



FUN & FIT PROGRAMMES REGISTRATION FORM

CLASS	DAY	TIME	PLEASE TICK APPROPRIATE BOX
DANCERCISE	MONDAY	10AM – 11AM	
POWERSTRETCH	TUESDAY	7.30PM - 8.30PM	
BODYBLAST	WEDNESDAY	10AM - 11AM	
POWERSTRETCH		7.45PM - 8.45PM	
DANCERCISE	THURSDAY	7.30PM - 8.30PM	
POWERSTRETCH	FRIDAY	10AM - 11AM	
DANCERCISE	SATURDAY	12NN - 1PM	
POWERSTRETCH		2PM - 3PM	



MONTHLY CHARGES for Member

Frequency	Charges	7% GST	Total	Guest Charges
1 lesson per week	\$45.00	\$3.15	\$48.15	An additional charge of \$10.00 (monthly) will be imposed for guest.
2 lessons per week	\$55.00	\$3.85	\$58.85	
3 lessons per week	\$65.00	\$4.55	\$69.55	
4 lessons per week	\$75.00	\$5.25	\$80.25	
5 lessons per week	\$85.00	\$5.95	\$90.95	
6 lessons per week	\$95.00	\$6.65	\$101.65	
7 lessons per week	\$105.00	\$7.35	\$112.35	
8 lessons per week	\$115.00	\$8.05	\$123.05	
Per Trial Lesson:	\$15.00	\$1.05	\$16.05	

Member's Name: _____ M'ship No.: _____

Guest's Name (If any): _____

Address : _____ S()

Tel: _____ (H) _____ (O) _____ (HP)

Email: _____

Note: ● For further enquiries, please contact Julia @ 6398 5352 or julia_kong@sgcc.com.sg. ● Please submit this form to the Sports & Recreation Department or fax it to 6398 5355. ● No lessons on Public Holidays. ● No replacement of lessons or refund of fees for Public Holidays and absence for lesson on own accord. ● Members must inform the Sports & Recreation Department if they wish to make any changes for lessons, such as increasing frequency from once a week to twice a week on which day and when. ● Please be informed that a **one-month termination notice** to the Sports & Recreation Department is required in writing if you wish to discontinue the Fun & Fit Programmes. Otherwise, the fees will continue to be charged to your account.

I / My guest* would like to register for the above class(es). Please debit my account accordingly.

*Please delete whichever is applicable.

Member's Signature : _____

Date : _____

INTRODUCTION OF FUN & FIT PROGRAMMES

Mr Derrick Ee, the Chief Aerobic Instructor of Serangoon Gardens Country Club since 2000; is a multi-disciplined, talented dancer, choreographer, dance and fitness instructor with over 2 decades of experience. He combines the various disciplines and have developed the following unique classes for his students; Powerstretch, BodyBlast, Dancercise and Jazztanga.

POWERSTRETCH since 2003

A progressive movement of long stretches, twists and poses to achieve strong, flexible and supple muscles will enhance the look of a long, lean and toned physique. Cardiovascular conditioning exercises are incorporated into the warm-up, which is beneficial for the heart, prevents muscle injury and aids in fat burning. By using our body weight, we strengthen and tone our muscles with the primary focus of activating the core muscles. A strong core muscle or Powerhouse is the epitome of good posture, great spinal alignment, muscle strength, flexibility and agility. This workout is conducted in a soothing, relaxing atmosphere to the beat of specially selected energetic music.

BODYBLAST since 2003

Sets of energetic yet graceful choreographed routines and basic step-board moves will be taught. Thereafter, they will be pieced together like a puzzle where the memory and focus of the participant comes into play, thus creating a challenging workout set in a fun, musical atmosphere. An excellent workout to challenge your body, heart and mind, this workout is done with the aid of step-board which is great for cardiovascular conditioning. During floor work exercise, light hand-weights are used for strengthening and toning. This increases muscle strength and endurance, mass and bone strength, and the body's metabolism.

DANCERCISE since 2003

A lively, fun and energetic exercise that incorporate Salsa, Samba, Mambo, Latin Dance and various genre of dances to the beat of the latest hip music. This exercise is for those who love to dance but never had a chance or courage to try. You will learn to feel and move your body to the groove and rhythm of music, and that the same time get a great workout. The class begins with warm-up stretches and basic dance techniques and ends off with floor work consisting of abdominal, butt and back muscles strengthening exercise; including a short cool down to calm your body and prevent muscle soreness.