



Physical Fitness Programme

Class	Programme code	Time	Fee	Target
Class A	HF100115A	7 – 8 p.m.	\$900	Members with low to moderate exercise
Class B	HF100115B	8:15 – 9:15 p.m.	\$900	Members with active exercise

Date: 15 January – 19 March 2010, every Friday (10 sessions)

Venue: Members' Lounge, HKICPA,
27/F, Wu Chung House, 213 Queen's Road East, Wanchai.

Class size: Min 20 persons (max 40 persons)
(The class will only be formed when the minimum number is reached.)

Instructor: Mr. Freeman Lee, *Certified American College of Sports Medicine Health & Fitness Instructor, Certified National Strength & Conditioning Association Strength & Conditioning Specialist and Certified International Association of Athletics Federation Track & Field Coach.*

About the programme

Programme Contents:

1. Fitness Evaluation
 - Cardiovascular test (3 minute step test) – stop watch and wooden bench
 - Flexibility test (modified sit-and-reach test) – wooden bench
 - Posture analysis
 - Core conditioning and coordination test
2. Warm up and cool down exercises, and proper stretching exercises
3. Mid-term progress evaluation
4. Core Stability Training
5. Fitness evaluation and follow up programme

This 10 week progressive in-door training guides members to improve their physical fitness, aiming at improving general fitness and preventing muscular, skeletal and soft tissue injury.

Registration

To register, please complete the enclosed enrolment form and return it with full payment to the Institute by **12 January 2010**.

For enquiries, please contact:

- 2287 7058 (Peggy Kwan) for event information;
- 2287 7379 (David Lok) for payment & enrolment status.



Physical Fitness Programme

Enrolment Form

15 January – 19 March 2010

(Please reply on or before **12 January 2010**)

Fax no: 2893 9853

FOR OFFICE USE	
Seq. no.:	-----
Handled by:	-----

Please allow 4 days to process your application. To avoid delaying the process, please **DO NOT** make any enquiries about your enrolment status. You can check it at "My CPA" at <http://www.hkicpa.org.hk>.

Name: (Mr./Mrs./Ms.) _____

Membership no.: _____ Email: _____

Telephone no.: _____ Mobile no.: _____ Fax no.: _____

Additional Participant(s):

Name	HKICPA Membership No. (if applicable)	Email
1. _____	_____	_____
2. _____	_____	_____

Please ✓ as appropriate

Class:	<input type="checkbox"/> Class A (7 – 8 p.m.) – HF100115A	<input type="checkbox"/> Class B (8:15 – 9:15 p.m.) – HF100115B
Fee:	HK\$900 x _____ person (s) = HKD _____	
Payment by:	<input type="checkbox"/> Cheque no.: _____ (Bank: _____) / <input type="checkbox"/> Visa / MasterCard	
<i>*Cheque should be made payable to "Hong Kong Institute of Certified Public Accountants"</i>		
For payment by credit card, please fill in the following:	Card no.:	_____
Cardholder's Name : (Please print)	Card Expiry Date (month/year) :	_____
Date :	Cardholder's Signature :	_____
FOR OFFICE USE	Auth. code no.	Handled by
	_____	_____
<input type="checkbox"/> Please put a "✓" if you require a receipt and indicate your choice of delivery: <input type="checkbox"/> by email <input type="checkbox"/> by post (to the address as shown below)		
Name:	Name:	
Address:	Address:	
_____	_____	

Notes:

- Enrolment for the programme is accepted on a first-come-first-served basis.
- Full payment must be made before your enrolment will be processed. No telephone reservation will be accepted.
- The closing date for enrolment is **12 January 2010**. However, the Institute has a right to accept late registrants as it sees fit.
- Successful enrolment will be informed by email or by telephone. If you do not hear from us one week after the closing date, please contact Ms. Peggy Kwan at 2287 7058 / Ms. Florence Ng at 2287 7055. Unsuccessful enrolment will be informed by mail with full refund.
- Unless the programme is cancelled due to unforeseen circumstances or bad weather, no refund for withdrawal will be entertained after your enrolment has been processed.
- Bad weather arrangement: When typhoon signal no. 8 or above / Black rainstorm warning is hoisted 2 hours prior to the commencement of the class, the scheduled class will be cancelled and a make-up class will be arranged.
- The Institute reserves the right to change the venue, date and fee of the activity due to unforeseen circumstances.

Payment & Enrolment Status Enquiry: 2287 7379
 e-mail: finance@hkicpa.org.hk

Event Information Enquiry: 2287 7058
 e-mail: mcs.msce@hkicpa.org.hk