



CENTRE FOR
SPORTS AND EXERCISE
THE UNIVERSITY OF HONG KONG
香港大學運動中心

PERSONAL TRAINING PROGRAMME

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The Centre for Sports and Exercise is proud to offer the Personal Training Programme, which aims to provide one-on-one fitness and health training sessions to our members. Our team of highly qualified exercise specialists, personal trainers, and strength and conditioning specialists will guide and monitor any of our members toward reaching their optimal results in accordance with their personal goals and individual abilities.

TOP CLASS TRAINING FACILITIES AND PROFESSIONAL SUPPORT

The CSE has three locations for you to choose your training, all with well equipped gym facilities:

- **Active Health Clinic** located in the Stanley Ho Sports Centre
- **CSE Active** located at the Centennial Campus (only open to HKU students, staff, staff family and retiree members only)
- Fitness Centre at **Flora Ho Sports Centre**

With so many options to choose from we believe we have the equipment, facilities and personnel to help you reach your health and fitness goals in an enjoyable way.

PREREQUISITE

All participants **MUST** be current HKU student, staff or CSE Sport Members, 14 years old or above. (please refer to the CSE website www.cse.hku.hk for more information about the CSE Sport Memberships)

APPLICATION PROCEDURE

Complete the application form and send it to one of our centres: After application, an initial appointment will be made with you by the personal trainer to determine compatibility and goals. The choice of training package and payment will be settled after the initial meeting with your personal trainer. You may start your personal training session immediately.



CANCELLATION POLICY

All cancellation or rescheduling of training sessions should be made by telephone at least **6 working hours** in advance. Otherwise, that session will be deducted from the package.

All appointments will be cancelled if Typhoon Signal No. 8 or Black Rainstorm is hoisted, and our services will resume 3 hours after these warnings are lowered. Our trainer will call/email to confirm with you about the bad weather arrangement/rescheduling.

WITHDRAWAL/SWITCHING TRAINERS

All fees are non-refundable. If you are unable to complete all sessions within your package during the allotted time frame, the registration fee will be forfeited. Valid reasons such as doctor verified illness or injury may be considered as a justification to extend the expiry date at the discretion of CSE management.

If you would like to switch to another personal trainer midway through your package, please email or call us during office hours and we will do our best to accommodate your request.

PERSONAL INFORMATION

Please complete the information on this form and return to us.

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

Surname: _____ Given Name: _____

(Names should be the same as those on your CSE Sports Membership Card)

Chinese Name (if any): _____ Gender: Male Female

Date of Birth: _____ Age: _____

Category: Student Staff Member Student/CSE Membership No: _____

Day Time Contact No: _____ Mobile No: _____

E-mail Address: _____

Emergency Contact: *(Name)* _____ *(Contact No.)* _____

Are you currently taking any prescribed medication(s): Yes / No

Please describe if circled "Yes": _____

Please indicate your availability in the box below for scheduling the first session. Our Fitness Staff will contact you for a specific time and date for the 1 hour session.

Monday	<input type="checkbox"/> 7:30 - 11:00	<input type="checkbox"/> 11:00 - 14:00	<input type="checkbox"/> 14:00 - 17:00	<input type="checkbox"/> 17:00 - 19:00
Tuesday	<input type="checkbox"/> 7:30 - 11:00	<input type="checkbox"/> 11:00 - 14:00	<input type="checkbox"/> 14:00 - 17:00	<input type="checkbox"/> 17:00 - 19:00
Wednesday	<input type="checkbox"/> 7:30 - 11:00	<input type="checkbox"/> 11:00 - 14:00	<input type="checkbox"/> 14:00 - 17:00	<input type="checkbox"/> 17:00 - 19:00
Thursday	<input type="checkbox"/> 7:30 - 11:00	<input type="checkbox"/> 11:00 - 14:00	<input type="checkbox"/> 14:00 - 17:00	<input type="checkbox"/> 17:00 - 19:00
Friday	<input type="checkbox"/> 7:30 - 11:00	<input type="checkbox"/> 11:00 - 14:00	<input type="checkbox"/> 14:00 - 17:00	<input type="checkbox"/> 17:00 - 19:00

LIABILITY WAIVER

Please read our Liability Waiver carefully before signing. This is a release of liability and waiver of certain legal rights.

