Submission of this application form confirms the acceptance of the following conditions:

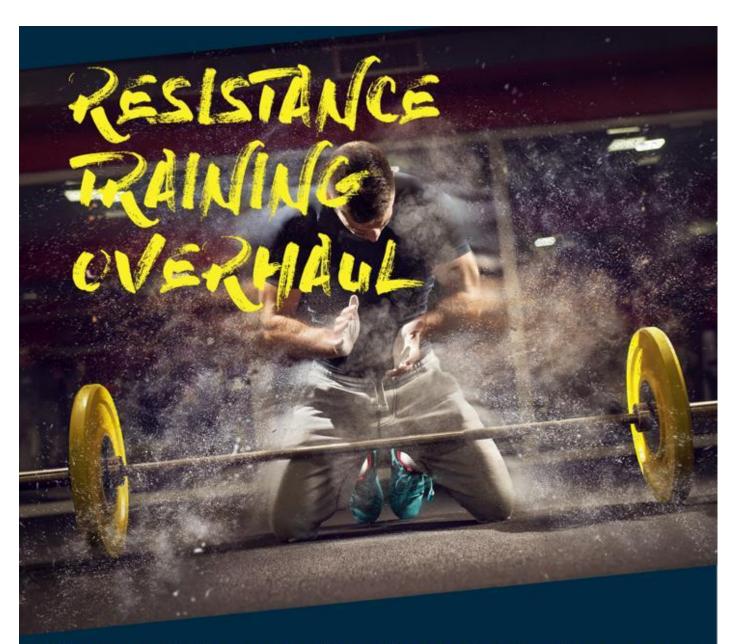
- 1. Members will be given priority over guests for class allocation.
- 2. Registration is subject to payment in full prior to their first lesson.
- 3. Registration is not confirmed until a confirmation is issued.
- 4. Incomplete information may lead to unsuccessful application.
- 5. All paid sessions must take place by the expiry date, failing which the client will not be entitled either to any further sessions under this agreement or to any refund.
- 6. No refund or transfer is allowed.
- 7. Spa & Resort is not responsible for the loss or damage of any personal items.
- 8. Any expenses, disbursements and legal costs incurred by Spa & Resort, in the enforcement of any rights contained in this contract shall be paid by the participant, including any solicitor's fee and/or debt collection agency fees.
- 9. Participants must be signed in and out of the programme at the time of drop-off and collection. Children will not be released to any person not named on the registration form.
- 10. The Club reserves the right to cancel a class if there is insufficient number of enrollments.
- 11. Participants are advised to check the updated policies with Spa & Resort.
- 12. Children under the age of 12 years need to be accompanied by their parents/helper/guardian within the club premises
- 13. Parents/helper/guardian should come to pick up their children 15 minutes before the class finished. Members are responsible to accompany & look after their own children within the club premises
- 14. Applicants must abide by the Club Rules and Membership handbook.
- 15. Neither the Club, nor its instructors, will be held responsible for any accidents and/or injuries arising from the children's participation.
- 16. Cancellation
 - a. Regular Group Lesson: In the event that a participant is prevented from attending a lesson because of illness, he/she is required to submit proof by way of a valid medical certificate issued by a registered medical practitioner in Hong Kong. Upon receipt of such proof, and subject to availability (which is not guaranteed), Spa & Resort may, at its sole discretion, arrange a credit of the course fee paid for the original lesson (where appropriate, on a pro-rata basis). No other requests for re-scheduling or make-up lessons will be entertained, and all fees paid for lesson(s) not attended will be forfeited without further notice. Spa & Resort reserves the right to cancel or reschedule any lessons at its sole discretion. Reasons for cancellation or re-scheduling include but are not limited to 1. Inclement weather (please refer to inclement weather policy below); 2. Insufficient enrollment; 3. Non-availability of instructors and/or venue; If a lesson is cancelled or rescheduled by Spa & Resort and the participant is not able to enroll in another lesson or attend the rescheduled lesson, Spa & Resort shall arrange a credit of the course fee paid for the original lesson on a pro-rata basis. Spa & Resort's calculation of the said credit shall be final and conclusive. No lesson will be held on public holidays, except personal training lessons
 - b. Private and Semi Private Lesson: For cancellation with more than 24 hours advance notice, the participant can request for reschedule of lesson although no guarantee can be given as to the time and date of the re-scheduled session. Only one request of re-schedule will be entertained. The request has to be made within 24 hours from the cancelled date after which no such request will be entertained and no refund will be made. For cancellations with less than 24 hours advance notice 100% of the total fees will be forfeited. In the event that a participant is prevented from attending a lesson because of illness, he/she is required to submit proof by way of a valid medical certificate issued by a registered medical practitioner in Hong Kong. Upon receipt of such proof, and subject to availability (which is not guaranteed), Spa & Resort may, at its sole discretion, arrange a credit of the course fee paid for the original lesson (where appropriate, on a pro-rata basis). If a lesson is cancelled or rescheduled by Spa & Resort and the participant is not able to enroll in another lesson or attend the rescheduled lesson, Spa & Resort shall arrange a credit of the course fee paid for the original lesson (where appropriate, on a pro-rata basis). Spa & Resort's calculation of the said credit shall be final and conclusive. The participant is responsible to attend all lessons on time. No make-up lesson will be arranged for any lesson (or any part thereof) not attended. Spa & Resort reserves the right to cancel or re-schedule any lessons at its sole discretion. Reasons for cancellation or re-scheduling include but are not limited to: 1. Inclement weather (please refer to bad weather policy below); 2. Insufficient enrollment; 3. Non-availability of instructors and/or venue; 4. Misbehaviour during class/lesson

