

**Physical Fitness Class**  
**(organised by HKICPA Dragon Boat Interest Group)**

12 sessions of Physical Fitness class will be held as below:

Date: 6 January – 31 March 2010 (every Wednesday except 17 February)

Time: 7:30 pm – 9:00 pm

Venue: HKICPA Members' Lounge, 27/F, Wu Chung House, 213 Queen's Road East

Fee: HK\$220 (non-DBIG member) for 12 sessions

Trainer: Mr. Calson Leung (MSc., BSc., CSCS)

Mr. Calson Leung who is a registered Physiotherapist and Certified Strength & Conditioning Specialist, is also our trainer last year and will continue to teach us this year.

He has designed a circuit training which will have cardio, endurance and power training within the session, and body-weight exercises, rubber band will be our main stream. Other small equipments like Pilates ball/ dura disc for training core stability and balance may be used during the training course.

The course is suitable for all level and all age, for both paddlers and non-paddlers.

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 their health condition.

If you are interested in the class, please give us your particulars (e.g. name, email and contact number) by email ([peggy@hkipa.org.hk](mailto:peggy@hkipa.org.hk)) for onward transmission to Camille Tsui, the Convenor of DBIG, for her further handling. Fee will be collected at the first session.

30 December 2009