

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

Course Description

Ages	Date/ Time					
10-13	18 FEB	22 FEB	24 FEB	25 FEB	28 FEB	
	15:00-16:00	15:00-16:00	11:00-12:00	12:00-13:00	14:00-15:00	
14-17	19 FEB	22 FEB	23 FEB	24 FEB	25 FEB	
	15:00-16:00	11:00-12:00	18:00-19:00	18:00-19:00	15:00-16:00	
18+	20 FEB	21 FEB	26 FEB	27 FEB	28 FEB	
	18:00-19:00	14:00-15:00	11:00-12:00	18:00-19:00	16:00-17:00	

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

Course Description

Ages	Date/ Time					
8-11	22 FEB	25 FEB	26 FEB	28 FEB		
	18:00-19:00	14:00-15:00	12:00-13:00	14:00-15:00		
12-14	18 FEB	23 FEB	25 FEB	27 FEB		
	16:00-17:00	17:00-18:00	17:00-18:00	16:00-17:00		
15-17	21 FEB	23 FEB	24 FEB	26 FEB		
	15:00-16:00	11:00-12:00	10:00-11:00	13:00-14:00		
18+	22 FEB	23 FEB	24 FEB	27 FEB		
	11:00-12:00	16:00-17:00	11:00-12:00	17:00-18:00		

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

Course Description

Ages	Date/ Time					
5-7	18 FEB	22 FEB	25 FEB	26 FEB		
	14:00-15:00	16:00-17:00	10:00-11:00	14:00-15:00		
8-10	19 FEB	23 FEB	25 FEB	27 FEB		
	14:00-15:00	11:00-12:00	15:00-16:00	15:00-16:00		
11-13	21 FEB	23 FEB	26 FEB	28 FEB		
	16:00-17:00	12:00-13:00	11:00-12:00	11:00-12:00		
14-17	20 FEB	21 FEB	22 FEB	27 FEB		
	17:00-18:00	12:00-13:00	12:00-13:00	16:00-17:00		
18+	20 FEB	23 FEB	27 FEB			
	15:00-16:00	17:00-18:00	10:00-11:00			



Enrol Now!



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WHO WE ARE

AlphaStep is an innovative fitness foundry, taking both children aged 3-17 and adults through their fitness journey with fun immersive training and ninja warrior facilities. Backed by professional coaches and experts in Youth Education and Physical Training, AlphaStep offers a wide range of courses to choose from, all of which incorporate the skills and curriculum that are essential to strengthening the physical and mental well-being.

THE FITNESS FOUNDRY TRIAL WEEK (18 Feb - 28 Feb 2021)

Special Offer

\$149 originally ~~1980~~

- Try out as many classes as you like
- Trial class fee (HK\$149/session) will be waived if you purchase any of our regular courses on the same day of the trial class



(Terms and conditions apply)



Trial Class Information

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

Course Description

Ages	Date/ Time				
3-5	19 FEB 17:00-18:00	24 FEB 14:00-15:00	26 FEB 10:00-11:00	27 FEB 15:00-16:00	
6-9	18 FEB 11:00-12:00	23 FEB 14:00-15:00	25 FEB 16:00-17:00	28 FEB 17:00-18:00	
10-13	20 FEB 10:00-11:00	22 FEB 18:00-19:00	24 FEB 17:00-18:00	28 FEB 10:00-11:00	
14-17	21 FEB 14:00-15:00	23 FEB 16:00-17:00	25 FEB 11:00-12:00	26 FEB 15:00-16:00	27 FEB 10:00-11:00
18+	22 FEB 10:00-11:00	23 FEB 10:00-11:00	24 FEB 12:00-13:00	27 FEB 14:00-15:00	

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

Course Description

Ages	Date/ Time				
3-5	20 FEB 11:00-12:00	22 FEB 10:00-11:00	25 FEB 11:00-12:00	28 FEB 17:00-18:00	
6-9	19 FEB 18:00-19:00	21 FEB 18:00-19:00	26 FEB 10:00-11:00	27 FEB 12:00-13:00	28 FEB 18:00-19:00
10-13	19 FEB 16:00-17:00	22 FEB 16:00-17:00	25 FEB 16:00-17:00	28 FEB 10:00-11:00	
14-17	21 FEB 17:00-18:00	23 FEB 15:00-16:00	24 FEB 15:00-16:00	26 FEB 17:00-18:00	27 FEB 11:00-12:00

