

# Lose To Win Participants, Families and Friends

## GET FIT! LOSE FAT! FITNESS BOOTCAMP SPECIAL 'LTW' PACKAGE ver 1.3

Only 45 spaces available, Valid until 24th October 2009.

Name:



Single Sessions = Usual \$50 For You = \$24.50

EMBRACE JANUARY 2010 with a NEW YOU! You have 2 months to go!

Once, twice or thrice a Week					
Package	Rate Per Session	Total No. of Sessions			Validity
		<b>30</b>	<b>20</b>	<b>10</b>	
	Usual \$50	\$1,500	\$1,000	\$500	
<b>A</b>	\$17.50	<b>\$525</b>			45 weeks
		<i>You save \$966</i>			
<b>B</b>	\$18.50		<b>\$370</b>		30 weeks
			<i>You save \$630</i>		
<b>C</b>	\$19.50			<b>\$195</b>	15 weeks
				<i>You save \$305</i>	
After this package, your next package will be based on \$28 per session.					

**\*Get colleagues, friends and family (those who are not in the Lose To Win challenge) to sign up a special package and you'll Get \$20 Cash for each sign up**

Corporate Fitness Bootcamp	
<b>E</b>	Get your company to engage our Team to conduct 10 weeks bootcamp for your company and get \$100 cash from us! Invite your Work place Health Promotion facilitator for a free workout at our regular locations and get 1 session free for yourself.

For more info on packages A to D, please Call Lisa @ 97320114, Faz @ 94597739, Zhywee @ 81894480 or Azmy @ 94560174. For corporate packages, please call Sharm @ 91090995

Locations and Timings from 1st November 2009					Your Name:
Location	Day	When?	Time	Notes	Please TICK your preferences
<b>East Coast Park</b>	<b>Saturday</b>	<b>Morning</b>	<b>8.30am</b>	<b>New Timeslot</b>	
East Coast Park	Sunday	Morning	8.30am		
East Coast Park	Monday	Evening	7pm		
East Coast Park	Wednesday	Evening	7pm		
Botanical Gardens	Sunday	Morning	8am		
Botanical Gardens	Monday	Morning	8am		
Botanical Gardens	Wednesday	Morning	8am		
Botanical Gardens	Friday	Morning	8am		
<b>West Coast Park</b>	<b>Saturday</b>	<b>Morning</b>	<b>9am</b>	<b>New Timeslot</b>	
West Coast Park	Sunday	Morning	8am		
<b>West Coast Park &amp; Esplanade</b>	<b>Thursday</b>	<b>Evening</b>	<b>6.30pm or 7pm</b>	Location to be confirmed. Please Choose accordingly	Circle ONE - West Coast Park or Esplanade
<b>Toa Payoh Park &amp; Esplanade</b>	<b>Tuesday</b>	<b>Evening</b>	<b>6.30pm or 7pm</b>	Location to be confirmed. Please Choose accordingly	Circle ONE - Toa Payoh Park & Esplanade
Ulu Pandan	Monday	Evening	7pm		
Ulu Pandan	Thursday	Morning	7am		
Bishan Active	Sunday	Morning	8am		
Fort Canning	Tuesday	Morning	7am		
Fort Canning	Thursday	Morning	7am		

*Locations and Timings may change. Classes will start when there's enough participants. Please refer to [www.FitnessBootcamp.sg/locations](http://www.FitnessBootcamp.sg/locations) for the latest shedule and contact trainer I/C accordingly for your workouts.*

# BOOTCAMP SPECIAL 'LTW' PACKAGE



## Sign Up Form

Full Name (Please Print): \_\_\_\_\_  
Address: \_\_\_\_\_  
Mobile Number: \_\_\_\_\_  
Email address: \_\_\_\_\_  
Address: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Occupation: \_\_\_\_\_  
Company: \_\_\_\_\_  
Nationality: \_\_\_\_\_  
Referred by: \_\_\_\_\_ Which Package?: \_\_\_\_\_  
Location and Days of workout: \_\_\_\_\_  
*Please TICK accordingly on the opposite side of the page*

