



FITNESS CLASSES REGISTRATION FORM

| Class | Day | Time | Venue | Charges | | No. of Sessions | Please Tick |
|------------------------------------|-----|-------------------|-----------------|---------------|----------------|-----------------|-------------|
| | | | | Member | Guest | | |
| FUSION MOBILITY | Mon | 10am – 11am | Aerobics Studio | \$86.40 w/GST | \$109.08 w/GST | 4 | |
| DynamicSCULPT | Mon | 11.30am – 12.30pm | | \$68.04 w/GST | \$90.72 w/GST | 4 | |
| SENSORY FITNESS | Tue | 10am – 11am | | \$68.04 w/GST | \$90.72 w/GST | 4 | |
| POWERSTRETCH® BY DERRICK EE | Wed | 10am – 11am | | \$68.04 w/GST | \$90.72 w/GST | 4 | |
| CARDIO LAB | Wed | 7.30pm – 8.30pm | | \$86.40 w/GST | \$109.08 w/GST | 4 | |
| | Thu | 10.30am – 11.30am | | \$86.40 w/GST | \$109.08 w/GST | 4 | |
| STREET JAZZ | Thu | 7.45pm – 8.45pm | | \$68.04 w/GST | \$90.72 w/GST | 4 | |
| ABTsoluteSCULPT | Fri | 11am – 12pm | | \$68.04 w/GST | \$90.72 w/GST | 4 | |

Trial / Ad-Hoc Session Charges (Fitness classes)

Each trial / ad-hoc Session will be charged at \$21.60 w/GST for member and \$27.00 w/GST for guest.

Trial / Ad-Hoc Session Charges (Cardio Lab and Fusion Mobility classes)

Each trial / ad hoc session will be charged at \$25.00 w/GST for member and \$30.00 w/GST for guest.

POWERSTRETCH® BY DERRICK EE

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

DynamicSCULPT / ABTsoluteSCULPT BY JAMES SHAW

DynamicSCULPT class focuses on rehabilitative (increasing range of motion) and controlled "time under tension" strength building movements using instructor-approved resistance and loop bands which the students are required to purchase!

ABTsoluteSCULPT class is a HIIT (High Intensity Interval Training) class that also focuses on toning the lower body i.e., the hips, thighs and abdominals. (Note: Students are required to purchase a small pair of cotton hand towels or gliding discs.)

FUSION MOBILITY / CARDIO LAB BY SHIRLEY TAN

Fusion Mobility class is a low to moderate intensity class for all levels of fitness competencies. The neuromuscular effects will improve fitness, physical strength, stability & mobility. Simultaneously, it will be good for injury prevention. (Resistance bands will be required)

Cardio Lab class provides the perfect combination of cardio intervals & muscle-specific toning. It also maintains your heart rate at optimal levels for maximum results. On top of that, it will improve your body's metabolic rate, enabling it to burn calories efficiently all day. (Step boards & dumbbells will be used)

STREET JAZZ BY CLARE TAY

Street Jazz also comes from jazz and it has more elements into the old jazz style to keep up with the trend and the new style of what is happening now in the dance world and it makes us feel young again that we learning different style of dance skills through jazz. It also requires lines and strong physics and able to keep fit at the same time.

SENSORY FITNESS BY BARBARA LINA LEI

A fun, sensory journey through the sense of SIGHT, SMELL, TOUCH & SOUND in a studio filled with the therapeutic smell of essential oils and soothing music. You shall be guided by the experienced instructor in practising self-care lymphatic drainage and deep breathing techniques to attain a holistic approach to the well-being of one's body, mind and soul.

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 (Please Tick) | Guest (Please Tick) |
| | | | | | |
| | | | | | |
| Medical Conditions* (if any) <hr/> | | | | | |
| TERMS & CONDITIONS <ol style="list-style-type: none"> 1. Confirmation of registration will be made within 1 week via phone call or email. 2. For guest sign-up(s), the Member must be in the same class as the guest. 3. All charges indicated are for 4 lessons, there will be an additional charge if there are 5 weeks / 5 lessons in a month. 4. No makeup lesson or pro-rated charges for participants who fail to attend the class(es). 5. There shall be no pro-rated payments except for new enrolment. 6. No lesson on local Public Holiday(s). 7. Lesson fees 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 8. 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. 9. The 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. 10. 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. 11. The Club reserves the sole right to amend any of these Terms & Conditions without prior notice. | | | | | |
| PARTICIPANT'S ACKNOWLEDGEMENT AND WAIVER <p>I hereby fully understand and agree to abide with the above Terms & Conditions listed by the instructor and SGCC and allow SGCC to deduct the lesson fees from my membership account and acknowledge that termination of lessons must be submitted by the 15th of the current month to SGCC, for the termination to be effective the following month.</p> <p>I understand that upon signing this application form, I shall accept the terms and conditions as set out in this application form and as prescribed in the Club's Constitution and Bye-Laws. I acknowledge and accept to release my personal data recorded on this form to SGCC for the purposes highlighted above in relation to my Membership with the Club. I am aware that SGCC is in full compliance with PDP Act (2012) as outlined in the Personal Data Protection Policy.</p> <p>I hereby acknowledge, agree, declare and confirm in relation the participant that the instructor, SGCC and or its partners, officers and employees are not responsible and not liable for any injury, damages, illness, accident, death howsoever arising which may occur to the participant at any time during the training program and I, on behalf of the participant for whom I am responsible, hereby release absolutely from all responsibility and all liability the instructor and/or SGCC for any injury, damages, illness, accident, death howsoever arising which may occur to the participant at any time during the training program and hereby agree and undertake to indemnify and keep indemnified the instructor, SGCC and or its partners, officers and employees from and against any and all liability, damages and costs of defending such claims whatsoever in respect thereof. I hereby further declare and confirm that I have the requisite capacity and authority to acknowledge, agree, declare and confirm the aforesaid in my personal capacity and also on the behalf of the participant.</p> | | | | | |
| _____ | | _____ | | _____ | |
| Member's Name | | Membership No. | | Member's Signature | |
| _____ | | _____ | | _____ | |
| Date | | Date | | Date | |

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

| OFFICIAL USE | | | |
|----------------------|--|------------------------|--|
| Received By: | | Date Received: | |
| Processed By: | | Processed Date: | |
| Remarks: | | | |