



Regular Adult Classes Enrollment Form 2019 - 2020

Participant's Name: _____ **(Member/Guest) Membership No. :** _____

Member's Name: _____ **E-mail:** _____ **Age:** _____

Tel: _____ **(Mobile)** _____ **(Home)** _____ **(Office)** _____

I acknowledge that I have read and agreed to all the conditions. (Please ✓ on the box)

*Adult classes will be charged in a calendar monthly

Every Monday	Every Tuesday	Every Wednesday
<p><u>Boot Camp</u> <input type="checkbox"/> 7:15am – 8:15am Fee: \$220 (1-4 sessions/month) \$200 (5+ sessions/month) Venue: Various location</p> <p><u>Iyengar Yoga</u> <input type="checkbox"/> 9:30am – 10:45am Fee: \$200 per session Venue: The Studio</p> <p><u>Aqua Fit – Aqua Circuit</u> <input type="checkbox"/> 8:00am – 9:00am Fee: \$880 for 4 sessions (one session per week) Venue: Indoor Pool</p> <p><u>Aqua Fit – Aqua Pilates</u> <input type="checkbox"/> 11:30am – 12:30pm Fee: \$880 for 4 sessions (one session per week) Venue: Indoor Pool</p> <p><u>Cardio Fitness</u> 11:15am – 12:15nn Fee: <input type="checkbox"/> \$580 for 4 sessions <input type="checkbox"/> \$180 per session Venue: The Studio</p> <p>Preferred date of 1st lesson: _____</p>	<p><u>Yogalates</u> <input type="checkbox"/> 7:00am – 8:00am Fee: \$195 per session Venue: The Studio</p> <p><u>Iyengar Yoga</u> <input type="checkbox"/> 8:45am – 10:00am Fee: \$200 per session Venue: The Studio</p> <p><u>Zumba</u> <input type="checkbox"/> 10:15am – 11:15am Fee: \$720 for 4 sessions \$210 per session Venue: The Studio</p> <p>Preferred date of 1st lesson: _____</p>	<p><u>Aqua Fit – Aqua Cardio</u> <input type="checkbox"/> 7:00pm – 8:00pm Fee: \$880 for 4 sessions (one session per week) Venue: Indoor Pool</p> <p><u>Running Club</u> 7:00am – 8:00am Fee: <input type="checkbox"/> \$800 for 4 sessions <input type="checkbox"/> \$260 per session Venue: Various location</p> <p><u>Tai Chi</u> <input type="checkbox"/> 8:45am – 9:45am Fee: <input type="checkbox"/> \$620 (4 sessions/ month) <input type="checkbox"/> \$180 per session Venue: The Studio</p> <p><u>Cardio Fitness</u> 10:00am – 11:00am Fee: <input type="checkbox"/> \$580 for 4 sessions <input type="checkbox"/> \$180 per session Venue: The Studio</p> <p>Preferred date of 1st lesson: _____</p>

*Guest will be charged an additional 10% on top of the class fee.

Every Thursday	Every Friday	Every Sunday
<p><u>Ivengar Yoga</u> <input type="checkbox"/> 8:45am – 10:00am Fee: \$200 per session Venue: The Studio</p> <p><u>Zumba</u> <input type="checkbox"/> 10:15am – 11:15am Fee: \$720 for 4 sessions \$210 per session Venue: The Studio</p> <p>Preferred date of 1st lesson: _____</p>	<p><u>Boot Camp</u> <input type="checkbox"/> 7:15am – 8:15am Fee: \$220 (1-4 sessions/month) \$200 (5+ sessions/month) Venue: Various location</p> <p><u>Ivengar Yoga</u> <input type="checkbox"/> 8:00am – 9:15am Fee: \$200 per session Venue: The Studio</p> <p><u>Aqua Fit – Aqua Toning</u> <input type="checkbox"/> 7:30am – 8:30am Fee: \$880 for 4 sessions (one session per week) Venue: Indoor Pool</p> <p><u>Cardio Fitness</u> 10:00am – 11:00am Fee: <input type="checkbox"/> \$580 for 4 sessions <input type="checkbox"/> \$180 per session Venue: The Studio</p> <p>Preferred date of 1st lesson: _____</p>	

*Guest will be charged an additional 10% on top of the class fee.

*LRC and its coaches will not be responsible for any liability whatsoever arising out of any accident or injury to the participant or to any other person during classes.

Member's Signature: _____ Date: _____

Please hand in your enrollment form to the Sports Desk.

Enquiries Tel: 3199 3800 (Sports Desk)

Activities Co-ordinator 3199 3550

Email: annemarielee@lrc.com.hk

FOR OFFICE USE ONLY:	
Received By:	
Received Date:	
Card Number:	