

# HEALTH & FITNESS

# OUTDOOR TRAINING CIRCUITS

*at Stanley Ho Sports Centre*



At the Institute of Human Performance (IHP) we know the importance of moving your body to enhance health and fitness. Early morning training at our excellent sports facilities with a qualified exercise coach is one of the best ways to get fit. Furthermore, exercising in the morning will kick-start your metabolism for the day; burning more calories even while you are at your desk!

## Coach In-charge

The IHP presents John Pache, an exciting exercise coach who offers individual and team coaching for sports and fitness enthusiasts. John brings to this outdoor health & Fitness Boot Camp his many personal experiences in exercise training and sports competition. Safety and results are the goal of this program and John's programs follow the principles and practices of the CHEK Institute and exercise guidelines of the American College of Sports Medicine. The program will help participants modify body composition (reduce body fat and increase lean body mass), improve aerobic condition, flexibility, strength and power. John will use his exercise coaching skills and a lot of fun exercise tools to help you achieve your goals.



## Program Details

Date: Every Monday and Wednesday

Time: Session 1 - 6:05am - 7:05am  
 Session 2 - 7:15am - 8:15am

Venue: Athletic Track at Stanley Ho Sports Centre

Capacity: Maximum 15 participants

Fee:

12 session coupons for HKU Staff, Student & IHP Members- \$1500

12 session coupons for Others - \$1800

Single Walk-in Session (Upon availability) - \$200 per session

*(Register anytime and coupons are valid for 3 months after enrollment.)*



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At Stanley Ho Sports Centre

(Every Monday & Wednesday Morning)

## REGISTRATION FORM

### PERSONAL INFORMATION

Title:  Prof.  Dr.  Mr.  Mrs.  Miss  Ms.

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender:  Male  Female  
(DD/MM/YY)

Category:  Non-member  HKU Staff, Students and IHP Sports Members Membership No. \_\_\_\_\_

Day Time Contact No.: \_\_\_\_\_ Mobile No.: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ (Name) \_\_\_\_\_ (Contact No.)

Do you have any past / present injuries/medical concerns that we need to pay attention to?  Yes  No  
Please describe if you tick "Yes" \_\_\_\_\_

### REGISTRATION FEE (please put a ✓ in the box where applicable)

Session	Package Options	Fee
<input type="checkbox"/> (1) 6:05 – 7:05am	<input type="checkbox"/> 12 session package for HKU Staff, Students and IHP Sports Members	HK\$ 1500.0
<input type="checkbox"/> (2) 7:15 – 8:15am	<input type="checkbox"/> 12 session package for Non-members	HK\$ 1800.0
	<input type="checkbox"/> Single Walk-in Session (upon availability)	HK\$ 200.0

### PAYMENT METHODS (payment receipt will only be provided upon request)

- Cash** - available for registrations submitted to our office in person.
- Cheque** - Please make the cheque payable to "The University of Hong Kong" and send it with the registration form to us by post / in-person.
- Credit Card** – Please fill out the payment authorization session below or come to the Office G-03, Henry Fok Health and Fitness Complex during our office hours (Mon. – Fri. 0900-1800).

### LIABILITY WAIVER

I hereby affirm that I am in good physical condition to exercise. My participation is purely voluntary and in no way mandated by The University of Hong Kong.

Also, I understand that I can stop training anytime if I have any discomfort or even without any particular reason. In no event shall The University of Hong Kong, its officers, employees, or agents be held liable for any injury, death, or property loss which I may suffer during the activities if caused by either my own negligence, inadequacies in health and fitness or by accident.

Signature of Applicant: \_\_\_\_\_ Date \_\_\_\_\_

### Credit Card Payment Authorization

Type of Card:  VISA  MASTERCARD  JCB

Name of the Cardholder: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiration Date (MM/YY): \_\_\_\_\_ / \_\_\_\_\_ CVC Code \_\_\_\_\_  
(last 3 digits number on the back of the card)

I hereby authorize The University of Hong Kong to charge my credit card in the amount and purpose stated above.

Cardholder's Signature: \_\_\_\_\_ Date \_\_\_\_\_