The Institute of Human Performance is proud to offer the Personal Training Services to our IHP Sports members and students. Our highly qualified and experienced personal trainers are here to guide and monitor members to achieve their personal health & fitness and desired physique goals.

TOP CLASS TRAINING FACILITIES AND PROFESSIONAL SUPPORT

At the Active Health Clinic located in the Stanley Ho Sports Centre, we have well-equipped gym facilities, athletic track, swimming pool, pitches and jogging trails, this excellent all-in-one high quality training facility provides you a variety of training options and lots of fun!

In addition to the Stanley Ho Sports Centre, a brand new fitness training facility --- IHP Active is now open for HKU students and Staff Sports Members to stay active at the main campus. With exercise professionals always here to assist you at both of our Centres, we believe you can reach your fitness goal in an enjoyable way!

PREREQUISITE

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

*IHP Active is open to HKU students and Staff Family Members only.

APPLICATION PROCEDURE

Complete the application form and send it to:
Active Health Clinic - 1/F, Henry Fok Health & Fitness Complex, Stanley Ho Sports Centre OR
IHP Active - Room 3.36, 3/F, The Jockey Club Tower, University of Hong Kong

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 12 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 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 (ACTIVE HEALTH CLINIC) / 3917-7852 (IHP ACTIVE) 
Email: activihp@hku.hk
Website: www.ActiveHealthClinic.hk

Opening Hours: Active Health Clinic- Mon-Fri 0900-1800 
IHP Active - Mon-Fri 0730-1900
Ms. Chi Wah Lau
Chi Wah holds a BEd Sports Science and Physical Education and was a national elite level gymnast in Hong Kong. She is an NSCA Certified Personal Trainer, Strength and Conditioning Specialist; and International Gymnastics Brevet Judge.
Chi Wah joined the Active Health Clinic since 2007. She was actively engaging in training with various populations including clients with diabetic, disability, Down syndrome and elderlies.

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 professionally 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 Health & Fitness Specialist and NSCA-Certified Personal Trainer and Strength and Conditioning Specialist. He joined the Institute of Human Performance in 2007 after graduating from the BSc in Sports Science and Leisure management (SSLM) at the University of Hong Kong. He is also responsible for organizing activity programmes (with particular focus on youth) as well as coaching fitness programmes at the Active Health Clinic.

Ms. Annabelle Fong
Annabelle is the Fitness Trainer at the Institute of Human Performance. 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 IHP Active gym is the fitness guidance of staff and students, as well as assisting in management of the daily operations of IHP Active Gym at the Centennial Campus.

Mr. Wesley Wong
Wesley is a fitness trainer at the Institute of Human Performance and is currently finishing his degree in Exercise and Health Science at the University of Hong Kong. He is a NSCA Certified Personal Trainer. His experiences in sports include coaching tennis, outdoor activities and different sports specific training. He is currently part of the Hong Kong lacrosse team. Working part time at the IHP Active Gym, Wesley provides fitness guidance to staff and students.