



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

ATHLETICS Interest Group



Fitness Training Course Series - (1) Introduction of Fitness Training in Sports and Daily Life

The **Athletics Interest Group (AIG)** will organize a fitness training course series for members who want to enhance the fitness skills to your selves.

Mr. Frenda So FCPA, an Institute member, will share his knowledge with us to improve the fitness training skills including:



1. Know your own body in sports and daily life;
2. How to strengthen muscles, burn fat, improve cardiopulmonary function, improve flexibility and special training techniques in sports;
3. Using cross training elastic rubber band and your own weight to train the entire body muscles with common and simple methods and techniques;
4. An overview of health and sports nutrition.

Details

Dates: **22 February 2024 (Thursday)**

Time: **6:30 pm – 8:30 pm**

Venue: Hong Kong Institute of CPAs
27/F, Wu Chung House, 213 Queen's Road East, Wanchai

Fee: **\$100** (Including a brand-new cross training elastic rubber band and a new tennis ball)

Capacity: Min. 8 participants (max. 20 participants)

Notes: (1) Please wear sport clothing and sports shoes (no skirt and high heels)
(2) For personal hygiene reason, please bring your own yoga mat

Trainer: Mr. Frenda So FCPA, Level 2 Bodybuilding and Fitness Coach (HKCBBA)

Registration & Enquiries

Registration & payment: 1) **Registration:**
[Online registration](#) only and please note that it is on a first-come-first-served basis.

2) **Payment:**
FPS/Payme pay to Juni Ngai at **9851 5100** before **20 February 2024**.

Deadline: **20 February 2024 (first-come-first serve, while spot last)**, confirmation email will be sent on 21 February 2024.

Enquiries: Ms. Juni Ngai, Athletics Interest Group Convenor, via WhatsApp at 9851 5100

Register as an Athletics Interest Group (AIG) member

HKICPA members can join the AIG for free and will receive the latest news and enjoy priority entry to join the group's activities, simply visit the HKICPA homepage > login to "[myCPA](#)" > Application > Faculty/Interest Group Application > Add Sports and Recreation Interest Group > Athletics Interest Group.

Membership of sports and recreation interest group is FREE OF CHARGE, and each member can join up to 5 sports and recreational interest groups.

Terms for Enrolment in Sports IG Activities:

Any enrolment in the activity is based on the participant's assessment that s/he is fit to participate and the assumption of all the risks and hazards inherent in the said activity. The participant agrees not to hold HKICPA or the convenor of the interest group liable for any loss or damage that the participant may suffer as a result of the participation. Where an external third party has been engaged to arrange the activity, the participant further agrees that the third party is solely responsible for any liability which may result from the activity.

The participant further agrees to follow the instructions from trainers (if any) and observe the [Event Participation Guidance](#). Any failure to follow such instructions will result in the participant's exclusion from the activity. The convenor of the interest group or trainer (if any) may determine, in the interests of safety or other considerations, whether an activity shall continue or whether a particular participant is allowed to continue to participate.

Notes:

1. Registration is on a first-come first-served basis. Priority for enrollment will first be offered to AIG members and then to non-AIG HKICPA members in the case of over subscription.
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 Convenor / trainer has the discretion to accept late enrolments after the closing deadline as it sees fit.
5. Unless the activity is cancelled due to unforeseen circumstances, low enrollment or bad weather, no refund for withdrawal will be entertained after the enrollment has been processed.
6. Bad weather arrangement: The activity will be cancelled if typhoon signal no. 8 or above / Black Rainstorm Warning is hoisted 2 hours prior to the commencement of the course.
7. The Convenor / trainer 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/communication/preference>. 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/>.