



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: 19, 26 April (Thursdays); 2, 9 and 23 May (Wednesdays)
(Total 5 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: **\$200**
Non-HKICPA members: **\$390**
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 **8 April 2018**.

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

Enrolment is on a first-come first-served basis. Confirmation email will be sent out by 13 April to confirm your registration status.

Enquiries

Miss Sheri Tam
Corporate and Member Services
Tel: 2287 7067
Email: sheritam@hkicpa.org.hk



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 consider non-member's enrolment when it is enrolled with a member.
2. This event is subject to cancellation should the minimum number is not reached.
3. Full payment must be made before your enrolment will be processed. No telephone reservation will be accepted.
4. The closing date for enrolment is **8 April**. However, the Institute has the discretion to accept late enrolments as it sees fit.
5. Registration by fax will ONLY be processed when payment is made by credit card. Cash is strictly NOT accepted.
6. Successful registrants will receive confirmation by email or by telephone, whereas unsuccessful registrants will receive full refund.
7. If you do not hear from us by **13 April**, please contact Miss Sheri Tam at 2287 7067 / Miss Kay Choy at 2287 7220.
8. 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.
9. Bad weather arrangement: The activity will be cancelled if typhoon signal no. 8 or above / Black Rainstorm Warning is hoisted at or after 2:30 pm on the date of the activity.
10. 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 <http://mas.hkicpa.org.hk/mycpa/login.jsessionid=pEzvTllm1zpl-kZTDbtY3Fmc>. 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 7067 / e-mail: sheritam@hkicpa.org.hk

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