



MEMBERS PRIVILEGES | 度假村員禮遇



NAAM Garden Weekend Grill & Chill

Authentic Thai seafood, oyster on Ice, live station serve with Sangria, wines, beers, and soft drinks

Available until: 31 / 08 / 2021

Price: MOP 328 per adult

MOP 164 per child

Every Fridays - Sundays, 6:30 pm - 10:00 pm

[Menu](#)

Offers daily menu subject to the fresh ingredients available

BOOK NOW

ACTIVITIES SCHEDULE | 活動時間表

2/8 Mon 一	3/8 Tue 二	4/8 Wed 三	5/8 Thu 四	6/8 Fri 五	7/8 Sat 六	8/8 Sun 日
Advance Tai Chi 高級太極班 (Mr Chau) 7:30 - 8:30	Bollywood Dance 印度舞 (Ms Renu) 7:30 - 8:30	Yoga Balance 平衡瑜伽 (Vedanta) 7:30 - 8:30	Bollywood Dance 印度舞 (Ms Renu) 7:30 - 8:30	Yoga Core 動瑜珈 (Vedanta) 7:30 - 8:30	Advance Tai Chi 高級太極班 (Mr. Chau) 7:30 - 9:00	
Advance Weng Chun (Form of Martial Arts) 高級詠春 (Mr Chau) 8:30 - 9:30		Beginner Level Tai Chi 初級太極班 (Mr Chau) 8:30 - 10:00		Beginner Level Tai Chi 初級太極班 (Mr Chau) 8:30 - 10:00	Beginner Tai Chi 初級太極班 (Mr Chau) 9:00 - 9:30	Advance Yogathon 高級瑜伽 (Vedanta) 11:00-13:00
Beginner Tai Chi 初級太極班 (Mr Chau) 9:30 - 10.00						
Yoga for Spine 健康脊柱瑜伽 (Vedanta) 13:15-14:15	Tabata Training (Josephine) 13:15-14:15	Nia Free Dance Nia自由舞蹈 (Valentina) 13:15-14:15	Yoga 瑜伽 (Joe Ma) 13:15-14:15	Wheel Yoga 瑜伽輪 (Vedanta) 13:15-14:15		
Cardio Kick box 拳擊健美班 (Joe Ma) 18:30- 19:30	Yoga Twist 扭轉式瑜伽 (Vedanta) 18:30-19:30		Hip & Shoulder Opening 臀部拉感瑜珈 (Vedanta) 18:30 - 19:30	Aerobics 健康舞班 (Joe Ma) 18:30 - 19:30	Steps+Weights 踏板+啞鈴健身 (Joe Ma) 17:00-18:00	



tips

Good form. For strength training especially, and swimming, form is very important, but it's also important for other types of exercise. If you're strength training, start with lighter weights so you can work on your form. It's good to have an experienced spotter or trainer who knows good form to help you for the first month or so. Never sacrifice form for heavier weight. For swimming, you'll need to get a coach to teach you form.

Hills. If you run or bike or walk for cardio, you'll want to incorporate hills (after the first month or two of doing it at an easy pace on flat ground). These will make you stronger and make your limited workout time even more effective. Take them easy at first, but once you're used to hills, you can get a good pace going. Either use a hilly route or do repeats on one hill.

Circuits. One mistake that people make is to do multiple sets of the same exercise without rest between the sets. This doesn't allow your muscles to recover and it's a waste of your workout. But instead of doing a set, resting, and then doing your second set, it's more effective to move on to multiple exercises in a circuit, so that you don't rest between exercises but do rest each muscle group. This will give you a good cardio workout while you do your strength training.

