

1. For New staff and new students:

If you are new joining the University and would like to use of our Fitness Center, you may apply by one of the followings ways:

1.1. By watching the official video online:

1.1.1. If you are our staff and students holding an ITSO account, you may watch the official video online:

1.1.1.1. Click on the video [link](#), log-in through SSO and watch a 50-minute video and submit the application online.

1.1.1.2. We will activate your status within 2 working days.

1.1.2. If you are a holder of family card/dependent card /sports facilities user card that do not have an ITSO account, you may send an email to usercard@ust.hk for special arrangement.

1.2. By submission of relevant certificate(s):

1.2.1 If you have been trained in other organization or sports club on how to use the fitness equipment, you may fill in a [form](#) by uploading your relevant certification for verification. We will activate your status within 2 working days after receiving your application form.

2. For user without an ITSO account, here is the instruction:

Thanks for your application of use of fitness facilities. If you are a holder of family card/dependent card/sports facilities user card that do not have an ITSO account, you may:

2.1. By watching the official video online:

2.1.1. If you are a holder of family card/dependent card/sports facilities user card that do not have an ITSO account, you may:

2.1.1.1. Click on the video [link](#), log-in with your personal email account and watch a 50-minute video and submit the application online.

2.1.1.2. We will activate your status within 2 working days.

2.2. By submission of relevant certificate(s):

2.2.1. If you have been trained in other organization or sports club on how to use the fitness equipment, you may fill in a [form](#) by uploading your relevant certification for verification. We will activate your status within 2 working days after receiving your application form.

For further enquiries, please email to usercard@ust.hk or call 2358-8592 for help.