

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 | | | |
|-----------------|-----------------------------|-----------------------|---------------------------------------|----------------------------------|---------------------------------|---|--|--|---|
| 01/2021 | 19 Feb, 2020 (Wednesday) | 7:00pm - 9:00pm | Cancelled | | | Cantonese (Supported by English & Putonghua) | | | |
| 02/2021 | 26 Feb, 2020 (Wednesday) | 7:00pm - 9:00pm | | | | Cantonese (Supported by English & Putonghua) | | | |
| 03/2021 | 11 Mar, 2020 (Wednesday) | 7:00pm - 9:00pm | | | | Cantonese (Supported by English & Putonghua) | | | |
| 04/2021 | 25 Mar, 2020 (Wednesday) | 7:00pm - 9:00pm | | | | To be announced | | | Cantonese (Supported by English & Putonghua) |
| 05/2021 | 8 Apr, 2020 (Wednesday) | 7:00pm - 9:00pm | | | | | | | Cantonese (Supported by English & Putonghua) |

Venue : University Fitness Room
Enrollment : 25/class (First-come-first-served)
Fee : \$100
Registration : <https://webapp.itsc.cuhk.edu.hk/ras/>
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.

