



The Sports Club of Gujarat Ltd.
Sardar Patel Stadium, Navrangpura, Ahmedabad 380 014 (India)
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ADVANCE PERSONAL FITNESS TRAINING

Restricted P.T. allowed during

**7.30 am to 9.00 am
6.00 pm to 7.30 pm**

For the month of _____

Timing:
MON to SUN : 6.00 am to 1.30 pm
3.45 pm to 9.30 pm

Charges

Packages	Single	Couple
	3 Days	3 Days
Monthly	☐ 6,600	☐ 9,600
Quarterly	☐ 16,680	☐ 26,640
Half Yearly	☐ 30,720	☐ 47,520

+ GST as applicable.

Participant's Name : _____ Age : _____
Name of Member : _____ Mem.No. _____
Telephone No. : (R) _____ (M) _____
[E-mail] _____
Name of Trainer : _____
Training Time : _____
Alternate Contact : Name _____ [M] _____
Payment : ☐ Charge to my account ☐ Cash / Cheque

Date

Participant's Signature

Member's Signature

- Note :
- Form should be submitted latest by 10th of the particular month.
 - Full advance payment to be made by cheque in favour of the Club or shall be debited to the account.
 - Couple training is for two people taking training from the same trainer at the same time.
 - Timing once fixed will not be changed.
 - Fees are not refundable or transferable.
 - Tenure of the term cannot be extended.
 - Member wanting to take PT for 6 days can fill up 2 forms.

Rules

1. Strict discipline should be maintained in the Health Centre.
2. Name and Mem.No. should be entered in Register properly, before entering the Health Centre.
3. Compulsory use towel / napkin in Health Centre.
4. Proper dress code to be observed in the Health Centre. (As per Health Centre Bye-Laws)
5. After completing exercise all equipments, weights, props etc. to be kept at the designated place.
6. Valuables should be kept in the lockers in the changing room.
7. No smoking / No food / No littering.
8. Outside Shoes / chappals to be removed before entering the Health Centre.
9. Personal trainer shall be appointed as per availability / stipulated time slot.

w.e.f. 1st January 2019

For Office Use

Received amount by Receipt No. _____ dated _____ Rs. _____