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 training 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: _____ Signature of Guardian: _____

(For participants who are under 18 years old)

Date: _____ Date: _____

TRAINING PACKAGE OPTIONS

You may discuss with our staff to help you select the most suitable training package and the best personal trainer for you. After the initial meeting, you may decide how you want to proceed with your training sessions and what package you would like to commit to. Each training session lasts for 1 hour.

Options	Validity	Price per 1-hour session		
		Professional Trainers	Personal Trainers	Exercise Trainee
Single session	1 time	HK\$ 700	HK\$ 550	HK\$ 350
2-10 sessions	2 months	HK\$ 650	HK\$ 500	HK\$ 300
11-19 sessions	3 months	HK\$ 600	HK\$ 450	HK\$ 250
20+ sessions	4 months	HK\$ 550	HK\$ 400	HK\$ 250

Our highly qualified and experienced personal trainers are here to guide and monitor members to achieve their personal health & fitness and desired physique goals. Please use the QR code on the side to see a list of our trainers.



Trainer of preference: _____ No preference
Training location: Stanley Ho Flora Ho CSE Active No Preference
Number of sessions: _____ x HK\$ _____ = HK\$ _____

PAYMENT METHODS

- Cash** - Available for registration submitting in-person.
- Cheque** - Please make the cheque payable to "The University of Hong Kong" and send it with the registration form to us by post / in-person.
- Credit Card** – Please bring along your Visa/Mastercard/Union Pay Card to:
 - Office G-03, Henry Fok Health and Fitness Complex during our office hours (Monday – Friday, 09:00-18:00)
 - Reception Counter of CSE Active at the Centennial Campus during our opening hours (Monday - Friday, 07:30-19:00)
 - Reception Counter of the Fitness Centre at the Flora Ho Sports Centre during our opening hours (Monday - Sunday, 07:30-22:30)

(Payment receipt will only be provided upon request)

Active Health Clinic

Stanley Ho Sports Centre, 10 Sha Wan Drive, Sandy Bay, Hong Kong

(Tel 2872-1205)

CSE Active

Room 3.36, 3/F, The Jockey Club Tower, The University of Hong Kong, Hong Kong

(Tel 3917-7852)

Flora Ho Sports Centre

Fitness Centre, Flora Ho Sports Centre, 111-113 Pokfulam Road, Hong Kong

(Tel 2656-4928)

CSE PROFESSIONAL TRAINERS

Mr. Alan Wong

Alan is the Health and Fitness Development Manager of CSE. He holds an MSc in Strength and Conditioning with Distinction from the University of Salford. He has vast experience in coaching elite athletes and is currently overseeing the Fitness of HKU sports teams and HK national athletes from various sports. Alan also holds a BEd (Hons) in Physical Education, and is also an



NASM international certified personal trainer and international certified performance enhancement specialist.

Ms. Annabelle Fong

Annabelle is the Fitness Trainer at the Centre for Sports and Exercise. She holds a BSc degree in Exercise Science at Concordia University and is also a NASM Certified Personal Trainer. After graduation, she worked closely with different physiotherapists assisting in both clinical and on-field settings, gaining experience in injury prevention and post injury patients. Her responsibility at the CSE Active gym is the fitness guidance of students and staff, as well as assisting in management of the daily operations of CSE Active Gym at the Centennial Campus.



Ms. Chi Wah Lau

Chi Wah holds a Master Degree in Exercise Science (Strength and Conditioning) from the Edith Cowan University, Australia. She is an NSCA Certified Strength and Conditioning Specialist, NSCA Certified Personal Trainer and ACSM/ACS Cancer Exercise Trainer. With a background of being a national elite gymnast in her young age, Chi Wah is also a certified international gymnastics judge, volunteering in gymnastics as a local expert for more than 20 years.



