



## FITNESS CLASSES REGISTRATION FORM

Class	Day & Time	Charges		No. of Sessions	Please tick
		Member	Guest		
<b>DynamicSCULPT</b>	Mon 11.30am – 12.30pm	\$68.67 w/GST (Lesson fee)	\$68.67 w/GST + \$22.89 w/GST (Guest fee payable) = <b>\$91.56 w/GST</b> (Lesson fee)	4	
<b>POWERSTRETCH® BY DERRICK EE</b>	Wed 10am – 11am	\$68.67 w/GST (Lesson fee)	\$68.67 w/GST + \$22.89 w/GST (Guest fee payable) = <b>\$91.56 w/GST</b> (Lesson fee)	4	
<b>CARDIO LAB</b>	Wed 7.30pm – 8.30pm	\$87.20 w/GST (Lesson fee)	\$87.20 w/GST + \$22.89 w/GST (Guest fee payable) = <b>\$110.09 w/GST</b> (Lesson fee)	4	
	Thu 10.30am – 11.30am	\$87.20 w/GST (Lesson fee)	\$109.08 w/GST + \$22.89 w/GST (Guest fee payable) = <b>\$110.09 w/GST</b> (Lesson fee)	4	
<b>STREET JAZZ</b>	Thu 7.45pm – 8.45pm	\$68.67 w/GST (Lesson fee)	\$68.67 w/GST + \$22.89 w/GST (Guest fee payable) = <b>\$91.56 w/GST</b> (Lesson fee)	4	
<b>ABToluteSCULPT</b>	Fri 11am – 12pm	\$68.67 w/GST (Lesson fee)	\$68.67 w/GST + \$22.89 w/GST (Guest fee payable) = <b>\$91.56 w/GST</b> (Lesson fee)	4	

NOTE: Lesson fee (exclude guest fee payable) is subjected to prorate in the event of public holidays or if there are fifth week in the month.

### **Trial / Ad-Hoc Session Charges (Fitness classes)**

Each trial / ad-hoc Session will be charged at \$21.80 w/GST for member and \$27.25 w/GST for guest.

### **Trial / Ad-Hoc Session Charges (Cardio Lab classes)**

Each trial / ad hoc session will be charged at \$25.23 w/GST for member and \$30.28 w/GST for guest.

### TYPE OF FITNESS PROGRAMMES

#### DynamicSCULPT

The 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!

#### ABToluteSCULPT

This 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.)

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

#### POWERSTRETCH® BY DERRICK EE

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

**Derrick Ee** - He has been an aerobics instructor with the Club since 2000. A talented dancer and choreographer, he also has more than two decades of experience as a dance and fitness instructor.

#### CARDIO LAB

The 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)

**Shirley Tan** - Having conducted group exercise classes for more than two decades, Shirley Tan is passionate about teaching and enjoys interacting with her students. She also teaches Athletic Conditioning, HIIT, Cardio Strength, Fusion Mobility and Total Body Conditioning.

### STREET JAZZ

This class 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.

**Clare Tay** – She has more than 20 years' experience as a dancer, instructor and choreographer. While she has received training in contemporary dance, jazz, ballet, hip hop, and street jazz, she still actively attends workshops and classes in Singapore and overseas.

#### DETAILS OF PARTICIPANTS

Name	Date of Birth	Contact No.	Email Address	Member (Please Tick)	Guest (Please Tick)

**Medical Conditions\* (if any)**

#### TERMS AND CONDITIONS

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. Participant with Medical Certificate (MC) would have to provide a photocopy or soft copy of the MC to support their excuse from the lesson.
8. 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.
9. The Club reserves the sole right to amend any of these Terms & Conditions without prior notice.

#### PROCEDURE FOR SUSPENSION/TERMINATION OF LESSONS

1. Suspensions will be for a minimum of 1 calendar month to a maximum of 2 calendar months. Application for longer suspensions shall be at the discretion of the instructor.
2. Suspension requests would have to be submitted at least 2 weeks before the suspension date.
3. 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 cut-off date will be brought forward to the following month.

## PERSONAL DATA PROTECTION NOTICE

By registering for this lesson, consent is hereby given to SGCC under the Personal Data Protection Act 2012 and according to the Personal Data Protection Notice which I have read:

- agree to disclose personal information such as membership number, contact number, member & participant(s) name, date of birth, email address, lesson date and time, lesson fees, including any visual images, photographs and/or videos captured during the lesson about the participant(s) to the instructor and SGCC;
- acknowledge that we have informed you that we may collect, use (including, process, record, hold, store), and disclose (collectively, "Process") your Personal Data;
- confirm that you have read this Personal Data Protection Notice and SGCC Personal Data Protection Privacy Statement and related SGCC Data Protection Policy [<http://sgcc.com.sg/data-protection-policy>]; and consent to SGCC' collection, use and disclosure of your Personal Data, for the Purposes as stated herein.

We process your Personal Data, in accordance with the PDPA, for the following purposes:

- To send information, promotion and updates by post, email, text messages or social media about Club lessons, activities, or events or those of third parties that we think may interest you. Maintenance and upkeep of participants' records and data.
- Administer your participation in lessons.
- Process your payment transactions.
- Respond to your questions related to the lessons or what we do.
- Disclose your personal information such as member's name, participant(s) name, date of birth, membership number, contact number, email address lessons date and time to the instructor.
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## PARTICIPANT'S ACKNOWLEDGEMENT AND WAIVER

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 15<sup>th</sup> of the current month to SGCC, for the termination to be effective the following month.

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 PDPA Act (2012) as outlined in the Personal Data Protection Policy.

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.

\_\_\_\_\_

Member's Name

\_\_\_\_\_

Membership No.

\_\_\_\_\_

Member's Signature

\_\_\_\_\_

Date

**For enquiries, contact Julia Kong at 6398 5352 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg).  
Please submit this form to the Main Reception Counter or Gym Counter.**