

Chairside Stretching Class

By Mr. Diksun Lam, Sport Therapist

Date: 20 Sept 2023 (Wednesday)

Time: 7:00 to 8:00pm

Location: Release Sport Center, TST

Fee: \$200 (by cheque)

Please scan the QR code for the application form. →

Join Now!



In this class, you will learn specific chair exercises which can help to improve your posture, and preventing musculoskeletal pain and injury.