Ms. Dora Lau

Dora is the Exercise and Wellness Trainer at the Active Health Clinic. She holds a Master degree in Strength and Conditioning from the Edith Cowan University, Western Australia and a Bachelor Degree in Exercise and Health Science at HKU. She is currently a member of the Hong Kong Women's Baseball National Team and was a former representative in Softball. She is responsible for the development and coordination of service program with special population.



Mr. Glen Joe

Glen is the Exercise Physiologist at the Active Health Clinic. Part of his role is to develop and run services provided by the AHC including health and wellness, sports performance and physical fitness.



Glen holds a Masters degree in Sport and Exercise Science with Honours from the University of Auckland, New Zealand. In his time there he also provided sports science services in biomechanics, exercise physiology, strength and conditioning and anthropometry to New Zealand's National teams including sports such as softball, basketball, golf, rugby league, soccer, and Paralympics. He also has experience working in rehabilitation and corporate health and fitness, providing services that include sport and work injury rehabilitation, pre-employment health screening and workstation assessment.

Having been involved in his chosen sport of basketball for more than 20 years, Glen has played professional basketball in New Zealand and China and is currently continues to playing professionally in Hong Kong.

Mr. Kevin Tang

Kevin is an ACSM-Certified Exercise Physiologist and NSCA-Certified Personal Trainer and Strength and Conditioning Specialist. He joined the Centre for Sports and Exercise in 2007 after graduating from the BSc in Sports Science and Leisure management (SSLM) at the University of Hong Kong. He also holds a Master Degree of Social Sciences in the field of Gerontology



Programme at the University of Hong Kong. He is responsible for organizing activity programmes (with different age group from youth to elderly) as well as coaching fitness programmes at the Active Health Clinic.

Mr. Yenkit Man

Yenkit joined the Centre for Sports and Exercise in 2014. He received a Bachelor's Degree in Sports, Health and Management with Honours from the Hanze University in the Netherlands. He also holds a Dutch Fitness Trainer "A" Certificate and is a NSCA-Certified Strength and Conditioning Specialist. As a Black Belt holder, he is an experienced martial arts practitioner and has been a trainer in various martial arts



disciplines for many years. Yenkit is responsible for the development and coordination of on-campus fitness and health programs as well as overseeing usage of the CSE Active Gym at the Centennial Campus and providing quality training advice to students and staff.

CSE PERSONAL TRAINERS

Mr. Xavier Chiu

Xavier is the 齊志強. He holds a Bachelor Degree of Applied science (Exercise and Sport Science) at RMIT University, Australia. During his time in Australia, he worked in several fitness centers with different strength and condition coaches assisting them and gaining experience in professional bodyweight training and endurance training. Xavier was a former national triathlon squad member and he had represented Hong Kong to race oversea. He also is an accredited Exercise Scientist in Australia and certified swimming coach in Hong Kong.



CSE EXERCISE TRAINEES

Mr. Benjamin Hsu

Benjamin is the Exercise Trainee at the Centre for Sports and Exercise. He is a senior student, has completed CSE Fitness Trainer Certification Course and currently doing Exercise and Health major in The University of Hong Kong. His major responsibility is to deliver fitness guidance to range of participants, including teenagers, students, staff and senior adults. Besides, He is a former representative of the Hong Kong Youth basketball team (U18) and experienced in coaching basketball specific fitness and skills.



Mr. Marco Leung Shek Hin

Marco is the Exercise Trainee at the Centre for Sports and Exercise. He is completing the CSE Fitness Trainer Certification Course and is also a final year student studying a BSc degree in Exercise and Health in The University of Hong Kong. As a current Hong Kong Lacrosse Representative, he is experienced and passionate in functional training, core conditioning and weight training. He represents HK for U19 world championship and 2018 lacrosse men's world championship.



Ms. Hazel Yeung

Hazel is the Exercise Trainee at the Centre for Sports and Exercise. She is currently a final year student studying the BSc degree of Exercise and Health in The University of Hong Kong. She is also completing the Fitness Trainer Certification Course. As a former representative of the Hong Kong Track and Field team and an assistant coach at this field, she is experienced in functional training, core conditioning and bodyweight exercises.

