

康樂會全方位平衡運動社【經絡皮拉提斯班】第二十一期招生

課程簡介	<p>本班的上課內容著重核心訓練，同時包括心肺、肌力、伸展、燃脂，搭配節氣元素，達到全方位平衡的運動效果。</p> <p>每堂課的前 10 分鐘為暖身時間，老師會利用暖身過程觀察同學當天的狀況，將課程調整成適合同學當天所需的內容。另外，課堂中老師會走動巡視每位同學的動作是否正確，在安全前提下調整同學的動作，讓同學能以正確且有效的方式運動。</p>
師資	<p>金子老師</p> <p>台北市中山、萬華、內湖、大安、大同、文山等運動中心多年教學經驗，教授經絡皮拉提斯、瑜伽提斯等課程，課程主軸配合春夏秋冬四季節氣循環，讓身體與大自然相互協調達到平衡。著有「順著節氣來塑身：結合瑜伽、皮拉提斯、墊上運動的養生健美操」。</p>
日期	2026年 1 月 2 日 ~ 3 月 27 日
時間	每週五中午 12:10 ~ 13:10
地點	中研院體育館 3F 籃排球場
名額	新生 5 人
費用	本期 11 堂課共 1100 元
設備需求	需自備瑜珈墊, 抗力球, 彈力帶
報名網址	https://forms.gle/kLpUB7mkvgjkbZFE7

Meridian Pilates Class 21 Enrollment

Class Intro	Our Meridian Pilates class emphasizes core training while incorporating cardiovascular fitness, muscle strengthening, stretching, and fat burning. This program seamlessly blends elements of Yoga and Pilates, providing a holistic workout experience that aligns the mind and body with the rhythms of the seasons. Each class begins with a 10-minute warm-up, during which the instructor evaluates students' conditions and customizes the session accordingly. Throughout the class, the instructor moves around to monitor students, making adjustments as necessary to ensure safety and maximize workout effectiveness. Conducted entirely in Chinese, this class requires students to have a strong command of Chinese listening skills. Fluency in following oral instructions is essential to fully engage in the class and enjoy the full benefits of this integrated practice.
Instructor	Instructor Kinco With years of teaching experience at sports centers in Taipei's Zhongshan, Wanhua, Neihu, Daan, Datong, Wenshan, and other districts, Instructor Kinco has taught various courses such as Meridian Pilates and Yogalates. The core of these courses aligns with the cycles of the four seasons – spring, summer, autumn, and winter – allowing the body to harmonize with nature and achieve balance. Instructor Kinco has published the book "Shaping Your Body with the Seasons: A Wellness and Fitness Routine Combining Yoga, Pilates, and Mat Exercises."
Dates	Jan 2, 2026 – Mar 27, 2026
Time	Every Friday from 12:10 PM to 1:10 PM
Venue	3rd Floor Basketball/Volleyball Court, Academia Sinica Gymnasium
Availability	5 new students
Fee	11 classes in total, NT\$1100
Equipments Needed	Please bring your own yoga mat, 8 inch soft pilates ball, and medium to heavy resistance band
Registration	https://forms.gle/kLpUB7mkvgjkbZFE7