



**GROUP FITNESS**

SPA & RESORT *Parkview*  
健身會所

**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. Registration has to be done 12 hours prior to class. If no participant sign up for class 12 hours in advance, class will be cancelled. Final confirmation will be conducted by personal trainer. Member is advised to approach S&R reception for latest class schedule.
6. Incomplete information may lead to unsuccessful application.
7. 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.
8. No refund or transfer is allowed.
9. Spa & Resort is not responsible for the loss or damage of any personal items.
10. Package of 10 Sessions expires 3 calendar months after 1<sup>st</sup> date of usage.
11. Group Fitness Class Pass expires 1 calendar month after 1<sup>st</sup> date of usage.
12. 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.
13. 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.
14. The Club reserves the right to cancel a class if there is insufficient number of enrollments.
15. Participants are advised to check the updated policies with Spa & Resort.
16. Children under the age of 12 years need to be accompanied by their parents/helper/guardian within the club premises
17. 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
18. Applicants must abide by the Club Rules and Membership handbook.
19. 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
20. 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](mailto:spa@hongkongparkview.com)

## GROUP FITNESS

Boxing Circuit	A fun energetic way to sweat, get lean and shred! A boxing-based workout that combines rounds of bag work with rounds of circuit style movements, such as KB swings, burpees, push-ups, sit-ups. You will learn how to move and throw punches like a fighter and each round is setup to help you torch as many calories as possible.
Core & 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.
HIIT	Are you a high-energy fitness person that loves intense physical activity? Challenge yourself in this fast paced 45 minute workout! Torch calories, shred fat and greatly increase stamina with high reps, body weight and power movements. Not only will this class test your agility and coordination, but it will leave you feeling energized and FIT FOR LIFE!
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.
Zero2Sixty	A total body, high-intensity workout which incorporates functional training to help you burn more calories and fat. The class runs like a circuit/functional training workout and the methods employed here are to improve anaerobic and aerobic capacity. The way we structure the class will not only improve cardiovascular fitness, but you also boost your metabolism. Your metabolism will stay high not only during the workout, but after the workout as well. This means that your body will be burning fat for hours after.
Strongman Endurance	A strength and endurance based bootcamp with emphasis on weights. Our Strongman Endurance program will help you build super strong muscles and improve cardiovascular endurance with a series of intensive workouts.
TRX (Mask-free vaccinated class)	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.

<b>Course Fee:</b>	Single Session - \$240 per member / \$300 per guest Package of 10 Sessions - \$2,000 per member / \$2,500 per guest
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00-8:00am Zero2Sixty				7:30-9:00am Allomyoga	
9:00-9:45am HIIT	9:00-10:30am Allomyoga (vaccinated)	9:00-10:00am TRX Circuit (vaccinated)	9:00-10:30am Allomyoga (vaccinated)	9:00-10:00am ZUMBA®		
	9:00-10:00am Boxing Circuit	9:00-10:00am Tai Chi				
						10:00-11:00am Boxing Circuit
						4:00-5:00pm Core & Glutes
					5:00-5:45pm HIIT	
	7:00-8:00pm Tai Chi		7:00-8:00pm Zero2Sixty			

## GROUP FITNESS APPLICATION FORM

### One application form per participant

Please complete this application form in BLOCK LETTERS and return to the Spa & Resort Reception at least 7 days before the lesson starts. Application is subject to confirmation via return call or email.

### Participant Information

Participant's Name : \_\_\_\_\_  
First Name Last Name [ Member / Guest ]

Date of Birth (for child only) : \_\_\_\_\_ Age : \_\_\_\_\_ Gender: M / F  
DD / MM / YY

Contact : [M] \_\_\_\_\_ [H] \_\_\_\_\_

Email Address : \_\_\_\_\_

*(Please fill in parent's or guardian name if the participant is under 18 years old)*

Parent's / Guardian's Name : \_\_\_\_\_ [ Mr / Ms / Mrs ]  
First Name Last Name

### Member's Information

Member's Name : \_\_\_\_\_ M'ship No. : \_\_\_\_\_  
First Name Last Name

### Payment Method: Cash Value / Credit Card / Cash / Cheque

Cash Value  Cash

Cheque\*  
*\*Cheque payment to "Hong Kong Parkview  
Management Services Ltd"*

Single Payment by Credit Card

Card Holder's Name : \_\_\_\_\_ Credit Card Number : \_\_\_\_\_

Card Type :  Visa  MasterCard  AE Card Expiry Date : \_\_\_\_\_ / \_\_\_\_\_ (MM/YY)

Please debit my Credit Card Account in the amount of

HK\$

\_\_\_\_\_  
Participant's / Parent's / Guardian's Signature

\_\_\_\_\_  
Date (DD/MM/YY)

Submission of this application form confirms the acceptance of all the conditions stated at the back of this form

### **FOR OFFICE USE ONLY**

Received by : \_\_\_\_\_ Received Date : \_\_\_\_\_

Confirmed by : \_\_\_\_\_ Confirmed Date : \_\_\_\_\_