

# ACTIVITIES APPLICATION FORM

One application form per participant.

Please complete this application form in BLOCK LETTERS and return to Central Reservations Centre at least 7 days before the lesson starts. Application is subject to confirmation via return call, email or fax.

**Walk-in application will be accepted subject to availability.**

## PARTICIPANT'S INFORMATION

### PARTICIPANT'S NAME

First Name Middle Name Last Name Member / Guest

DATE OF BIRTH (for child lesson only) AGE GENDER  
Male / Female

### PARENT'S/GUARDIAN'S NAME

First Name Middle Name Last Name Mr / Ms / Mrs

CONTACT TEL. FAX  
Home Office Mobile

EMAIL ADDRESS PREFERRED DATE OF 1ST LESSON

## MEMBER'S INFORMATION

MEMBER'S NAME MEMBERSHIP NO.  
First Name Middle Name Last Name

By signing on this application form, I hereby confirm my consent to the Club for using of the images taken during the event which may include the participant for the Club's display and promotional purposes, including on all printed materials, online and digital media.

I do not consent to any of my images being used in any printed or digital material.

Submission of this application confirms the acceptance of the relevant reservation and cancellation policy of the Group Fitness Programme.

Member's Signature Date

### FOR OFFICE USE ONLY

Received by

Received date

Date of 1st lesson

Confirmed by

Confirmed date



## Group Fitness Programme

# AUGUST & SEPTEMBER



THE  
ABERDEEN MARINA CLUB

Enquiry: 2814 1222

Email: reservations@aberdeenmarinaclub.com Fax: 3020 7499

# GROUP FITNESS PROGRAMME

## ADULTS

MONDAY	TUESDAY	WEDNESDAY
8.45–10.15am <b>CIRCUIT TRAINING BY LESLIE</b> 7/F Activities Studio	8.30–9.30am <b>PILATES BY TRACY</b> 3/F Activities Studio	9–10.15am <b>TAI CHI - BEGINNER BY DONALD</b> 7/F Activities Studio
9.30–10.30am <b>PILATES BY TRACY</b> 3/F Activities Studio	9.30–10.30am <b>FUN SQUAD BY CASS</b> 7/F Activities Studio	9.30–10.30am <b>PILATES BY TRACY</b> 3/F Activities Studio
10.15–11.15am <b>WATER AEROBICS BY CORWIN</b> 3/F Swimming Pool	7–8pm <b>MOBILITY CLASS BY CASS</b> 6/F Activities Studio	
10.30am–12nn <b>TAI CHI – ADVANCED BY DONALD</b> 7/F Activities Studio		
THURSDAY	FRIDAY	
10–11am <b>PILATES STRETCH BY SANDRA ROJAS</b> 6/F Activities Studio	8.45–10.15am <b>CIRCUIT TRAINING BY LESLIE</b> 7/F Activities Studio	
7.15–8.15pm <b>CARDIO TENNIS</b> Rooftop Tennis Court	9.30–10.30am <b>DANCE FITNESS BY SANDRA ROJAS</b> 6/F Activities Studio	
	10.15–11.15am <b>WATER AEROBICS BY CORWIN</b> 3/F Swimming Pool	

### GUIDE TO CLASS COLOURS :

Advance reservations required with minimum no. of participants; 24 hours' advance notice required for cancellation.

Drop-in on first-come-first-served basis; Advance reservations require 24 hours' cancellation notice.

Classes are complimentary. Advance reservations required.

## CIRCUIT TRAINING by Leslie

MONDAY	8.45-10.15am	<input type="checkbox"/> Aug 26 <input type="checkbox"/> Sept 2 <input type="checkbox"/> Sept 9 <input type="checkbox"/> Sept 16 <input type="checkbox"/> Sept 23 <input type="checkbox"/> Sept 30	Member \$365 Guest \$460
FRIDAY		<input type="checkbox"/> Aug 30 <input type="checkbox"/> Sept 6 <input type="checkbox"/> Sept 13 <input type="checkbox"/> Sept 20 <input type="checkbox"/> Sept 27	

## FUN SQUAD by Cass

TUESDAY	9.30-10.30am	<input type="checkbox"/> Aug 27 <input type="checkbox"/> Sept 3 <input type="checkbox"/> Sept 10 <input type="checkbox"/> Sept 17 <input type="checkbox"/> Sept 24	Member \$255 Guest \$345
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## MOBILITY CLASS by Cass

TUESDAY	7-8pm	<input type="checkbox"/> Aug 27 <input type="checkbox"/> Sept 3 <input type="checkbox"/> Sept 10 <input type="checkbox"/> Sept 17 <input type="checkbox"/> Sept 24	Complimentary
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## PILATES STRETCH by Sandra Rojas

THURSDAY	10-11am	<input type="checkbox"/> Aug 29 <input type="checkbox"/> Sept 5 <input type="checkbox"/> Sept 12 <input type="checkbox"/> Sept 19 <input type="checkbox"/> Sept 26	Complimentary
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## DANCE FITNESS by Sandra Rojas

FRIDAY	9.30-10.30am	<input type="checkbox"/> Aug 30 <input type="checkbox"/> Sept 6 <input type="checkbox"/> Sept 13 <input type="checkbox"/> Sept 20 <input type="checkbox"/> Sept 27	Member \$255 Guest \$345
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## WATER AEROBICS by Corwin

MONDAY	10.15-11.15am	<input type="checkbox"/> Aug 26 <input type="checkbox"/> Sept 2 <input type="checkbox"/> Sept 9 <input type="checkbox"/> Sept 16 <input type="checkbox"/> Sept 23 <input type="checkbox"/> Sept 30	Member \$155 Guest \$240
FRIDAY		<input type="checkbox"/> 30 Aug <input type="checkbox"/> Sept 6 <input type="checkbox"/> Sept 13 <input type="checkbox"/> Sept 20 <input type="checkbox"/> Sept 27	

## TAI CHI by Donald

MONDAY	Advanced 10.30am-12nn	<input type="checkbox"/> Aug 26 <input type="checkbox"/> Sept 2 <input type="checkbox"/> Sept 9 <input type="checkbox"/> Sept 16 <input type="checkbox"/> Sept 23 <input type="checkbox"/> Sept 30	Member \$370 Guest \$460
WEDNESDAY	Beginner 9-10.15am	<input type="checkbox"/> Aug 28 <input type="checkbox"/> Sept 4 <input type="checkbox"/> Sept 11 <input type="checkbox"/> Sept 25	Member \$270 Guest \$355