



香港中文大學職員協會

Zumba Dance (尊巴) + 伸展班

Zumba(尊巴)+伸展班揉合拉丁舞、爵士舞及健身舞的技巧，配合現時流行歌曲，扭動身體臀部和腰部，有助迅速燃燒脂肪，令體態更趨完美，達至修身的效果，其伸展運動更會練習肌肉和肌腱充分的伸展及加強身體整體協調。(請自備瑜珈墊)

導師： Ms Isabella Ho (專業健康舞蹈導師)

日期： 05/10/2026 - 25/1/2027 (逢星期一/共 16 堂)
(19/10 除外)

時間： 18:00 - 19:30

地點： 富爾敦樓 307 室

費用： 會員/家屬： **\$1680** 非會員： **\$1730**

截止日期：30/9/2026



聯絡：林小姐 電話：3943 0806 傳真：2603 6363
(辦公時間：星期一至五 上午十一時至下午六時)

Zumba Dance (尊巴) + 伸展班 ~ 回條

本人擬參加香港中文大學職員協會主辦之 Zumba Dance (尊巴) + 伸展班課程*

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****

1. 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)；
2. 繳付現金：連同表格交職協林小姐辦理 (11:00 - 18:00)；
3. 銀行入數：恒生銀行帳戶簡稱 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/家屬姓名：_____

會員編號：_____

部門：_____

聯絡電話：_____

現金/支票/轉帳(號碼：_____)

日期：_____

電郵地址：_____



Staff Association of CUHK

Zumba Dance + Stretching Class

Zumba Dance + Stretching Class combines the skills of Latin dance, jazz dance and fitness dance, as well as the current popular songs. By twisting the hips and waist of the body, which can help to burn fat quickly, make the posture more perfect, and achieve the effect of self-cultivation. The stretching exercises not only exercise the muscles and tendons but also fully stretch and strengthen the overall coordination of the body. (Please bring your own yoga mat)

Instructor : Miss Isabella Ho (Professional Dancing Aerobics Instructor)

Date: 05/10/2026 - 25/1/2027 (every Mon / 16 lessons)
(except 19/10)

Time: 18:00 – 19:30

Venue: Rm 307, John Fulton Centre

Tuition Fee: Member/Family Member: \$1680 /
Non-member: \$1730

Deadline: 30/9/2026



Contact: Ms Lam **Tel:** 3943 0806 **Fax:** 2603 6363
(office hour: Mon - Fri / 11:00 – 18:00 Mon. to Fri.)

Zumba Dance + Stretching Class ~ Enrollment Form

I would like to join the Zumba Dance + Stretching Class.

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

- 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);
- Pay by Cash:** Please submit the form and pay cash to Ms Lam at CUSA office (11:00 – 18:00);
- 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*****

Member Name: _____ Member No. : _____

Dept.: _____ Tel: _____ Cash/Cheque/Transfer (No : _____)

Email: _____ Date : _____