



## FITNESS FUN REGISTRATION FORM

CLASS	DAY	TIME	PLEASE SELECT	MONTHLY CHARGES	
				MEMBER	GUEST
<b>ABTsolutely Fabulous</b>	Mon	11.30am - 12.30pm		1 class per week: \$61.79 w/GST	1 class per week: \$84.26 w/GST
<b>ABTsolutely Sculpted (NEW)</b>	Fri	11.30am - 12.30pm		2 classes per week: \$84.26 w/GST	2 classes per week: \$106.73 w/GST
<b>POWERSTRETCH™</b>	Mon	2pm - 3pm		3 classes per week: \$101.12 w/GST	3 classes per week: \$123.59 w/GST
	Tue	7.45pm - 8.45pm		4 classes per week: \$117.97 w/GST	4 classes per week: \$140.44 w/GST
	Wed	7.45pm - 8.45pm		5 classes per week: \$134.82 w/GST	5 classes per week: \$157.29 w/GST
	Fri	10am - 11am		6 classes per week: \$151.67 w/GST	6 classes per week: \$174.14 w/GST
	Sat	1.45pm - 2.45pm		7 classes per week: \$168.53 w/GST	7 classes per week: \$191.00 w/GST
<b>BODYBLAST</b>	Wed	10am - 11am		8 classes per week: \$185.38 w/GST	8 classes per week: \$207.85 w/GST
<b>DANCERCISE</b>	Mon	10am - 11am		9 classes per week: \$202.23 w/GST	9 classes per week: \$224.70 w/GST
	Sat	12pm - 1pm		10 classes per week: \$219.08 w/GST	10 classes per week: \$241.55 w/GST
<b>Jazz4U</b>	Thu	7.45pm - 8.45pm			
<b>Trial / Ad-Hoc Session Charges</b> Each Trial / Ad-Hoc Session will be charged at \$21.40 w/GST for member and \$26.75 w/GST for guest respectively.					

### ABTSOLUTELY FABULOUS

Ever find yourself admiring dancers' beautifully sculpted physiques? ABTsolutely Fabulous is a hardcore workout that will help you attain your dream body. Using equipment and various graceful, functional and effective moves, this programme will help you to achieve defined abs, toned thighs and taut butts.

### BODYBLAST

Step right up! Take on this invigorating workout for the body and mind. With the use of a step board, Bodyblast will build your speed, stamina, memory and agility through choreographed routines set to the latest beats. Come get your adrenaline pumping and work every muscle from your brain down to your feet!

### JAZZ4U

Want to be a jazz dancer? This class will provide you with a solid foundation in jazz while developing strength, flexibility, beautiful lines and a lovely posture. Through jazz techniques and body conditioning, you will learn to understand, appreciate and dance jazz with grace and agility while enjoying a fabulous workout. This class will prepare anyone who is keen to progress to the next level, Jazz with Derrick Ee.

### DANCERCISE

Did you know that this musically-inspired workout has had a cult following since 2003? Dancercise is a fun yet intense exercise which incorporates diverse styles of dance movements, including funk, jazz and Latin, with cardiovascular and toning exercises to keep you moving to the beats of the latest music. Dance up a storm with your electrifying moves that will work you to your core!

### POWERSTRETCH™

Experience instructor Derrick Ee's signature workout! This class will help you to develop a powerful core, with a focus on flexibility, balance, strength, agility and stamina. Look forward to fluid moves, elegant poses and deep stretching of major muscle groups, inspired by professional contemporary dancers' rigorous warm-up routines.

### ABTSOLUTELY SCULPTED (NEW)

Abds, butt and thigh or ABT is primarily a lower body sculpting class that incorporates a series of floor-based exercises that targets the inner and outer thighs, glutes, hamstrings and the upper and lower abdominals. A series of light cardio movements will be added to increase cardiovascular endurance. This class has a wider appeal due to its many variations and is suitable for all fitness levels.

### **Fitness Fun**

**DERRICK EE** - The Chief Aerobic Instructor of the Club since 2000. He is a multi-disciplined, talented dancer, choreographer, dance and fitness instructor with over 2 decades of experience. He combines the various disciplines and have developed the

following unique classes for his students; **PowerStretch™**, **Bodyblast**, **Dancercise**, **ABTsolutely Fabulous** and **Jazz4U**.

**ABTsolutely Sculpted**

**JAMES SHAW** - James has been in the fitness industry since 1982, teaching group exercises as well as personal training. He has taught in various countries including Singapore, Thailand and the USA.

For enquiries, contact Julia Kong at 6398 5352 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg).

**DETAILS OF PARTICIPANTS**

Name	Date of Birth	Contact No.	Email Address	Member (pls tick)	Guest (pls tick)

**Fitness Fun's Terms & Conditions**

- All lessons are conducted based on a calendar month of 4 weeks. If the instructor is absent due to unforeseen circumstances and is unable to find a replacement, the lesson fees for that particular month will be pro-rated.
- If there are 5 weeks in a month and 1 lesson happens to be cancelled, the 5<sup>th</sup> lesson would be taken as the 4<sup>th</sup> lesson therefore, the lesson fees for that particular month will not be pro-rated.
- Lessons conducted during the 5<sup>th</sup> week are considered a bonus for the students and not an entitlement. The instructor has the full discretion to carry out the lessons for that particular week, at no additional charges.
- No lessons will be conducted on local Public Holidays (PHs). If a PH falls within a calendar month where there are 4 weeks in a month, lesson fees for that particular month will be pro-rated.
- **No make-up lessons or pro-rated lesson fees will be accorded to any students who fail to attend any scheduled lessons.**
- Confirmation of lesson will be made within 1 week via phone call or email
- For guest(s) sign-ups, the Member must be present at all times during the lesson.
- No lesson on local Public Holiday(s).
- Participants must inform the Sports & Recreation Department if they wish to make any changes for lessons, such as increasing frequency from once a week to twice a week.
- Lesson fee will be billed after the first lesson. The fees paid are non-refundable nor transferable. All payment must be made payable to the Club through their Membership account.
- **For termination of lessons, participant(s) are required to submit the Termination of Lessons Form by the 15<sup>th</sup> of the current month to SGCC, for the termination to be effective the following month. Lessons fees will continue to be billed to membership account unless otherwise stated. Any submissions after the cut off date will be brought forward to the following month.**
- Instructor and SGCC may use any photographs or videos taken during the training sessions for publicity materials unless otherwise indicated by the participant in writing along with the submission of this form.
- Participants shall not hold the Instructor or the Club responsible for any loss, injury, accident or death that might occur during the lesson(s).
- Please be informed that by signing up for the lesson, you consent to your contact details to be given to the instructor(s) for the purpose of contacting you on matters pertaining to the lessons.
- The Club reserves the sole right to amend any of these Terms & Conditions without prior notice.

**I hereby fully understand and agree to abide with the Terms & Conditions listed by Serangoon Gardens Country Club and allow the Club to deduct the lesson fees from my membership account.**

Member's Name

M'ship No.

Member's Signature

Date

**Please submit this form to the Main Reception Counter or Gym Counter.**

**FOR OFFICIAL USE ONLY**

Received By:		Date Received:	
Processed By:		Processed Date:	
Remarks:			