香港中文大學職員協會

強骨運動+基礎普拉提班

強骨運動：

透過阻力帶，輕阻力負重訓練，以強化肌肉力量，增加肌耐力，平衡力。有助於減輕骨質疏鬆，骨折及跌倒的風險。



基礎普拉提：

配合呼吸，專注於核心力量和控制。特別着重訓練腹部，背部，骨盆底肌肉，有助穩定脊椎，減輕腰背疼痛，促進脊椎及整體健康。

課程亦會加入一系列伸展及平衡運動，以提升身體柔軟度，增加身體靈活性，維持良好姿態，減輕寒背風險。

導師：Ms. Josephine Cheng

• Pilates Matwork Instructor • Stretching Instructor • Yoga Alliance 國際認可 500 小時瑜伽導師

日期： **8/12/2026 – 23/2/2027（逢星期二）(22/12/2026 及 9/2/2027 除外)**

時間： 14:30–16:00

地點： 富爾敦樓 307 室

費用： **會員/家屬$750 /非會員$800（全期 10 堂）**

截止日期：1/12/2026

備註 ： 自備瑜伽墊、毛巾（**彈力帶、啞鈴由導師提供**）

查詢： 陸小姐 / 林小姐 電話：3943 0806 傳真：2603 6363

（辦公時間：星期一至五 10:30 – 18:00）

強骨運動班+基礎普拉提班

本人擬參加香港中文大學職員協會主辦之**強骨運動班+基礎普拉提班**

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：連同表格交職協同事辦理 (10:30–18:00)；

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 2603 6363 或 電郵 staff-association@cuhk.edu.hk

****使用銀行櫃檯入帳，恒生銀行將收取職協$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

Bone Strengthening Exercise + Basic Pilates Class

Strengthening Exercises:

Through resistance bands and light resistance weight training, to enhance muscle strength, increase muscle endurance, and improve balance. This helps reduce the risk of osteoporosis, fractures, and falls.

Basic Pilates:

Incorporating breathing, focusing on core strength and control. It especially emphasizes training of the abdomen, back, and pelvic floor muscles, which helps stabilize the spine, relieve lower back pain, and promote spinal and overall health

The course will also incorporate a series of stretching and balancing exercises to improve body flexibility, increase body agility, maintain good posture, and reduce the risk of back stiffness.

Instructor: Ms. Josephine Cheng

• Pilates Matwork Instructor • Stretching Instructor •Yoga Alliance 500-hour Yoga Instructor

Main Language of Instruction: Cantonese



Date： **8/12/2026 – 23/2/2027 (every Tuesday)**

Time： 14:30–16:00 **(except 22/12/2026 & 9/2/2027)**

Venue： Room 307, John Fulton Centre

Tuition Fee: **Member/Family member: $750 / Non-member: $800 (10 lessons)**

Deadline： 1/12/2026

Remarks : Please bring your yoga mat and towel (resistance band & dumbbell wil be provided)

Enquiry: Ms Luk / Ms Lam Tel: 3943 0806 Fax: 2603 6363

(Office Hours: 10:30 am - 6:00 pm/Mon - Fri)

Bone Strengthening Exercise + Basic Pilates Class

I would like enroll the **Bone Strengthening Exercise + Basic Pilates Class** held by CUSA.

Payment Method **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 Luk/Ms Lam at CUSA office (10:30 – 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 CUSA for bank over-the-counter deposits****

Name/Family Member：_____ Membership no.：_____

Dept：_____ Tel：_____ Date：_____

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