

# Indoor Group Exercise Classes

*at Stanley Ho Sports Centre*

Exercising in a group is a fun and motivating way to improve and/or maintain physical activity. The Active Health Clinic has designed classes to meet the different needs of our clients using facilities at Stanley Ho Sports Centre.

## *Circuit Training*

Circuit training is a high energy, time effective workout designed to improve stamina, strength and fitness - all at the same time!

**Date:** Every Wednesday and Friday  
**Time:** 9:30am-10:30am  
**Venue:** Exercise Clinic (1/F)  
**Capacity:** Maximum 12 participants



**Fee:**

10 session Flexipass for HKU Staff, Student & IHP Member- \$900

10 session Flexipass for Others - \$1,300

Single Walk-in Session (Upon availability) - \$150 per session

**(Register anytime and Flexipass are valid for 3 months after enrollment)**

Tel: (852) 2872-1205

Fax: (852) 2817-1974

Email: [activihp@hku.hk](mailto:activihp@hku.hk)

Henry Fok Health & Fitness Complex, Stanley Ho Sports Centre

10 Sha Wan Drive, Sandy Bay, Hong Kong

# HEALTH & FITNESS INDOOR GROUP EXERCISE CLASSES

At Stanley Ho Sports Centre

(Every Wednesday & Friday)



## REGISTRATION FORM

### PERSONAL INFORMATION

Title:  Prof.  Dr.  Mr.  Mrs.  Miss  Ms.

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender:  Male  Female  
(DD/MM/YY)

Category:  Non-member  HKU Staff, Students and IHP Sports Members Membership No. \_\_\_\_\_

Day Time Contact No /Mobile No: \_\_\_\_\_ Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Emergency Contact: (Name) \_\_\_\_\_ (Contact No.) \_\_\_\_\_

Do you have any past / present injuries/ medical concerns that we need to pay attention to?  Yes  No

Please describe if you tick "Yes" \_\_\_\_\_

### REGISTRATION FEE (please put a ✓ in the box where applicable)

<input type="checkbox"/>	Package Options	Fee
<input type="checkbox"/>	10 session package for HKU Staff, Students and IHP Sports Members	HK\$ 900.0
<input type="checkbox"/>	10 session package for Non-members	HK\$ 1300.0
<input type="checkbox"/>	Single Walk-in Session (upon availability)	HK\$ 150.0

### PAYMENT METHODS (payment receipt will only be provided upon request)

- by Cash** – This method is available only for registrations submitted to our office in-person. Please do not send cash.
- by Cheque** – Please make cheque payable to "The University of Hong Kong" and send it with the registration form to us by post / in-person.
- by Credit Card** – Please fill out the payment authorization session below or come to the Office G-03, Henry Fok Health and Fitness Complex during our office hours (Mon. – Fri. 0900-1800).

### LIABILITY WAIVER

I hereby affirm that I am in good physical condition to exercise. My participation is purely voluntary and in no way mandated by The University of Hong Kong.

Also, I understand that I can stop anytime if I have any discomfort or even without any particular reason. In no event shall The University of Hong Kong, its officers, employees, or agents be held liable for any injury, death, or property loss which I may suffer during the activities if caused by either my own negligence, inadequacies in health and fitness, or by accident.

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

### Credit Card Payment Authorization

Type of Card:  VISA  MASTERCARD  JCB

Name of the Cardholder: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiration Date (MM/YY): \_\_\_\_\_ / \_\_\_\_\_ CVC Code \_\_\_\_\_  
(Last 3 digits number on the back of the card)

I hereby authorize The University of Hong Kong to charge my credit card in the amount and purpose stated above.

Cardholder's Signature: \_\_\_\_\_ Date: \_\_\_\_\_