



Hong Kong Institute of
Certified Public Accountants
香港會計師公會

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Fitness and Stretching Class



The **Athletics Interest Group (AIG)** has organized a fitness class which aims to provide stretching and low intensity training for members.

Dates: 10, 24, 31 January, 7, 14, 21 and 28 February
(Wednesdays, total 7 sessions)

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: HKICPA members: \$230
Non-HKICPA members: \$490
Fixed fee with no pro rata payment or refund for not being able to attend all sessions.

Capacity: Min 30 persons (max 35 persons)

Trainer: Mr. Calson Leung (MSc., BSc., CSCS), registered physiotherapist and certified strength & conditioning specialist

About the programme

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

To assist the trainer in mapping out an effective programme for all participants' needs, enrolees will be required to complete a health and lifestyle questionnaire upon successful enrolment.



Registration

Register online on or before **31 December 2017**.

- [Class A](#)
- [Class B](#)

Enrolment is on a first-come first-served basis. Confirmation email will be sent out by 4 January to confirm your registration status.

Enquiries

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