



ADULT DANCEFIT

Adult Dance Fit classes will be taught by highly qualified, experienced and professional choreographers. What better way to increase your fitness level, improve posture, coordination and flexibility whilst burning calories. This one-hour class will incorporate highly energetic and up-to-date dance routines. Get ready to show off your new dance moves and impress your friends when you next hit the dance floor.

DAY: Every Tuesday DATE: Jan 5th, 12th, 19th, 26th Feb 2nd, 9th

TIME: 10.30 – 11.30am FEE: \$1050/6 week course VENUE: The Aerobics Room

CLASS: 8pax Minimum

- Please Note**
- * To secure class bookings course fees must be paid prior to the commencement date of the class; no refunds for missed lessons. No make up or refunds for the typhoon signal #8 or black rain storm warning.
 - * I understand that neither the Club nor instructor will be held responsible for any accidents and/or injuries arising from my participation.
 - * Non-members are welcome but guest fee will be subjected to a 30% surcharge.
 - * Please make cheque payable to 'Hong Kong Parkview Management Services Ltd.'

Please note : All courses are confirmed unless notified otherwise

APPLICATION FORM **ADULT DANCEFIT** **January – February 2010** (FOR MEMBERS ONLY)

Name : _____ Mem. No. : _____

Tel. No. : _____ Gender : F [] M []

Member's Signature : _____ Date : _____

* I have read and understood the above terms and conditions.