



BODY FIRMING WORKSHOP

- ✓ 4-WEEK FULL BODY WORKOUT SESSIONS
- ✓ TIPS FOR DIET, MUSCLE GAIN, WEIGHT LOSS & MORE
- ✓ GO BEYOND YOUR LIMITS!

WORKSHOP DETAILS

Date: **17, 24 February & 3, 17 March 2023, Friday**
Time: 3:00pm to 4:30pm
Venue: LI-2301, 2/F, Li Dak Sum Yip Yio Chin Academic Building, City University of Hong Kong
Language: Cantonese & English
Quota: 15
Fees: Free of Charge
Application Deadline: **10 February 2023, Friday**
Online Application: apps.scope.edu/seminar/223-SA-2
Trainer: **Mr. Khalil LIN**

TARGET

Top-up Degree, 3-Year Degree and Advanced Diploma students

TRAINER INFORMATION

Mr. Khalil LIN, a registered fitness trainer and yoga instructor. Provided teaching to various branches of Anytime Fitness and Snap Fitness.



SCOPE

School of Continuing and Professional Education
專業進修學院

香港城市大學
City University of Hong Kong