

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 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 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

RESISTANCE TRAINING OVERHAUL



This program introduces a series of strength training techniques in a progressive manner. Restore **MOBILITY**, 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



Hong Kong Parkview | Q



hongkongparkview | Q



香港柏明山莊Q



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

<u>Day 1 Introduction to SBD</u>	<u>Day 2 Squat</u>	<u>Day 3 Bench</u>	<u>Day 4 Deadlift</u>
Assessment	Fascial work (Mobility and Stability)	Fascial work (Mobility and Stability)	Fascial work (Mobility and Stability)
Breathing and core	Movement Prep (Mobility and Stability)	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)

<u>Day 1 Squat</u>	<u>Day 2 Bench</u>	<u>Day 3 Deadlift</u>	<u>Day 4 Programming for SBD</u>
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
<input type="checkbox"/>	Tuesday	6:00pm-7:15pm	12 years old or above
<input type="checkbox"/>	Sunday	2:00pm-3:15pm	
<u>Schedule your own class with the coach (minimum 2 persons required)</u>			
<input type="checkbox"/>			12 years old or above
Course Fee:	4 weeks program: Group of 2 persons:HK1,600 per person Group of 3 persons:HK1,400 per person		
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 : _____ [Member / Guest]
First Name Last Name

Date of Birth (for child only) : _____ Age : _____ Gender: M / F
DD / MM / YY

Contact : [M] _____ [H] _____

Email Address : _____

(Please fill in parent's or guardian name if the participant is under 18 years old)

Parent's / Guardian's Name : _____ [Mr / Ms / Mrs]
First Name Last Name

Member's Information

Member's Name : _____ M'ship No. : _____
First Name Last Name

Preferred Date of 1st Lesson : _____

Payment Method: Cash Value / Credit Card / Cash / Cheque

☐ Cash Value

☐ Cash

☐ Cheque*

*Cheque payment to "Hong Kong Parkview Management Services Ltd"

☐ Single Payment by Credit Card

Card Holder's Name : _____ Credit Card Number : _____

Card Type : ☐ Visa ☐ MasterCard ☐ AE

Card Expiry Date : _____ / _____ (MM/YY)

Please debit my Credit Card Account in the amount of

HK\$

Participant's / Parent's /
Guardian's Signature

Date (DD/MM/YY)

Submission of this application form confirms the acceptance of all the conditions stated at the back of this form

FOR OFFICE USE ONLY

Received by : _____ Received Date : _____

Confirmed by : _____ Confirmed Date : _____