



修身護脊普拉提運動班 Pilates Fitness Class

本課程旨在通過修習普拉提，鍛煉肌肉及身體的柔韌度，讓學員能在輕鬆的環境下練習普拉提動作，從而糾正身體姿態，放鬆腰部、頸部，解決由於長時間在辦公桌和電腦前工作而導致的肌肉發展失衡及肩部問題，並收緊手臂、腹部的鬆弛肌肉。(本課程適合初學者參加)

備註：學員請自備瑜伽墊及泡綿滾筒(Foam Roller)

★課堂上將使用泡綿滾筒(Foam Roller)，學員可自行購買(可參考運動用品店或淘寶網站)

導 師：黃家偉先生（[香港適能瑜珈] 機構 教練）

AFPA 美國運動醫學學會私人體適能教練、FISAF 澳洲體適能私人教練、IHFI 國際康體專業學院私人體適能教練、香港適能瑜珈總會及其它國際認可專業資格，為多間私人會所及多間醫院擔任普拉提教練/運動指導員十多年，教學經驗豐富。並為 [香港適能瑜珈] 機構創辦人。

主要授課語言：廣東話

日期：	29/5 - 07/8/2026 (逢星期五)(共10堂)
時間：	18:00 - 19:00 (19/6除外)
地點：	富爾敦樓307室
費用：	會員/家屬：\$850 / 非會員：\$900
截止日期：	22/5/2026



聯絡人：關小姐/林小姐 電話：3943 0806 (辦公時間：星期一至五 上午十一時至下午六時)
傳真：2603 6363 WhatsApp：9188 8158 電郵：staff-association@cuhk.edu.hk

Pilates Fitness Class – 報名表格

本人擬參加香港中文大學職員/教師協會主辦之普拉提課程。

付款方法：(請填妥以上表格) ****付款後務必收到本會收據方為作實****

- 繳付支票：連同表格交職協 (支票抬頭：香港中文大學職員協會/Staff Association of the CUHK)；
- 繳付現金：連同表格交職協關小姐/林小姐辦理 (11:00 - 18:00)；
- 銀行入數：恆生銀行帳戶簡稱 STAFF ASSN OF CUHK/帳號 293-282828-002 入數收據連同表格遞交職協：
WhatsApp 9188 8758 或 傳真 26036363 或 電郵 staff-association@cuhk.edu.hk

*****使用銀行櫃檯入帳，將收取\$30 銀行服務費*****

會員及家屬姓名：_____ 會員編號：_____

部門：_____ 聯絡電話：_____

現金/支票/轉帳(號碼：_____) 電郵地址：_____



Pilates Fitness Class

This course aims to exercise the flexibility of muscles and body by practicing Pilates. Students can practice Pilates in a relaxed environment, so as to correct their body posture, relax the waist and neck, and solve the problem of working for a long time. Unbalanced muscle development and shoulder problems caused by working at the desk and computer, and tighten the loose muscles of the arms and abdomen. (This course is suitable for beginners to participate.)

★Note:

- 1) Participants should bring their own mat & foam roller;
- 2) Foam Roller could be bought at athletics shop.

Instructor: Mr. Gary Wong (The instructor of “Hong Kong Physical Fitness Yoga”)

Professional Pilates teacher with over 10-year experience & awarded professional qualifications on fitness coaching from AFPA, Australia, IHFI and other international recognized organizations. The founder of “Hong Kong Physical Fitness Yoga”.

Main Language of Instruction: Cantonese

Date:	29/5 – 07/8/2026 (Every Fri) (10 lessons)
Time:	18:00 – 19:00 (except 19/6)
Venue:	Rm 307, John Fulton Centre
Tuition Fee:	Member/Family member: \$850 / Non-member: \$900
Deadline:	22/5/2026



Contact: Ms Lam Tel: 3943 0806 (11:00 am - 6:00 pm / Mon - Fri)
Fax: 2603 6363 WhatsApp: 9188 8758 Email: staff-association@cuhk.edu.hk

Pilates Class – Enrollment Form

I would like enroll the Pilates Fitness Class organized by CUSA and CUTA.

Payment Method : (fill in the form) **You must receive a receipt from CUSA after payment**

1. **Pay by Cheque:** Please send the cheque (payable to “Staff Association of the CUHK”) with the enrollment form to CUSA (RM 308, John Fulton Centre);
2. **Pay by Cash:** Please submit the form and pay cash to Ms. Kwan/Ms Lam at CUSA office (11:00 – 18:00);
3. **Bank Transfer:** Hang Seng Bank Account (Short Form/No : STAFF ASSN OF CUHK/024-293-282828-002)

Pls send the bank transfer record with the form to CUSA:

WhatsApp : 9188 8758 OR Fax : 2603 6363 OR Email : staff-association@cuhk.edu.hk

****A bank service fee of \$30 will be charged for bank over-the-counter deposits****

Name/Family Member : _____ Membership no. : _____

Dept : _____ Tel : _____ Date : _____

Cash/Cheque/Bank-in (No: _____) Email : _____