



CENTRE FOR  
SPORTS AND EXERCISE  
THE UNIVERSITY OF HONG KONG  
香港大學運動中心

# ***PERSONAL TRAINING PROGRAMME***

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The Centre for Sports and Exercise is proud to offer the Personal Training Programme, which aims to provide one-on-one fitness and health training sessions to our members. Our team of highly qualified exercise specialists, personal trainers, and strength and conditioning specialists will guide and monitor any of our members toward reaching their optimal results in accordance with their personal goals and individual abilities.

## TOP CLASS TRAINING FACILITIES AND PROFESSIONAL SUPPORT

The CSE has two locations for you to choose your training, all with well equipped gym facilities:

- **HKU B-Active** located at Novum Place, 1st Floor, 460 Queen's Rd West, Shek Tong Tsui (HKU MTR Exit B1)
- **CSE Active** located at 3.36, 3/F, The Jockey Club Tower, the Centennial Campus

With so many options to choose from we believe we have the equipment, facilities and personnel to help you reach your health and fitness goals in an enjoyable way.

## PREREQUISITE

All participants **MUST** be current HKU student, staff or CSE Sport Members, 14 years old or above. (please refer to the CSE website [www.cse.hku.hk](http://www.cse.hku.hk) for more information about the CSE Sport Memberships)

## APPLICATION PROCEDURE

Complete the application form and send it to one of our centres: After application, an initial appointment will be made with you by the personal trainer to determine compatibility and goals. The choice of training package and payment will be settled after the initial meeting with your personal trainer. You may start your personal training session immediately.



## CANCELLATION POLICY

All cancellation or rescheduling of training sessions should be made by telephone at least **6 working hours** in advance. Otherwise, that session will be deducted from the package.

All appointments will be cancelled if Typhoon Signal No. 8 or Black Rainstorm is hoisted, and our services will resume 3 hours after these warnings are lowered. Our trainer will call/email to confirm with you about the bad weather arrangement/rescheduling.

## WITHDRAWAL/SWITCHING TRAINERS

All fees are non-refundable. If you are unable to complete all sessions within your package during the allotted time frame, the registration fee will be forfeited. Valid reasons such as doctor verified illness or injury may be considered as a justification to extend the expiry date at the discretion of CSE management.

If you would like to switch to another personal trainer midway through your package, please email or call us during office hours and we will do our best to accommodate your request.

## PERSONAL INFORMATION

Please complete the information on this form and return to us.

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

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_  
(Name should be the same as those on your CSE Sports Membership Card)

Chinese Name (if any): \_\_\_\_\_ Gender:  Male  Female

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Category:  Student  Staff  Member Student/CSE Membership No: \_\_\_\_\_

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

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

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

Are you currently taking any prescribed medication(s): Yes / No

Please describe if circled "Yes": \_\_\_\_\_  
\_\_\_\_\_

Please indicate your availability in the box below for scheduling the first session. Our Fitness Staff will contact you for a specific time and date for the 1 hour session.

|           |                                       |  |  |  |
|-----------|---------------------------------------|--|--|--|
| Monday    | <input type="checkbox"/> 7:30 - 11:00 | <input type="checkbox"/> 11:00 - 14:00 | <input type="checkbox"/> 14:00 - 17:00 | <input type="checkbox"/> 17:00 - 19:00 |
| Tuesday   | <input type="checkbox"/> 7:30 - 11:00 | <input type="checkbox"/> 11:00 - 14:00 | <input type="checkbox"/> 14:00 - 17:00 | <input type="checkbox"/> 17:00 - 19:00 |
| Wednesday | <input type="checkbox"/> 7:30 - 11:00 | <input type="checkbox"/> 11:00 - 14:00 | <input type="checkbox"/> 14:00 - 17:00 | <input type="checkbox"/> 17:00 - 19:00 |
| Thursday  | <input type="checkbox"/> 7:30 - 11:00 | <input type="checkbox"/> 11:00 - 14:00 | <input type="checkbox"/> 14:00 - 17:00 | <input type="checkbox"/> 17:00 - 19:00 |
| Friday    | <input type="checkbox"/> 7:30 - 11:00 | <input type="checkbox"/> 11:00 - 14:00 | <input type="checkbox"/> 14:00 - 17:00 | <input type="checkbox"/> 17:00 - 19:00 |

## LIABILITY WAIVER

Please read our Liability Waiver carefully before signing. This is a release of liability and waiver of certain legal rights.

*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: \_\_\_\_\_ Signature of Guardian: \_\_\_\_\_  
(For participants who are under 18 years old)

Date: \_\_\_\_\_ Date: \_\_\_\_\_



## TRAINING PACKAGE OPTIONS

You may discuss with our staff to help you select the most suitable training package and the best personal trainer for you. After the initial meeting, you may decide how you want to proceed with your training sessions and what package you would like to commit to. Each training session lasts for 1 hour.

| Options        | Validity | Professional Trainers | Personal Trainers  |
|----------------|----------|-----------------------|--------------------|
| Single session | 1 time   | HK\$ 900 / session    | HK\$ 700 / session |
| 2-10 sessions  | 2 months | HK\$ 800 / session    | HK\$ 650 / session |
| 11+ sessions   | 3 months | HK\$ 700 / session    | HK\$ 600 / session |

Our highly qualified and experienced personal trainers are here to guide and monitor members to achieve their personal health & fitness and desired physique goals. Please use the QR code on the side to see a list of our trainers.



Trainer of preference: \_\_\_\_\_  No preference

Training location:  HKU B-Active  CSE Active  No Preference

Number of sessions: \_\_\_\_\_ x HK\$ \_\_\_\_\_ = HK\$ \_\_\_\_\_

## PAYMENT METHODS

We accept the following payment methods

- VISA, MasterCard, UnionPay, Alipay, Wechat Pay, JCB, Octopus, FPS and BoC Pay

Payment can be settled at our reception counters

- HKU B-Active during our office hours (Monday – Friday, 09:00-18:00)
- CSE Active at the Centennial Campus during our opening hours (Monday - Friday, 07:30-19:00)

***(Payment receipt will only be provided upon request)***

HKU B-Active  
CSE Active

Novum Place, 1st Floor, 460 Queen's Rd West, Shek Tong Tsui, Hong Kong  
Room 3.36, 3/F, The Jockey Club Tower, The University of Hong Kong, Hong Kong

(Tel 3910-2612)  
(Tel 3917-7852)