

课程及老师介绍（成人课程）

拳击散打成人班

零基础拳击散打课程，教拳击散打的基本动作,体能训练，基本防身术。训练要有必要的保护（如要有软垫、穿运动服运动鞋不能穿袜子训练、不能把平板电脑放抽屉柜上、训练处不能有尖锐的物品等）。

特邀美国精武门学院院长王双忠老师暑期开课，王老师是上海体育职业学院兼职教授，自己开办俱乐部培训班 7 年，曾经启蒙培养出拳击，散打全国冠军。善于循序渐进、热情激励学生们的训练。

本次暑期课程结束时将由精武门学院颁发电子版结业证书或荣誉证书。

成人 Hip Hop

Led by 2019 Hot Mama competition winner and veteran dance teacher Stella Zhang, this adult hip hop class is fun, energetic, and pressure free. In addition to learning beginner-level hip hop techniques, you will enjoy exercises that can tone your body and strengthen your core.

The one hour class consists of three parts: 10 mins warmup, 40 mins dance and 10 mins floor exercises.

Let's enjoy the music and dance together without leaving the comfort of our homes. I will see you on Zoom from 7:30 to 8:30pm on Tuesdays.