



FITNESS FUN REGISTRATION FORM

| CLASS | DAY | TIME | PLEASE SELECT | MONTHLY CHARGES | |
|------------------------------|-----|-------------------|---------------|-------------------------------------|-------------------------------------|
| | | | | MEMBER | GUEST |
| ABT solutely Fabulous | Mon | 11.30am - 12.30pm | | 1 class per week: \$61.79 w/GST | 1 class per week: \$84.26 w/GST |
| | | | | 2 classes per week: \$84.26 w/GST | 2 classes per week: \$106.73 w/GST |
| Dynamic Sculpt | Fri | 11.30am - 12.30pm | | 3 classes per week: \$101.12 w/GST | 3 classes per week: \$123.59 w/GST |
| | | | | 4 classes per week: \$117.97 w/GST | 4 classes per week: \$140.44 w/GST |
| Powerstretch™ | Tue | 7.45pm - 8.45pm | | 5 classes per week: \$134.82 w/GST | 5 classes per week: \$157.29 w/GST |
| | Wed | 11.45am - 12.45pm | | 6 classes per week: \$151.67 w/GST | 6 classes per week: \$174.14 w/GST |
| | Wed | 7.45pm - 8.45pm | | 7 classes per week: \$168.53 w/GST | 7 classes per week: \$191.00 w/GST |
| | Fri | 10am - 11am | | 8 classes per week: \$185.38 w/GST | 8 classes per week: \$207.85 w/GST |
| Hip Hop Fitness | Mon | 10am - 11am | | 9 classes per week: \$202.23 w/GST | 9 classes per week: \$224.70 w/GST |
| | | | | 10 classes per week: \$219.08 w/GST | 10 classes per week: \$241.55 w/GST |
| Ultimate Fitness | Wed | 10am - 11am | | | |
| Street Jazz | Thu | 7.45pm - 8.45pm | | | |
| Lyrical Jazz | Sat | 12pm - 1pm | | | |

FEE: AD HOC / TRIAL SESSION (PINK FORM)

- Trial / Ad-Hoc Session will be charged at \$21.40 w/GST per session (Member) and \$26.75 w/GST per session (Guest).
Note: Applicable for monthly registered students to use for CLASSES THAT ARE FULLY SUBSCRIBED (as per monthly schedule posted on the noticeboard)

FEE: INCENTIVE AD HOC FOR NON-FULLY SUBSCRIBED CLASSES (WHITE FORM)

- Incentive Ad-Hoc for non-full subscribed classes will be charged at \$10.70 w/GST per session (Member) and \$16.05 w/GST per session (Guest)
Note: Applicable for classes that are not fully subscribed (as per monthly schedule posted on the noticeboard) and for current monthly registered students and guests. Each guest under Incentive Ad Hoc must be billed to the respective Member who signed her/him for the monthly class.

ABTSOLUTELY FABULOUS : Combines HIIT with targeted core routines and toning exercises for the hips, thighs and butt.

DYNAMIC SCULPT : Uses hand-held weights to increase muscle toning and development while incorporating the vigorous body-flowing movements of vinyasa yoga.

POWERSTRETCH™ : Look forward to fluid moves and deep stretching of major core muscles, inspired by professional contemporary dancers' warm-up routines.

HIP HOP FITNESS : An intensive dance workout that improves muscle tone, stamina and coordination.

ULTIMATE FITNESS : Tighten glutes, thighs and abs in this body-conditioning class, which combines cardio workouts with relaxing stretches.

STREET JAZZ : Learn a more contemporary version of jazz dance while you groove to the latest pop and MTV hits.

LYRICAL JAZZ : Express your emotions while gaining more flexibility and grace in this class.

For enquiries, contact Julia Kong at 6398 5352 or recreation@sgcc.com.sg.

DETAILS OF PARTICIPANTS

| Name | Date of Birth | Contact No. | Email Address | Member <i>(pls tick)</i> | Guest <i>(pls tick)</i> |
|------|---------------|-------------|---------------|-----------------------------|----------------------------|
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POWERSTRETCH™

Derrick Ee - The Aerobics Instructor of the Club since 2000. He is a multi-disciplined, talented dancer, choreographer, dance and fitness instructor with over 2 decades of experience.

ABT SOLUTELY FABULOUS & DYNAMIC SCULPT

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.

STREET JAZZ & LYRICAL JAZZ

Sheerainno Seah - is an internationally performance/choreographer and a major creative force with more than 20 years' experience in the entertainment and arts industry. She has graced the stages of the world working with many of Asia's top artists such as Andy Lau, Jacky Cheung, Sandy Lam, Sammi Cheng, Leon Lai, Sally Yeh, Andy Hui, Faye Wong and etc. With a background in jazz, Chinese cultural dance, she later had managed to create a unique street style mixes of her Chinese n jazz into some spice for Street Jazz and as a choreographer, and instructor with all kind of dance Genres. She has choreographed for both the commercial industry for various companies and franchises such as Asia's Top Model, Cartier, Lamborghini, Mercedes Benz and SK Jewellery.

HIP HOP FITNESS

Ryan Ang - is a freelance actor, dancer and choreographer who have been dancing professionally for 8 years, since his days in the SAF Music and Drama Company. He has had 3 years of studio teaching experience at Danz People, teaching Jazz Funk. He was also a member of Limited Edition Crew, most notably appearing on The Dance Floor Season 2!

ULTIMATE FITNESS

Farah Dawood - is a personal trainer, freelance dance and fitness instructor and is certified in fun workouts like Poundfit, Jumping Fitness. She is now one of two Master Trainers of BADASS fitness by Bounce Dancefit. She has her own brand of a fitness workout called Goddess Body Conditioning, made by women for women. She is also a Bouncefit instructor with Kulture Studios since 2017. She is a national athlete in Bodybuilding, having represented Singapore and placed Gold, Silver and Bronze in the Model Physique category.

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 5th lesson would be taken as the 4th lesson therefore, the lesson fees for that particular month will not be pro-rated.
- Lessons conducted during the 5th 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 15th 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 cutoff 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: | | | |