



Regular Adult Classes Enrollment Form 2020 - 2021

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>Strength & Agility Training</u></p> <p><input type="checkbox"/> 7:15am – 8:15am</p> <p><input type="checkbox"/> 8:15am – 9:15am</p> <p>Fee: \$220 (1-4 sessions/month) \$200 (5+ sessions/month)</p> <p>Venue: Sports Hall & around the club</p> <p><u>Aqua Blast- Aqua Circuit</u></p> <p>Intermediate Level</p> <p><input type="checkbox"/> 8:00am – 9:00am</p> <p>Fee: \$880 for 4 sessions (one session per week)</p> <p>Venue: Outdoor Pool</p> <p><u>Ivengar Yoga</u></p> <p><input type="checkbox"/> 9:30am – 10:45am</p> <p>Fee: \$200 per session</p> <p>Venue: The Studio, Fitness Centre</p> <p><u>Aqua Blast - Aqua Pilates</u></p> <p>Beginner to Intermediate Level</p> <p><input type="checkbox"/> 11:30am – 12:30pm</p> <p>Fee: \$880 for 4 sessions (one session per week)</p> <p>Venue: Outdoor Pool</p> <p>Preferred date of 1st lesson: _____</p>	<p><u>Yogalates</u></p> <p><input type="checkbox"/> 7:00am – 8:00am</p> <p>Fee: \$195 per session</p> <p>Venue: The Studio, Fitness Centre</p> <p><u>Zumba</u></p> <p><input type="checkbox"/> 10:15am – 11:15am</p> <p>Fee: \$720 for 4 sessions \$210 per session</p> <p>Venue: The Studio, Fitness Centre</p> <p><u>Aqua Blast – Aqua Cardio</u></p> <p>Intermediate to Advanced Level</p> <p><input type="checkbox"/> 7:30pm – 8:00pm</p> <p>Fee: \$880 for 4 sessions (one session per week)</p> <p>Venue: Outdoor Pool</p> <p>Preferred date of 1st lesson: _____</p>	<p><u>Run & Strength Training</u></p> <p>7:00am – 8:00am</p> <p>Fee:</p> <p><input type="checkbox"/> \$800 for 4 sessions</p> <p><input type="checkbox"/> \$260 per session</p> <p>Venue: Various location</p> <p><u>Tai Chi</u></p> <p><input type="checkbox"/> 8:45am – 9:45am</p> <p>Fee:</p> <p><input type="checkbox"/> \$620 (4 sessions/ month)</p> <p><input type="checkbox"/> \$180 per session</p> <p>Venue: Sundeck/ 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>Iyengar Yoga</u> <input type="checkbox"/> 8:45am – 10:00am Fee: \$200 per session Venue: The Studio, Fitness Centre</p> <p><u>Zumba</u> <input type="checkbox"/> 10:15am – 11:15am Fee: \$720 for 4 sessions \$210 per session Venue: The Studio, Fitness Centre</p> <p>Preferred date of 1st lesson: _____</p>	<p><u>Aqua Blast – Aqua Toning</u> All Levels <input type="checkbox"/> 7:30am – 8:30am Fee: \$880 for 4 sessions (one session per week) Venue: Outdoor Pool</p> <p><u>Strength & Agility Training</u> <input type="checkbox"/> 7:15am – 8:15am <input type="checkbox"/> 8:15am – 9:15am Fee: \$220 (1-4 sessions/month) \$200 (5+ sessions/month) Venue: Sports Hall & around the club</p> <p><u>Iyengar Yoga</u> <input type="checkbox"/> 8:00am – 9:15am Fee: \$200 per session Venue: The Studio, Fitness Centre</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:	