



Course Category	Extra-curricular Activities			
Course Title	Let's Get Fit!			
Course Code	EC098			
Medium of Instruction	Chinese			
Duration	3.0 hour(s)			
Course Fee	Macao Resident: MOP200 (Early Bird Promotion: MOP180) Non-Macao Resident: MOP200 (Early Bird Promotion: MOP180)			
Certificate	Certificate of Attendance by Request			
	Course Code	Sub Code	Course Start Date	Course End Date
	EC098	2401	2024/06/12	2024/06/12
	Course Code	Sub Code	Registration Period	Quota
	EC098	2401	2024/01/31 - 2024/06/05	20
Outline	This training will teach participants how to use different fitness equipment in a safe and proper way. It will also correct the possible improper movements and behaviours in the fitness room, so that students can enjoy the fun of fitness training safely.			