

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	<h1>Cancelled</h1>			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				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.