Inclement Weather Policy

Spa & Resort shall cancel lessons if Black Rainstorm or Typhoon Signal No.8 or higher is hoisted. Spa & Resort may also cancel lessons if it considers that the weather condition is not suitable for the lessons. Participants are advised to contact Spa & Resort Reception at 2812 3945 / 2812 3946 for further enquiries.

Enquiry

Spa & Resort Hotline : 2812 3945 / 2812 3946 Email : spa@hongkongparkview.com



This program introduces a series of strength training techniques in a progressive manner. Restore MCBILITY build STABILITY AND gain STRENGTH.

Our professional coach will help you work towards your target training modality, including:

- Strength (SBD)
- Physique (Build muscles and shed fat)
- Performance (Gain stability and sport specific strength)

TIME:

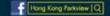
2:00pm - 3:15pm (Sunday) 6:00pm - 7:15pm (Tuesday) Or form your own group

Fees (4 lessons):

Group of 2 persons: HK\$1,600 per person Group of 3 persons: HK\$1,400 per person



Enquiries & Enrolment: 2812 3945 / 5200 8010 Sign up via email: spa@hongkongparkview.com or scan the QR code for more details











3 Steps to start:

- 1) Form your own group of 2-3 people based on your own schedule or enroll the below regular classes
- 2) The fitness intake survey will be sent to your email after you enrollment, please fill in the survey
- 3) Communicate with the coach as much as you need for class details

Sample Schedule:

Participants will receive a 4 week program including 1 group session a week with coach and recommend 2 extra session individually by following the program. The content will be customized depending on the target training modality, training age and assessment result.

RT Overhaul Level 1

Day 1 Introduction to SBD	Day 2 Squat	Day 3 Bench	Day 4 Deadlift Fascial work (Mobility and Stability) Movement Prep (Mobility and Stability)		
Assessment	Fascial work (Mobility and Stability)	Fascial work (Mobility and Stability)			
Breathing and core	Movement Prep (Mobility and Stability)	Movement Prep (Mobility and Stability)			
Knee flexion/extension	Exercise Progression (Stability and Strength)	Exercise Progression (Stability and Strength)	Exercise Progression (Stability and Strength)		
Hip flexion/extension					
Scapula protraction/ retraction					
Shoulder flexion/extension					

