



## Fitness Training Course

The newly formed **Athletics Interest Group (AIG)** cordially invites you to join its first 10-session fitness training course as detailed below:

- Dates:** **1 September to 3 November (10 sessions)**  
**1, 6, 15, 24 & 29 September**  
**6, 13, 20 & 27 October**  
**3 November**  
*[All Wednesdays except 6 September (Mon) and 24 September (Fri)]*
- Time:** 7:30 pm – 8:30 pm
- Venue:** HKICPA, 27/F, Wu Chung House  
213 Queen's Road East, Wanchai
- Fee:** **\$200** (HKICPA member);  
**\$280** (non-HKICPA member).  
The fee is a fixed fee for all 10 sessions. No pro rata payment is accepted even if you cannot attend all 10 sessions.
- Capacity:** Min 35 persons (max 50 persons)  
*(Unless the minimum number of participants is reached, otherwise the course will be cancelled.)*
- Trainer:** Mr. Calson Leung (MSc., BSc., CSCS), a registered Physiotherapist and Certified Strength & Conditioning Specialist

### About the programme

The training is mainly in the form of stretching with light circuit training. It is a starter course to help members to grip and master some warm-up or cool-down exercises and muscle training to prepare for various athletics activities such as the 10km run in 2011 Standard Chartered Marathon. Training equipments like theraband or small balls will be provided along with free follow-up consultation after each session through email or by phone.

The programme contents will be planned according to the fitness level of the participants. To this end a health and life style questionnaire will be sent to all participations prior to the commencement of the training so that the trainer will get a general idea on the health condition.

### Registration

**To register**, please complete the enrolment form and return it to the Institute on or before **25 August 2010**. Please settle your fee **in cash** at the first session.

Enrolment is on a first-come first-served basis. An email will be sent to you before 30 August to inform you whether the course will go ahead and the status of your registration.

### Enquiries

Ms. Michelle Tse (Tel: 2287 7034)  
Member & Corporate Services Department

**AIG is now recruiting new members.** As a member, you will enjoy an array of activities organised by AIG such as circuit training, hiking and marathon.

**Sign Up NOW** to enjoy a balanced and healthy lifestyle.



**Member & Corporate Department,  
 Hong Kong Institute of CPAs**  
 37th Floor, Wu Chung House,  
 213 Queen's Road East, Hong Kong.  
**Fax no: 2803 4620**

# Fitness Training Course

## Enrolment Form

**1 September to 3 November 2010**

(Please reply on or before **25 August 2010**)

FOR OFFICE USE

Seq. no.: \_\_\_\_\_  
 Handled by: \_\_\_\_\_

Please allow 4 days to process your application. In order not to delay the process, please **DO NOT** make any enquiries on your enrolment status. You can check it at "My CPA" at <http://www.hkicpa.org.hk>.

Name:	Sex: M / F
Membership No.:	Email:
Tel:	Mobile:

**Course fee:**     **\$200** for HKICPA member                       **\$280** for non-HKICPA member  
 (Course fee **in cash** will be collected at the first session on 1 September 2010.)

**Declaration**

I declare that I do not suffer from any illness/disability that renders me unfit to participate in the above activity. I will immediately notify the convenor of the interest group/HKICPA if, for any reason, my health subsequently renders me or may render me unfit to participate in the above activity. I fully accept that the convenor of the interest group/HKICPA will then consider whether I should, in the interest of safety or the safety of the other participants, continue to be allowed to further participate in future sessions and that his/her/the decision of the HKICPA will be final.

Where trainers are in place, I agree to follow the trainer's instructions. I agree that this may be a verbal, visual, physical or demonstrative form of communication. I will ask for further clarification of any ambiguous and/or inaudible instructions. I understand that I will be asked to leave a session immediately if deemed to be deliberately ignoring the instructions from the trainer.

**Assumption of Risks and Disclaimer of Liability**

As a participant in the above activity you accept that you may be exposing yourself to risk of harm due to the hazards inherent in the activity. You are responsible to take care to prevent putting yourself or other members in danger.

In signing this enrolment form you fully accept that the Hong Kong Institute of Certified Public Accountants and its Sports and Recreation Club and the individual organising committee(s)/ convenor(s) shall not be held liable for any injury or death which you may suffer from participating in the activity, if the cause of injury or death is due to your own negligence, the negligence of other participants or if, at any time, you have failed to disclose any medical and/or health reasons that would or may have rendered you unfit to participate in the activity in which you suffered injury or death.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Notes:**

- Enrolment for the course is accepted on a first-come-first-served basis and priority will be offered to Athletics Interest Group members in the case of over subscription.
- Full payment will be collected at the first session. No telephone reservation will be accepted.
- The closing date for enrolment is **25 August**. However, the Institute has the discretion to accept late enrolments as it sees fit.
- We will contact you by email or by telephone regarding your registration status before 30 August. If you do not hear from us by 31 August, please contact Ms. Michelle Tse at 2287 7034 / Ms. Elaine Wai at 2287 7230.
- Unless the course is cancelled due to unforeseen circumstances or low enrolment, no refund for withdrawal will be entertained after we receive your application.
- Bad weather arrangement: The class will be cancelled if typhoon signal no. 8 or above/ Black Rainstorm Warning is hoisted 2 hours prior to the commencement of the class. In the event of bad weather, a make-up class will be arranged.
- The Institute reserves the right to change the venue and date of the class due to unforeseen circumstances.

**Payment & Enrolment Status Enquiry:** 2287 7379  
 e-mail: [finance@hkicpa.org.hk](mailto:finance@hkicpa.org.hk)

**Event Information Enquiry:** 2287 7034  
 e-mail: [mcs.msce@hkicpa.org.hk](mailto:mcs.msce@hkicpa.org.hk)