

Fitness Training Workshop for CUHK Staff and Students

In order to introduce correct fitness training principles, methods, and proper ways of using fitness training equipment, the Physical Education Unit would like to organize a fitness training workshop for university staff and students. "CUHK Fitness Room Attendance Certificate" will be issued to those who have successfully completed the workshop.



Details are as follows:

Workshop Number	Date	Time	Starting Date For Online Registration	Deadline For Online Registration	Date For In Person Registration	Medium of Instruction	Quota
04/2025	16 Oct 2025 (Thursday)	6:30pm - 8:30pm	26 Sep 2025	03 Oct 2025	1pm, 13 Oct 2025 Until full quota	Cantonese (Supported by English & Putonghua)	25

Venue University Fitness Room

Enrollment :25/class (First-come-first-served)

Fee :\$100

Registration <https://webapp.itsc.cuhk.edu.hk/ras/restricted/EventList?id=84>

Enquiry :3943 6097

Remarks The workshop fee of the successful applicants MUST be settled and please tender the exact amount within specific date at the Inquiry Counter of University Sports Center
During workshop, No Attendance Certificate will be issued to those who are late or leave early for 15minutes.



Physical Education Unit
25 Sep 2025

(Please scan QR code for registration)