

NTNU 2023 Spring Semester
Registration of Exercise Classes for Faculty & Student, Main Campus
Date : 112/03/06~112/06/02

		Course Item	Coach	Ppl.	Location	Time	Cost
Main Campus	Group A	Yoga & Pilates1	Serina Yu	50	Large Dance Room	Tue. ∙ Fri. 12:15~13:15	★Each Session: 12 weeks/ 24classes Group A Staff & Faculty ∙ Research Assistant ∙ Student : \$2,200 Retired Faculty : \$2,400 Relatives : \$2,800 Group B Staff & Faculty ∙ Research Assistant ∙ Student : \$2,800 Retired Faculty : \$3,000 Relatives : \$3,200 <Buy 2 Classes Bonus> 30%Discount : Faculty Staff ∙ Research Assistant ∙ Student ∙ Retired Faculty 25%Discount : Relatives of Faculty & Staff
		Yoga & Pilates 2	Serina Yu	50	Large Dance Room	Tue. ∙ Fri. 17:30-18:30	
		Aerobic Dance	Liu, Chih-Yu Chang, Yu-Wei (Alice)	50	Large Dance Room	Mon. ∙ Thu. 12:15~13:15	
		Flexibility & Stretching	Peng, Yu-Hsiang (Jonathan)	35	Martial Arts Room	Tue. ∙ Fri. 12:15-13:15	
		Step Aerobic	Peng, Yu-Hsiang (Jonathan)	30	Large Dance Room	Mon. ∙ Thu. 17:30-18:30	
		Chi-Ball Aerobic	Peng, Yu-Hsiang (Jonathan)	25	Martial Arts Room	Tue. ∙ Fri. 17:30-18:30	
		Functional Training	Yu, Yi- Chien	30	Martial Arts Room	Mon. ∙ Thu. 12:15-13:15	
		Table Tennis	Chang, Shun-Han	25	Table Tennis Room	Wed. ∙ Fri. 12:15~13:15	
		Tennis 1	Li, Chia-Hao	25	Tennis Court	Mon. ∙ Thu. 12:15-13:15	
	Tennis 2	Ricky	25	Tennis Court	Tue. ∙ Thu. 17:30-18:30		
	Group B	TRX Suspension 1	Chu Chiung- Ling (Peggy)	14	Small Dance Room	Mon. ∙ Thu. 12:15~13:15	
TRX Suspension 2		Chu Chiung- Ling (Peggy)	14	Small Dance Room	Mon. ∙ Thu. 17:30~18:30		

- Only register and pay **online**, website: 【<https://cash.phr.ntnu.edu.tw/Home/Index>】 ,please log in NTNU iportal website by using your faculty/student account. The registration period is from 08:00 Mon.20th February to 24:00 Sun. 26th February. If there is any question, please contact Mr. Li, Chia-Hao from the Sports and Recreational Activities Division, Athletics Department. No.:7749-3178; EMAIL andyli810528@ntnu.edu.tw .
- **Do not replace anyone to attend the class; only register and present by the same person. If violate, the qualification will be canceled without refund. In addition, no more registration can be made for the next semester.**
- **TRX course will be canceled if the participants are less than 8; Yoga & Pilates will be canceled if not more than 20 participants; the other courses are limited to not less than 12 ppl.**
- **The class will be postponed during the Children’s Day and Tomb Sweeping Holiday, from 4/3 to 4/5, 2023.**
- Please do not adjust the make-up lessons for the same course in different days by yourself to not affect the rights of the students in the original class. If you cannot attend the original class due to special reasons, you must take the same course item and make up the class with the consent of the course instructor, with a limit of no more than 5 times.
- Discounts for relatives are limited to the spouse or direct relative of the current faculty staff, with a limit of one person.
- The participating faculty and staff will receive the lifelong learning hours of civil servants according to the sign-up sheet.
- **According to CDC regulations, currently the indoor and outdoor exercise do not need to wear mask. In the future, we will cooperate with the government and schools to make “rolling corrections” in response to the COVID-19 pandemic. It is noted that the refund standard is handled in accordance with Article 17 of the “Regulations for the Promotion of Education Implement” of the Ministry of Education. Please consider carefully if you have to apply for refund due to your personal reason.**
- **If you tested positive in the current faculty sports class, please quarantine yourself at home in accordance with government regulations. The class which has not attended can be arranged to make up to the other courses after the quarantine is over, or you can submit the COVID-19 Designated Residence Isolation Notice and documents with the same effect and will be refunded according to the proportion (during the time of home quarantine).**
- According to Article 17, “Regulations for the Promotion of Education Implement,” the students who asked for a refund after registration and payment and before the starting day of the class can receive 90% of the tuition fee and miscellaneous charges. Counting from the

class starting day, if the classes taken are not more than one-third of the course progress, students may get a 50% refund of the paid tuition fee and other miscellaneous charges. No refund if the courses have been taken for more than one-third of the progress.

- **The class will take the roll call by faculty service or student I.D.** For relatives of faculty and the retired faculty, please apply for the I.D. card for the exercise courses at Athletic Department by the **certificate of the payment receipt.**

	週一		週二		週三		週四		週五	
	中午	晚上	中午	晚上	中午	晚上	中午	晚上	中午	晚上
大韻	有氧	踏板	舞動 1	舞動 2			有氧	踏板	舞動 1	舞動 2
小韻	TRX1	TRX2					TRX1	TRX2		
武術房	機能訓練		慢活舒展	極球有氧			機能訓練		慢活舒展	極球有氧
桌球室			桌球						桌球	
網球場	網球 1			網球 2			網球 1	網球 2		