



Institute of Human Performance

Personal Training Programme

at Stanley Ho Sports Centre

The Institute of Human Performance is proud to introduce the Personal Training System to all our IHP members. Based at the Stanley Ho Sports Centre, our highly qualified and experienced personal trainers are ready to guide and monitor members to achieve their personal health & fitness and desired physique goals.

TOP CLASS TRAINING FACILITIES AND PROFESSIONAL SUPPORT

Including well-equipped gym facilities, athletic track, swimming pool, pitches and jogging trails, this excellent all-in-one high quality training facility at Stanley Ho Sports Centre provides for a variety of training options and lots of fun!

In addition to the Personal Training options, other services* such as health assessment and scientific testing (lactate analysis, VO2 max, submaximal aerobic tests, movement analysis) and various professional consultations are also available by appointment.

* *Additional charges will apply.*

PREREQUISITE

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

APPLICATION PROCEDURE

Complete the application form and send it to:

G-03, Henry Fok Health & Fitness Complex, Stanley Ho Sports Centre, 10 Sha Wan Drive, Sandy Bay, HK

You may discuss with our staff on duty to help you select the most suitable training package and the best personal trainer for you from our list of trainers. An appointment will be made with you and the personal trainer to determine compatibility and goals. After the initial meeting with your personal trainer, you may decide how you want to proceed with your training sessions and what package you would like to commit to. You may start your personal training session immediately.

CANCELLATION POLICY

All cancellation or rescheduling of training sessions should be made by telephone at least **24 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 staff/personal trainer will call 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 IHP 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.

Enquiries:

Tel: 2872-1205

Fax: 2817-1974

Email: activihp@hku.hk

Website: www.hku.hk/ihp

Address: G-03, Henry Fok Health & Fitness Complex, Stanley Ho Sports Centre, 10 Sha Wan Drive, Sandy Bay, HK

Office Hours: Monday - Friday 0900-1800

Opening Hours of Fitness Centre : Mon-Fri 0700-2100; Sat-Sun 0700-1800