RT Overhaul Level 2 (Must finished LV 1)

Day 1 Squat	Day 2 Bench	Day 3 Deadlift	Day 4 Programming for SBD	
Squat review	Bench review	Deadlift review	Skill acquisition	
Stance	Wide grip or close grip	Stance	Density vs Intensity	
High bar VS Low bar	Legs down VS legs up	Conventional VS SUMO	Frequency	
Rib cage positioning and bracing	Arch	Toe Angle		
Execution	Rib cage positioning and bracing	Spinal Position		
Butt wink	Execution	Upper back positioning		
Hip shift	Shoulder pain	Hip positioning		
Lower back pain	Assistance movement for bench	Rib cage positioning and bracing		
Knee pain		Execution		
Assistance movement for squat		Lower back pain		
		Assistance movement for Deadlift		

Resistance Training Overhaul

This program introduces a series of strength training in a proper progressive manner. Restore MOBILITY, build STABILITY and gain STRENGTH

Program across following training modalities:

Strength (SBD)

Physique (Build muscles and weight loss)

Performance (build stability and proper strength for specific sport)

Customized program and drive specific stimulation toward your target training modality with the coach through 4 week time

Group Lesson (2022)

	Day	Time	Age	
	Tuesday	6:00pm-7:15pm	12 years old or above	
	Sunday	2:00pm-3:15pm		
Schedule your own class with the coach (minimum 2 persons required)				
			12 years old or above	
		4 weeks program: Group of 2 persons:HK1,600 per persons:HK1,400 per persons:HK1,400 per persons:		
Venue:		GYM		

Please √ where appropriate. All rates are subject to change without notice

Participation Agreement				
I, the undersigned, hereby represent and certify that I am the parent or legal guardian of, who is now years of age and who is in good health and has no special problems associated with his/her care. I give permission for my child to participate in the activity. I certify that I have read this release and fully understand that I am not relying on any statements or representations of any party released hereby. I understand that all of the terms and conditions contained therein also apply to my child's participation in this Activity. I further understand that I must be present during the entire time of my child's participation in the Activity.				
Permission By signing this application form, I hereby confirm my consent to the Club to use images taken during the event which may include the participant for the Club's display and promotional purposes, including on all printed materials, online and digital media.				
□ I do not consent to any of my images being used in any printed or digital material. Signature of Parent or Legal Guardian of Participant:				
Date:				

RTO APPLICATION FORM

One application form per participant

Please complete this application form in BLOCK LETTERS and return to the Spa & Resort Reception at least 7 days before the lesson starts. Application is subject to confirmation via return call or email.

Participant Information						
Participant's Name	: .	First Name		ast Name		[Member / Guest]
		riotitaino				
Date of Birth (for child only)	:	DD / MM / YY	- -	ge :		Gender: M/F
Contact	: .	[M]	[H]			
Email Address	:					
(Please fill in parent's or guardian n	ame	if the participant is under 18 years ol	d)			
Parent's / Guardian's Name	: .	First Name		ant Name		[Mr / Ms / Mrs]
Member's Information		First Name	Li	ast Name		
Member's Name	: .	First Name	Last Name	M'ship	No. :	
Preferred Date of 1st Lesson Payment Method: Cash Va		/ Credit Card / Cash / Chec				
□ Cash Value		□ Cash		□ Cheque³		Hong Kong Parkview s Ltd"
□ Single Payment by Credit	Card	d		Management	t Services	s Ltd"
Card Holder's Name	:		Credit Card N	Number :		
Card Type	:	□ Visa □ MasterCard □ Al	≣			
Card Expiry Date	:	/ (MM/YY)				
		Please debit my Credit Ca	rd Account in the	e amount of	HK\$	
Participant's / Parent's Guardian's Signature		_	D	ate (DD/MM/	YY)	_
Submission of this application	forn	n confirms the acceptance of a	II the conditions	stated at the l	back of	this form
FOR OFFICE USE ONLY						
Received by :			Received Date	:		
Confirmed by :		(Confirmed Date	:		