

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 | Medium of Instruction |
|----------------------------------|--|-----------------------|---------------------------------------|--|-----------------------|
| FIT_SS_1 FIT_SS_2 FIT_SS_3 | 3 June 2025 5 June 2025 10 June 2025 | 6:00pm - 8:00pm | 28 May 2025 | 2 June 2025 3 June 2025 8 June 2025 | Cantonese |
| FIT_SS_4 FIT_SS_5 FIT_SS_6 | 12 June 2025 19 June 2025 24 June 2025 | 6:00pm - 8:00pm | 28 May 2025 | 10 June 2025 18 June 2025 23 June 2025 | English |

Venue University Fitness Room

Enrollment :20/class (First-come-first-served)

Fee :\$100

Registration <https://webapp.itsc.cuhk.edu.hk/ras/restricted/EventList?id=86>

Enquiry :3943 6097

Remarks **During workshop, No Attendance Certificate will be issued to those who are late or leave early for 15minutes.**



Physical Education Unit
28 May 2025

(Please scan QR code for registration)