

## KRISTY YEUNG

Assistant Fitness Manager



- Bachelor Degree of New York Institute of Technology (Major in Human Biology)  
畢業於紐約理工大學(主修人體生物學)
- New Zealand Register of Exercise Professional (REPs)  
REPs紐西蘭註冊專業運動教練
- AASFP Certified Advance Fitness Trainer (Distinction)  
亞洲運動及體適能專業學院高級私人教練證書(優異生)
- CPR  
心肺復甦法證書

## JACKY TAM

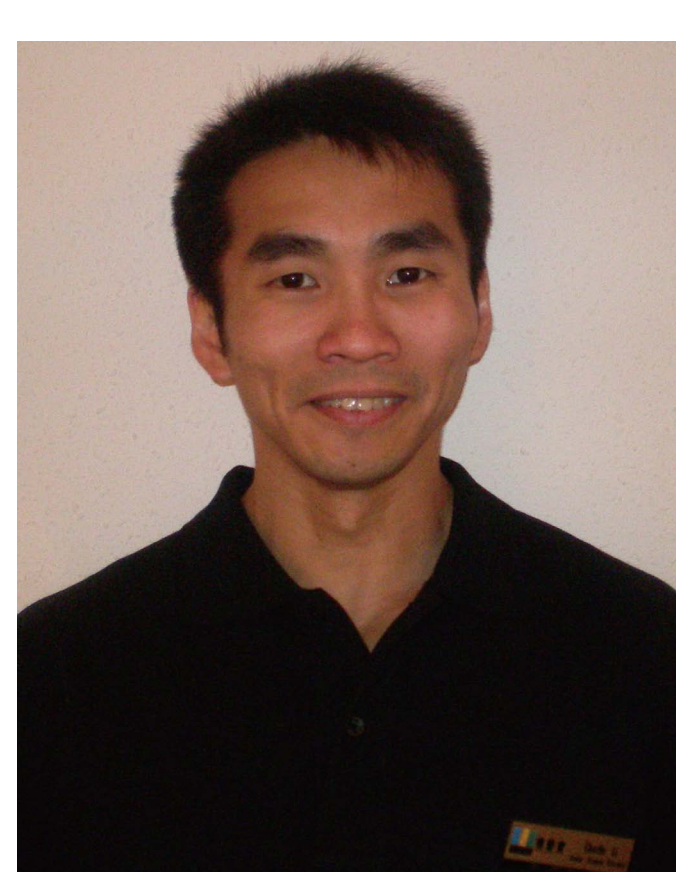
Senior Fitness Programmer



- Certified Body Building Instructor Level 1 (HKCBBA)  
中國香港健美總會健身教練證書Level 1
- 2005 Body Building 65kg (2nd Runner Up)  
2005年度六十五公斤賽健美先生季軍
- CPR  
心肺復甦法證書

## CHARLIE LEE

Personal Trainer



- Honorary Course Advisor of Hong Kong Open University  
香港公開大學健美課程榮譽顧問
- 2002 Busan Asian Games Bodybuilding (Silver Medalist)  
2002釜山亞運健美銀牌得主
- 2000 & 2003 Asian Senior Bodybuilding Championship (Champion)  
2000及2003年亞洲健美先生錦標賽冠軍
- 2001 World Amateur Men Bodybuilding Championship (6th place)  
2001 世界健美錦標賽第六名
- 1999 & 2001 Asian Senior Bodybuilding Championship (2nd Runner up)  
1999及2001年亞洲健美先生錦標賽季軍
- 1999 Hong Kong Bodybuilding Championship (Overall Champion)  
1999 香港健美錦標賽全場總冠軍
- 1996-1999 Hong Kong Bodybuilding Championship 65 kg (Champion)  
1996-1999 六十五公斤健美錦標賽冠軍

## TIM LAM

Personal Trainer



- Major in Fitness & Exercises Study - HKU SPACE  
於香港大學專業進修學院主修健康運動
- Physical Fitness Foundation Certified Trainer  
物理健康基礎教練證書
- Australia Training Fitness & Professionals Personal Trainer (ATFP)  
澳洲運動及體適能學院專業私人教練證書
- Certified Kick-Boxing Trainer (ATFP)  
澳洲運動及體適能學院拳擊教練證書
- CPR  
心肺復甦法證書

## KOMAN CHEUNG

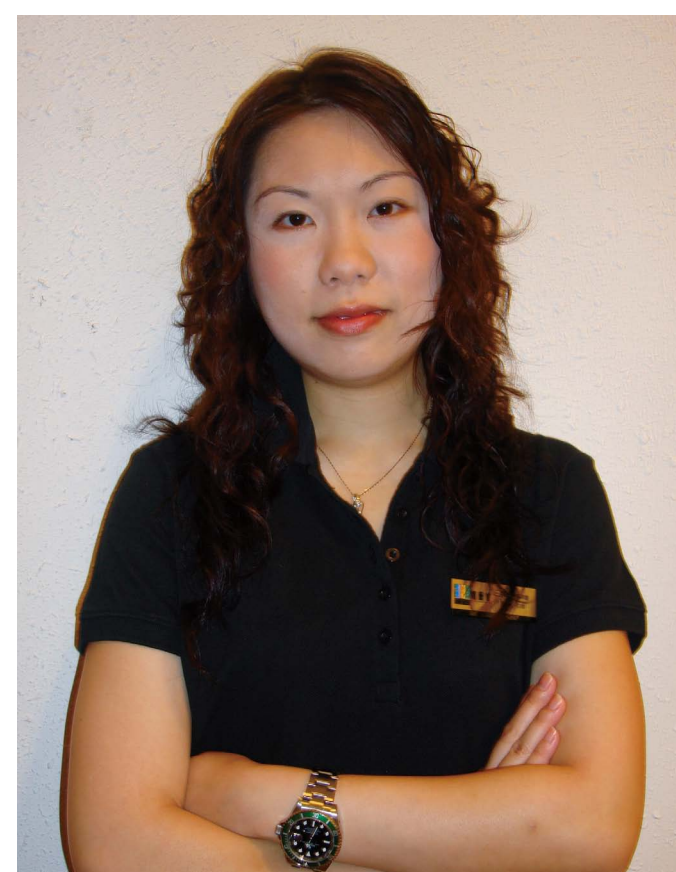
Personal Trainer



- Certified Body Building Instructor Level 1 (HKCBBA)  
中國香港健美總會健身教練證書Level 1
- Certified Personal Fitness Trainer (FISAF)  
飛薩國際運動健康顧問註冊專業運動私人教練資格
- 2006 Men's Novice over 70kg (Champion)  
2006年度七十公斤以上新秀賽冠軍
- CPR  
心肺復甦法證書

## ELLA YEUNG

Personal Trainer



- AASFP Certified Advanced Fitness Trainer  
亞洲運動及體適能專業學院高級私人教練證書
- New Zealand Register of Exercise Professional (REPs)  
REPs 紐西蘭註冊專業運動教練
- CPR  
心肺復甦法證書