

MAY 2023

# OPS NEWS

The official business newsletter of Optimum Performance Studio



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**TRX**

**INTERNATIONAL  
TRAINING  
SUMMIT**

**HONG KONG**

**JUNE 3 & 4  
2023**

**SAT JUNE 3 AT 9:00 AM**  
**SUN JUNE 4 AT 6:00 PM**



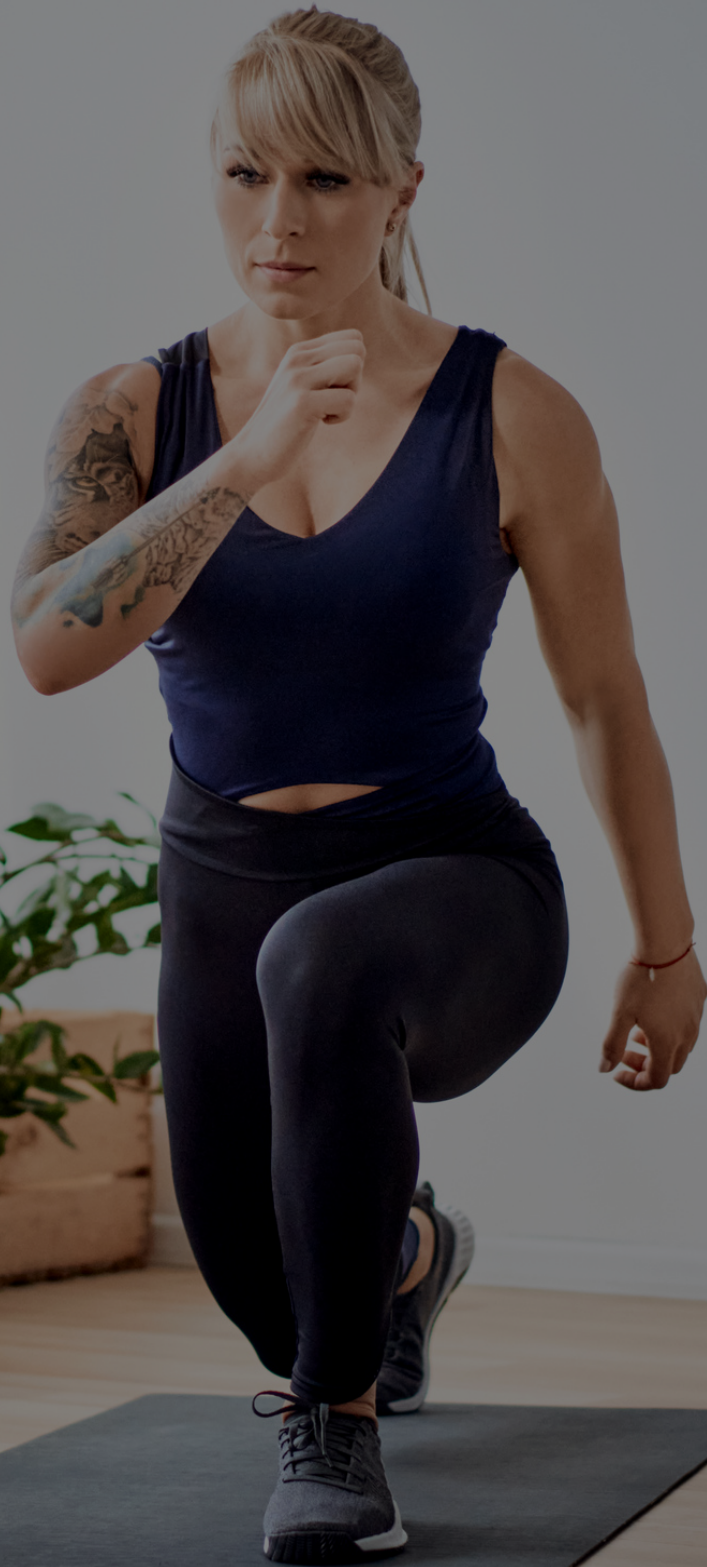
**OPTIMUM PERFORMANCE**

# STUDIO

**ASIA'S PREMIER  
EDUCATION & TRAINING  
FACILITY**



# STAY FIT - STAY HEALTHY WORKOUT FROM HOME



CARDIO | WEIGHTS | RECOVERY | FITNESS | ACCESSORIES  
BUILD YOUR HOME GYM: [WWW.COREFITNESSHK.COM](http://WWW.COREFITNESSHK.COM)

# NASM Articles & Podcasts



*Free!!!*

*Stay*  
**AHEAD**  
*of the game*

As a Certified Personal Trainer it is your responsibility to  
stay in the KNOW.

The NASM articles published twice weekly, are a very useful  
resource for any Personal Trainer or fitness enthusiast.

THE NUMBER 1 PERSONAL  
TRAINER CERTIFICATION

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# NASM SELF STUDY

World-Class Education | Personal  
Training | Nutrition | Group Fitness



START YOUR FITNESS  
JOURNEY TODAY



**NASM**  
INTERNATIONAL

# CONTINUING EDUCATION



LEARN  
MORE



# STAY CONNECTED



# FITNESS STUDIO FOR HIRE

OPEN

IN THE HEART  
OF CENTRAL



STUDIO RENTAL FEES

**GET YOURSELF  
COVERED...**



**INSURANCE**

**FIND OUT MORE**

# **PERFORMANCE LAB**

**FOR ALL THINGS SPORTS AND FITNESS**  
**BROUGHT TO YOU BY OPTIMUM PERFORMANCE STUDIO**

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**COME SAY HELLO**

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**1 ST FLOOR WORLD TRUST TOWER**  
**50 STANLEY STREET CENTRAL**  
**OR CALL US AT - 2868 5170**





**LIVE  
EDUCATION  
IS BACK**

*You're  
Invited!*

# CONTACT



**OPTIMUM  
PERFORMANCE  
STUDIO**

**TRAIN THE WAY YOU PLAY!**

**1ST - 2ND FLOOR WORLD TRUST TOWER  
50 STANLEY STREET CENTRAL**

**2868 5170**

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