

Submission of this application form confirms the acceptance of the following conditions:

1. Members will be given priority over guests for class allocation.
2. Registration is subject to payment in full prior to their first lesson.
3. Registration is not confirmed until a confirmation is issued.
4. Registration is subject to availability
5. Incomplete information may lead to unsuccessful application.
6. All paid sessions must take place by the expiry date, failing which the client will not be entitled either to any further sessions under this agreement or to any refund.
7. No refund or transfer is allowed.
8. Spa & Resort is not responsible for the loss or damage of any personal items.
9. Package of 10 Sessions expires 3 calendar months after 1st date of usage.
10. Group Fitness Class Pass expires 1 calendar month after 1st date of usage.
11. Any expenses, disbursements and legal costs incurred by Spa & Resort, in the enforcement of any rights contained in this contract shall be paid by the participant, including any solicitor's fee and/or debt collection agency fees.
12. Participants must be signed in and out of the programme at the time of drop-off and collection. Children will not be released to any person not named on the registration form.
13. The Club reserves the right to cancel a class if there is insufficient number of enrollments.
14. Participants are advised to check the updated policies with Spa & Resort.
15. Children under the age of 12 years need to be accompanied by their parents/helper/guardian within the club premises
16. Parents/helper/guardian should come to pick up their children 15 minutes before the class finished. Members are responsible to accompany & look after their own children within the club premises
17. Applicants must abide by the Club Rules and Membership handbook.
18. Cancellation: Group Lesson is required for cancellation with more than 4 hours advance notice and Private and Semi Private Lesson is required with more than 12 hours advance notice, the participant can request for reschedule of lesson although no guarantee can be given as to the time and date of the re-scheduled session. Only one request of re-schedule will be entertained. The request has to be made within requested hours from the cancelled date after which no such request will be entertained and no refund will be made. For cancellations with less than requested hours advance notice 100% of the total fees will be forfeited. In the event that a participant is prevented from attending a lesson because of illness, he/she is required to submit proof by way of a valid medical certificate issued by a registered medical practitioner in Hong Kong. Upon receipt of such proof, and subject to availability (which is not guaranteed), Spa & Resort may, at its sole discretion, arrange a credit of the course fee paid for the original lesson (where appropriate, on a pro-rata basis). If a lesson is cancelled or rescheduled by Spa & Resort and the participant is not able to enroll in another lesson or attend the rescheduled lesson, Spa & Resort shall arrange a credit of the course fee paid for the original lesson (where appropriate, on a pro-rata basis). Spa & Resort's calculation of the said credit shall be final and conclusive. The participant is responsible to attend all lessons on time. No make-up lesson will be arranged for any lesson (or any part thereof) not attended. Spa & Resort reserves the right to cancel or re-schedule any lessons at its sole discretion. Reasons for cancellation or re-scheduling include but are not limited to: 1. Inclement weather (please refer to bad weather policy below); 2. Insufficient enrollment; 3. Non-availability of instructors and/or venue; 4. Misbehaviour during class/lesson
19. Inclement Weather Policy: Spa & Resort shall cancel lessons if Black Rainstorm or Typhoon Signal No.8 or higher is hoisted. Spa & Resort may also cancel lessons if it considers that the weather condition is not suitable for the lessons. Participants are advised to contact Spa & Resort Reception at 2812 3945 / 2812 3946 for further enquiries.

Enquiry

Spa & Resort Hotline : 2812 3945 / 2812 3946

Email : spa@hongkongparkview.com

FOR OFFICE USE ONLY

Received by : _____

Received Date : _____

Confirmed by : _____

Confirmed Date : _____



GROUP FITNESS

Boot Camp
Core and Glutes
TRX
Roll and Tone
Flex and Relax
Pilates Ring
HIIT
Stretching
TEEN Boxing

SPA & RESORT *Parkview*
健身會所

GROUP FITNESS

BOOTCAMP	A hard 'Core' workout where you get out of your comfort zone and into the 'Training Zone' and improve your strength, stamina, and your will to survive in this hour long workout. Come along to Camp Parkview and see what all the yelling is about! Booh Yaah.
CORE AND GLUTES	Are you looking for a strong Core and 3D Glutes? Come to join our intensive class which designed to hit your CORE and build your Butt muscles. That's includes: Rectus Abdominis, External Oblique, Internal Oblique, Transverse Abdominis, Multifidus, Gluteus Maximus, Gluteus Medius, Gluteus Minimus.
FLEX AND RELAX	Through different movements – passive, active, dynamic and static, we will help you learn how to improve your flexibility, how to breathe properly and reach high level of relaxation. This class will not only remove the tension from your muscles but also brings you deep whole mind and body relaxation. Come to join our FLEX AND RELAX class.
ROLL AND TONE	The combination of Pilates and stability ball improves muscle strength and endurance in all the major muscle groups. Training with the ball improves muscle tone, increase muscle endurance and strength, restore or improve flexibility, enhance spinal stability and improve your balance, posture, and coordination. Come and do our ROLL AND TONE class with Swiss (stability) ball.
TEENS BOXING	Teen Boxing teaches basic kick boxing skills, and self-defense. It is a full body workout which increase strength, improves endurance, hand-eye coordination and core strength, all while having fun!
TRX	Suspension, body resistance class that is highly efficient for gain strength and burn fat in the same time. It is also working core through majority of movements. Suitable for all ages and all fitness levels. Resistance can be easy adjusted by moving position of feet to create more or less leverage.
ICG Spinning	Run by Natalie, our Indoor Spinning class takes you through the toughest hills, flats, sprints, interval and/or power training with coaching. Cycling with upbeat music pushes your fitness limits to the max and strip fat by boosting your metabolism. What's more, with the "coach by colour" system, our ICG bikes provide visual target to focus a rider's mind and body during the ride. Class will be run with specific training zone/ target: CARDIO-ENDURANCE/ TEMPO/ INTERVAL/ POWER
ZUMBA®	Looking for some funky vibe in your daily workout? Run by Natalie, our ZUMBA® class is a high energy dance class with non-stop cardio section to make it a calorie-burning and heart-pumping class! Designed for members who want to sweat with trendy tracks to lift up their spirit for week. Throughout the class, they will be moving to music and get a total body workout by following dance exercises that are choreographed to tone and strengthen their abdominals, legs and arms. While they're too busy shaking and dancing, they'll be getting a killer workout at the same time! Moderate intensity. The class is suitable for all levels.
PaviGYM	The Pavigym system incorporates music, lights, and sensors into the workout, turning traditional training into an interactive, motivational and immersive experience. Designed for training strength, speed, agility, mobility, and improve your fitness level through a tough yet exciting class!
STRONG By Zumba	"Every beat has a move. Every move has a beat." STRONG By Zumba combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Using your own body weight, you will improve muscular endurance, tone and definition. And the music is crafted to drive the intensity in a challenging progression that provides a total body
SUMMER BARBELL BLISS (SBB)	Build and tone your muscles, burn fat and improve your overall body strength with our NEW full body barbell class. Class is designed for experience and beginners who would like to learn proper and improve their current barbell technique. Weight is adjusted to each individually in order to provide injury free class. Movement and repetition are done following the great, energizing bit of songs.

Course Fee:	<p>Single Session - \$240 per member / \$300 per guest Package of 10 Sessions - \$2,000 per member / \$2,500 per guest</p> <p>Group Fitness Class Pass (Unlimited Use for 30 days) \$2,500 per member / \$3,000 per guest</p>
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