(For official use) Collected by: \_\_\_\_\_

Amount Paid: \_\_\_\_\_ Cash / Cheque\*

**I understand that this is a one time special package, in the event that I want to continue and sign new packages in the future, it will be based on \$50 per session, ie: \$500 for 10 sessions and \$1000 for 20 sessions.**

If cheque, please write to 'Hisham Bin Musa'

**Bank Transfer:** Only complete this form AFTER the transfer

Bank account: POSBank Savings 029-24806-0

Email to mail@fitnessbootcamp.sg your name, transaction number, date & time of the transfer.

### REPRESENTATIONS:

**Physical Condition and Medical Advice:** You represent that you are in good physical condition and have no medical reason, impairment or disability that might prevent you from using all of the fitness instruction services. As such, you acknowledge that the trainers did not give medical advice before you signed this Agreement, and cannot give you any after you sign this Agreement, relating to your physical condition and ability to use the fitness instruction services. If you have any health or medical concerns, now or after you sign, discuss them with your Doctor before using the facilities and fitness instruction services of Fitness Guru Private Limited (FGPL). You acknowledge that you have been advised by FGPL to get your doctor's clearance before starting an exercise programme.

**Entire Agreement and Enforcement:** You acknowledge that neither the Trainers nor anyone else, made any representations nor promises upon which you relied that are stated in this Agreement. This document contains the entire agreement between you and the Trainer relating to Fitness services, and replaces any oral or other such written agreement. If a court declares any part of this Agreement invalid. It will not invalidate the remaining parts, which continue unaffected. If the Trainers do not enforce any right of this Agreement for any reason, the Trainer does not waive the right to enforce it later.

**Photos and Videos:** You allow photos and videos of you that was taken before/during/after the workouts to be posted in ALL of Fitness Guru Private Limited's marketing materials (some examples include the internet, articles, brochures, banners, ebooks, magazine & newspapers).

**ASSUMPTION OF RISK:** The use of the Fitness training services naturally involves the risk of injury to you whether you or someone else cause it. As such, you understand and voluntarily accept this risk and agree the Trainers & FGPL will not be liable for any injury, without limitation, personal, bodily or mental injury, economic loss or any damage to you resulting from the negligence or other acts of the Trainers and FGPL or anyone else using the services. If there is any claim by anyone based on any injury, loss or damage described here, which involves you, you agree to (1) defend the Trainer & FGPL against such claims and pay the Trainer & FGPL for all expenses relating to the claim (2) pay for all medical expenses incurred and (3) indemnify the Trainer for all liabilities to you, or anyone else, resulting from such claims.

By signing below, you agree to all terms of this Agreement.dd

I \_\_\_\_\_ of I/C Number \_\_\_\_\_ acknowledge that, by signing this document, I have been informed of the need to obtain a physician's examination and approval prior to beginning this exercise program. I fully understand that the program may be strenuous and choose to participate completely voluntarily. I accept all responsibility for my health and any resultant injury or death or mishap that may affect my well being or health in any way. I hold harmless of any responsibility, the instructors, trainers, Fitness Guru Private Limited or any persons involved with this fitness program or testing procedure.

For Parents and Guardians only (If applicant is younger than 18 years old)

I \_\_\_\_\_ of I/C Number \_\_\_\_\_ is the parent/guardian of \_\_\_\_\_ of I/C number \_\_\_\_\_ acknowledge that, by signing this document, I have been informed of the need to obtain a physician's examination and approval prior for my child/ward to beginning this exercise program. I fully understand that the program may be strenuous and have informed for my child/ward to participate voluntarily. I accept all responsibility for my child's/ward's health and any resultant injury or death or mishap that may affect my well being or health in any way. I hold harmless of any responsibility, the instructors, trainers, participants, organisers, Fitness Guru Private Limited or any persons involved with this fitness program or testing procedure.

**Signature of Client / Date** \_\_\_\_\_

**Signature of Parent or Guardian (if applicable) / Date** \_\_\_\_\_