\$380
	14-17		
	18+		

Fundamental Human Movements	5-7	8	HK\$360
	8-10		
	11-13		
	14-17		
	18+		

Components of Fitness	8-11	8	HK\$360
	12-14		
	15-17		
	18+		

Basketball, Rugby, Football, Swimming, Badminton, Volleyball, Golf, Tennis	6-8	8	HK\$330
	9-11		
	12-14		
	15-17		
	18+		

*All courses will be conducted in English with Cantonese as a supplement if needed.

For Group

- Sports Specific (Intermediate)
- Customised Group Programme

For Event & Partnership

Some examples of event and partnership offered include:

- Talk
- Workshop
- Carnival
- Brand building event
- Team building programme
- Fundraising event
- Corporate social responsibility
- Community well-being project
- Service partnership



Enrolment Form

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and train with us now

Contact us



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