

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 CIRCUIT TRAINING BY LESLIE 7/F Activities Studio	9.30–10.30am BODY SCULPT BY CASS 7/F Activities Studio	9–10.15am TAI CHI - BEGINNER BY DONALD 7/F Activities Studio
10.15–11.15am WATER AEROBICS BY CORWIN 3/F Swimming Pool	8.30–9.30am PILATES BY TRACY 3/F Activities Studio	9.30–10.30am PILATES BY TRACY 3/F Activities Studio
10.30am–12nn TAI CHI – ADVANCED BY DONALD 7/F Activities Studio		
THURSDAY	FRIDAY	SATURDAY
9.15–10.15am FUNCTIONAL WORKOUT BY MIKE 7/F Activities Studio	8.45–10.15am CIRCUIT TRAINING BY LESLIE 7/F Activities Studio	11am–12nn LATIN DANCE BY SANDRA 7/F Activities Studio
10–11am YOGA STRETCH BY ELSIE 6/F Activities Studio	9.30–10.30am DANCE FITNESS BY SANDRA 6/F Activities Studio	
	10.15–11.15am WATER AEROBICS BY CORWIN 3/F Swimming Pool	

GUIDE TO CLASS COLORS :

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.

BODY SCULPT

TUESDAY	9.30-10.30am	<input type="checkbox"/> 29/8 <input type="checkbox"/> 5/9 <input type="checkbox"/> 12/9 <input type="checkbox"/> 19/9 <input type="checkbox"/> 26/9	Member \$255 Guest \$345
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FUNCTIONAL WORKOUT by Mike

THURSDAY	9.15-10.15am	<input type="checkbox"/> 24/8 <input type="checkbox"/> 31/8 <input type="checkbox"/> 7/9 <input type="checkbox"/> 14/9 <input type="checkbox"/> 21/9 <input type="checkbox"/> 28/9	Member \$255 Guest \$345
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DANCE FITNESS by Sandra

FRIDAY	9.30-10.30am	<input type="checkbox"/> 25/8 <input type="checkbox"/> 1/9 <input type="checkbox"/> 8/9 <input type="checkbox"/> 15/9 <input type="checkbox"/> 22/9 <input type="checkbox"/> 29/9	Member \$255 Guest \$345
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LATIN DANCE by Sandra

SATURDAY	11am-12nn	<input type="checkbox"/> 26/8 <input type="checkbox"/> 2/9 <input type="checkbox"/> 9/9 <input type="checkbox"/> 16/9 <input type="checkbox"/> 23/9	Member \$255 Guest \$345
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YOGA STRETCH by Elsie

THURSDAY	10-11am	<input type="checkbox"/> 24/8 <input type="checkbox"/> 31/8 <input type="checkbox"/> 7/9 <input type="checkbox"/> 14/9 <input type="checkbox"/> 21/9 <input type="checkbox"/> 28/9	Member \$240 Guest \$330
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CIRCUIT TRAINING by Leslie

MONDAY	8.45-10.15am	<input type="checkbox"/> 4/9 <input type="checkbox"/> 11/9 <input type="checkbox"/> 18/9 <input type="checkbox"/> 25/9	Member \$365 Guest \$460
FRIDAY		<input type="checkbox"/> 1/9 <input type="checkbox"/> 8/9 <input type="checkbox"/> 15/9 <input type="checkbox"/> 22/9 <input type="checkbox"/> 29/9	

WATER AEROBICS by Corwin

MONDAY	10.15-11.15am	<input type="checkbox"/> 21/8 <input type="checkbox"/> 28/8 <input type="checkbox"/> 4/9 <input type="checkbox"/> 11/9 <input type="checkbox"/> 18/9 <input type="checkbox"/> 25/9	Member \$155 Guest \$240
FRIDAY		<input type="checkbox"/> 25/8 <input type="checkbox"/> 1/9 <input type="checkbox"/> 8/9 <input type="checkbox"/> 15/9 <input type="checkbox"/> 22/9 <input type="checkbox"/> 29/9	

TAI CHI by Donald

MONDAY	10.30am-12nn	Advanced <input type="checkbox"/> 21/8 <input type="checkbox"/> 28/8 <input type="checkbox"/> 4/9 <input type="checkbox"/> 11/9 <input type="checkbox"/> 18/9 <input type="checkbox"/> 25/9	Member \$370 Guest \$460
WEDNESDAY	9-10.15am	Beginner <input type="checkbox"/> 23/8 <input type="checkbox"/> 30/8 <input type="checkbox"/> 6/9 <input type="checkbox"/> 13/9 <input type="checkbox"/> 20/9 <input type="checkbox"/> 27/9	Member \$270 Guest \$355