



## MAT PILATES REGISTRATION FORM

| Day | Time                               | Venue           | Charges                           |                                                                                                          | No. of Sessions | Please Tick |
|-----|------------------------------------|-----------------|-----------------------------------|----------------------------------------------------------------------------------------------------------|-----------------|-------------|
|     |                                    |                 | Member                            | Guest                                                                                                    |                 |             |
| Tue | 6.30pm - 7.30pm<br>(Beginner)      | Aerobics Studio | \$130.80<br>w/GST<br>(Lesson fee) | \$130.80w/GST (Lesson fee) +<br>\$11.45w/GST (Guest fee payable)<br>= <b>\$142.25 w/GST</b> (Lesson fee) | 4               |             |
| Sat | 9.30am – 10.30am<br>(Intermediate) |                 |                                   |                                                                                                          | 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.

### Mat Pilates

**Joanne Tay** began her Pilates journey 15 years ago, seeking balance amidst the demands of her active, sporty lifestyle. What she found was a practice that was both calming and powerful—one that strengthened her core, lengthened her muscles, and grounded her mind. Her connection to Pilates deepened through personal adversity. After suffering two back injuries and undergoing two knee surgeries for ACL and meniscus reconstruction, Pilates became more than just a form of exercise—it became a path to healing. Through mindful movement and breath, Jo experienced firsthand the body's remarkable ability to recover, grow stronger, and transform.

### Lesson Details

Move better, feel stronger — from the mat up. Mat Pilates may look simple, but don't be fooled — it's a powerhouse for your core, posture and total body awareness. No machines are needed; it's just you, your mat, and the magic of mindful movement.

This course:

- is perfect for beginners
- builds strength and stability
- improves posture, mobility and focus
- is functional, and will help you move with ease in everyday life.

### DETAILS OF PARTICIPANTS

| Name | Date of Birth | Contact No. | Email Address | Member<br>(Please Tick) | Guest<br>(Please Tick) |
|------|---------------|-------------|---------------|-------------------------|------------------------|
|      |               |             |               |                         |                        |
|      |               |             |               |                         |                        |
|      |               |             |               |                         |                        |

### TERMS AND CONDITIONS

- Confirmation of registration will be made within **1 week** via phone call or email.
- For guest sign-up(s), the Member must be in the same class as the guest.
- All charges indicated are for 4 lessons, there will be an additional charge if there are 5 weeks / 5 lessons in a month.
- No makeup lesson or pro-rated charges for participants who fail to attend the class(es).
- There shall be no pro-rated payments except for new enrolment.
- No lesson on local Public Holiday(s).
- Participant with Medical Certificate (MC) would have to provide a photocopy or soft copy of the MC to support their excuse from the lesson.
- 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.
- 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.

## 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.

**QUESTIONS** (Please tick ☒ or fill where necessary)

**Health & Medical History**

☐ Do you have any current or past injuries?

If yes, please specify: \_\_\_\_\_

☐ Do you experience joint pain (e.g. knees, hips, shoulders)?

If yes, please describe: \_\_\_\_\_

☐ Have you had any surgeries (e.g. hip/knee replacement, spine)?

If yes, when and what type? \_\_\_\_\_

☐ Do you have any medical conditions?  
(e.g. Osteoporosis, Arthritis, Hypertension, Diabetes)

If yes, please list: \_\_\_\_\_

☐ Do you have balance or mobility challenges?

If yes, please explain briefly: \_\_\_\_\_

☐ Are you currently on any medications that affect balance, energy, or physical exertion?

If yes, which ones? \_\_\_\_\_

**Lifestyle & Fitness Background**

☐ Have you done Pilates before?

If yes, how long ago and what kind (Mat/Reformer)? \_\_\_\_\_

☐ Do you currently engage in any physical activities (e.g. walking, swimming, stretching)?

If yes, please list: \_\_\_\_\_

☐ What is your current energy level most days?

☐ Low ☐ Moderate ☐ High

**Goals & Expectations**

What do you hope to achieve from this Pilates class? (Select all that apply)

- ☐ Improve posture
- ☐ Increase flexibility
- ☐ Build core strength
- ☐ Improve balance & coordination
- ☐ Relieve joint or back discomfort
- ☐ Maintain general mobility & independence

☐ Others: \_\_\_\_\_