



Fitness Training Class



The **Athletics Interest Group (AIG)** has organised a re-run of fitness training to provide a regular cardio and stretching training for members' health maintenance. **Sign up** now to get fitter, stronger and healthier.

- Dates:** 7 January to 1 April 2015 (total 8 sessions)
7, 19 & 29 January, 26 February;
11, 17 & 23 March; 1 April
- Time:** **Class A: 7:15 pm – 8:15 pm**
Class B: 8:30 pm – 9:30 pm
- Venue:** Hong Kong Institute of CPAs,
27/F, Wu Chung House, 213 Queen's Road East, Wanchai
- Fee:** **\$240** (HKICPA member); **\$320** (non-HKICPA member).
Fixed fee with no pro rata payment even if you cannot attend all 8 sessions.
- Capacity:** Min 30 persons (max 35 persons)
(Unless the minimum number of participants is reached, otherwise the course will not be proceeded.)
- Trainer:** Mr. Calson Leung (MSc., BSc., CSCS), a registered physiotherapist and certified strength & conditioning specialist

About the programme

The training focuses on stretching with light circuit training including warm-up; cool-down exercises and muscle training to prepare for various athletics activities such as walking, running and other sports. Training equipments like Thera-Band and small balls will be provided.

In order to enable the trainer to plan the training sessions according to participants' needs, participants will be required to complete a health and lifestyle questionnaire upon successful enrolment.



Registration

To register, please complete the enrolment form and return it with full payment to the Institute on or before **29 December 2014**.

Enrolment is on a first-come first-served basis. Enrollees will be notified of his/her enrolment status by email on 2 January 2015.



Enquiries

Ms. Jenny Wu
Corporate and Mainland Affairs
Tel: 2287 7034
Email: jennywu@hkicpa.org.hk



MCS2 Event Code: AIG150107

**Finance & Operations Department,
 Hong Kong Institute of CPAs**
 37th Floor, Wu Chung House,
 213 Queen's Road East, Hong Kong.
Fax no: 2893 9853

Fitness Training Class

Enrolment Form

7 January to 1 April 2015

(Please reply on or before **29 December 2014**)

FOR OFFICE USE

Seq. no.: -----

Handled by: -----

Please allow 4 working days to process your application. You can check your enrolment status at "My CPA" at www.hkicpa.org.hk.

| | | | |
|-----------------|----------------------|-------------|--|
| Name: | (Mr./Mrs./Ms.) _____ | AIG member: | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Membership No.: | | Email: | |
| Tel: | | Mobile: | (for emergency contact on the day of activity.) |

| | | |
|--------------------|---|---|
| Time: | <input type="checkbox"/> Class A (7:15 pm – 8:15 pm) | <input type="checkbox"/> Class B (8:30 pm – 9:30 pm) |
| Course fee: | <input type="checkbox"/> \$240 for HKICPA member | <input type="checkbox"/> \$320 for non-HKICPA member |

Payment Method (Please tick the appropriate box)

| | |
|---|---|
| <input type="checkbox"/> Cheque (no. _____) payable to "Hong Kong Institute of Certified Public Accountants" or "HKICPA" | |
| <input type="checkbox"/> VISA / MasterCard | <input type="checkbox"/> BOC HKICPA UnionPay card |
| Card Number: | Card Expiry Date (MM/YY): |
| Cardholder's Name (block letters): | Cardholder's Signature: |
| | Date: |
| <input type="checkbox"/> I would like to have an official receipt. (Remarks: Official receipt will be sent to your email address provided above.) | |

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.

Signature: _____ Date: _____

(Please read notes on enrolment and privacy policy on the next page)

| | |
|--|-----------|
| For payment by cheque, please fill-in your postal address for refund in case the event is full or cancelled. | |
| Name : | Name : |
| Address: | Address : |
| | |
| | |

Notes:

1. Priority for enrolment will first be offered to AIG members and then to non-AIG HKICPA members in the case of over subscription. Non-members' applications will only be processed after registration deadline subject to availability. We only accept non-member's enrolment as a guest of a member.
2. Full payment must be made before your enrolment will be processed. No telephone reservation will be accepted.
3. The closing date for enrolment is **2 Jan 2015**. However, the Institute has the discretion to accept late enrolments as it sees fit.
4. Application by fax will ONLY be accepted when payment is made by credit card. Cash is strictly NOT accepted.
5. Successful enrollees will receive confirmation by email or by telephone, whereas unsuccessful applicants will receive full refund.
6. If you do not hear from us two working days after the closing date, please contact Ms. Jenny Wu at 2287 7034 / Ms. Elaine Wai at 2287 7230.
7. Unless the activity is cancelled due to unforeseen circumstances, low enrolment or bad weather, no refund for withdrawal will be entertained after the enrolment has been processed.
8. Bad weather arrangement: The activity will be cancelled if typhoon signal no. 8 or above / Black Rainstorm Warning is hoisted 2 hours prior to the commencement of the activity.
9. The Institute reserves the right to change the venue and date of the course due to unforeseen circumstances.

Personal Data: Your personal data collected from the enrolment process and administration of courses/events/activities will be used for the purpose of the administration of the course/event/activity on which you are enrolled ("Event"). Such data collected may be accessible by the Institute's officers, persons or committees processing the application and related matters. In addition, the Institute may use the collected data for statistical research and analysis. By submitting this Enrolment Form, you understand and agree that the Institute may provide your personal data above to co-organisers/service providers in or outside Hong Kong for the purpose relating to the Event. The Institute intends to use the personal data of your name, email address and correspondence address to inform you, where relevant, of members' benefits, goods, services, facilities and events organized or provided by the Institute or other organizations. Members and registered students may opt out of receiving such materials at any time by logging in via the following link <https://www.hkicpa.org.hk/en/members-area/comm-preference/>. Non-members may opt out of receiving such materials at any time by sending an email to the Institute at privacyofficer@hkicpa.org.hk or a letter to the Institute's privacy officer. For more information about the privacy policy of the Institute, please go to <http://www.hkicpa.org.hk/en/service-tools/privacy-policy/>.

Event Information Enquiry: 2287 7034 / e-mail: jennywu@hkicpa.org.hk

Payment & Enrolment Status Enquiry: 2287 7381 / e-mail: finance@hkicpa.org.hk