Corrective Movements

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

Course Description

Ages	Date/ Time			
14-17	18 FEB 18:00-19:00	22 FEB 14:00-15:00	24 FEB 16:00-17:00	25 FEB 18:00-19:00
18+	21 FEB 11:00-12:00	26 FEB 18:00-19:00	28 FEB 15:00-16:00	

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

Course Description

Ages	Date/ Time					
3-5	18 FEB 10:00-11:00	20 FEB 16:00-17:00	21 FEB 17:00-18:00	26 FEB 14:00-15:00	28 FEB 11:00-12:00	
6-8	20 FEB 14:00-15:00	21 FEB 13:00-14:00	22 FEB 14:00-15:00	26 FEB 18:00-19:00	27 FEB 14:00-15:00	28 FEB 13:00-14:00
9-11	20 FEB 13:00-14:00	23 FEB 18:00-19:00	24 FEB 15:00-16:00	26 FEB 16:00-17:00	28 FEB 15:00-16:00	

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

Course Description

Ages	Date/ Time					
6-9	19 FEB 11:00-12:00	21 FEB 11:00-12:00	22 FEB 13:00-14:00	24 FEB 14:00-15:00		
10-13	18 FEB 17:00-18:00	21 FEB 15:00-16:00	23 FEB 15:00-16:00	25 FEB 13:00-14:00	27 FEB 13:00-14:00	
14-17	21 FEB 16:00-17:00	22 FEB 17:00-18:00	24 FEB 18:00-19:00	26 FEB 15:00-16:00		
18+	21 FEB 18:00-19:00	23 FEB 14:00-15:00	27 FEB 11:00-12:00	28 FEB 12:00-13:00		

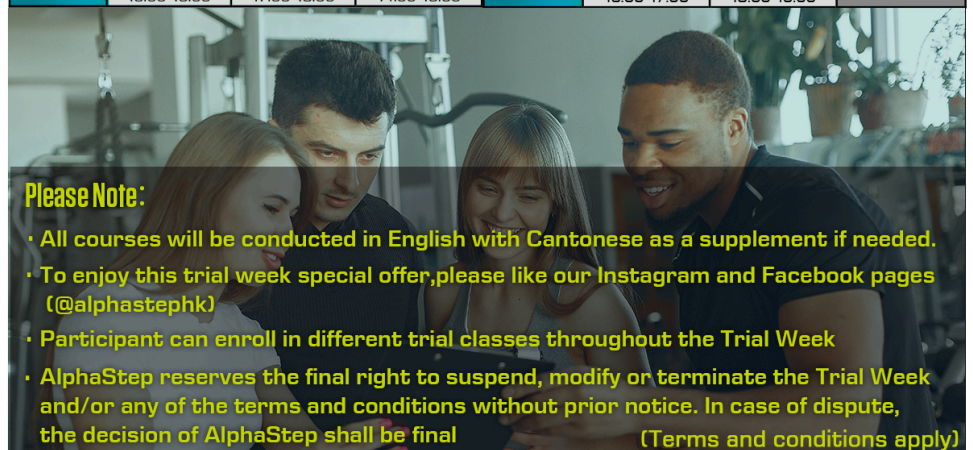
Sport Specific

- Tailor-made for specific Sports, including basketball, rugby, football, volleyball, badminton, swimming, golf and tennis
- Experience training programs that are transferable to the sport

Course Description

- Systematic approach to programming, training and executing each session and movement

Basketball			Swimming				
Ages	Date/ Time		Ages	Date/ Time			
6-8	21 FEB 10:00-11:00	23 FEB 10:00-11:00	25 FEB 10:00-11:00	6-8	18 FEB 12:00-13:00	22 FEB 17:00-18:00	28 FEB 16:00-17:00
9-11	24 FEB 13:00-14:00	27 FEB 17:00-18:00	28 FEB 18:00-19:00	9-11	19 FEB 10:00-11:00	23 FEB 13:00-14:00	25 FEB 18:00-19:00
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15-17	22 FEB 15:00-16:00	24 FEB 17:00-18:00	25 FEB 14:00-15:00	15-17	26 FEB 16:00-17:00	27 FEB 18:00-19:00	



Please Note:

- All courses will be conducted in English with Cantonese as a supplement if needed.
- To enjoy this trial week special offer, please like our Instagram and Facebook pages (@alphastephk)
- Participant can enroll in different trial classes throughout the Trial Week
- AlphaStep reserves the final right to suspend, modify or terminate the Trial Week and/or any of the terms and conditions without prior notice. In case of dispute, the decision of AlphaStep shall be final (Terms and conditions apply)