



## ABSOLUTE FITNESS

Postal Address: 'Attention to Absolute Fitness'  
32 Maxwell Road  
#03-07 White House S(069115)  
Company Reg No: 53071867K  
Contact Number: 98175247  
Email: [biz@absolutefitness.com.sg](mailto:biz@absolutefitness.com.sg)  
[Http://www.absolutefitness.com.sg](http://www.absolutefitness.com.sg)

### REGISTRATION FORM SEP-WEEKLY FAVORITES WORKOUT

**Workouts Interested:** *(Pls tick & indicate number of sessions) (\$150 per session)*

- |  |   |
|--|---|
| <input type="checkbox"/> Yoga _____    | <input type="checkbox"/> Street Jazz _____  |
| <input type="checkbox"/> Pilates _____ | <input type="checkbox"/> Circuit _____      |
| <input type="checkbox"/> Hi Lo _____   | <input type="checkbox"/> Muay Thai _____    |
| <input type="checkbox"/> Tai Chi _____ | <input type="checkbox"/> Kickboxing _____   |
| <input type="checkbox"/> Hip Hop _____ | <input type="checkbox"/> Self Defense _____ |
- Special Package: 32 sessions of different variety of workouts *(Offer Price \$4500)*  
*Pls indicate workouts interested* \_\_\_\_\_

**Number of participants:** \_\_\_\_\_

**Preferred Commencement date:** \_\_\_\_\_

**Preferred Timing:** \_\_\_\_\_

Person to contact: \_\_\_\_\_ Position: \_\_\_\_\_

Name of School: \_\_\_\_\_

Address of School: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email: \_\_\_\_\_

ENCLOSED IS MY CROSSED CHEQUE FOR SGD\$ \_\_\_\_\_ MADE PAYABLE TO  
"ABSOLUTE FITNESS" CHEQUE NO: \_\_\_\_\_

#### Declaration

I undertake to abide at all times the terms and conditions stated as below attached.

**Absolute Fitness** will NOT be responsible for any damage or loss of property, or any injury, or loss of life, which may be sustained by the client, during the activity arising from any cause in connection with the activity. I also undertake to indemnify the organizer against any claim by any part in connection with the activity.

I acknowledge I have read this declaration carefully and understand its meaning, and I have had the opportunity to ask questions which have been answered to my complete satisfaction.

Signature & Name of Client/ Date:

School Stamp (if any):

\_\_\_\_\_

*(P.S- Please mail back registration form with crossed cheque to above postal address.  
Any queries, contact [biz@absolutefitness.com.sg](mailto:biz@absolutefitness.com.sg) or 98175247)*

## TERMS & CONDITIONS

THESE TERMS AND CONDITIONS CONTAIN LEGAL OBLIGATIONS. PLEASE READ CAREFULLY BEFORE REGISTER.

### *1) Registration Policy*

- All clients must fill up [registration form](#) with indemnity and return to **Absolute Fitness** before commencement of an event.
- All payments are to be made in full by cheque PAYABLE TO ‘**Absolute Fitness**’ before commencement of service/program(s)
- We will send an electronic acknowledgement to our clients upon successful receipt of the upfront payment. Clients will be informed if services/programs ordered are unavailable for the time being.
- Please allow time for your registration and payment to be processed. We will confirm your commencement date of the services/program as soon as possible.

### *2) Cancellation Policy*

- 3 clear days notice is required to be given prior to the session if you are unable to attend any of the program/services. We will reschedule the appointment. However if last minute notice is given, the session will be forfeited
- No cancellations will be entertained after the services/programs are confirmed and submitted by the customer. All services provided by **Absolute Fitness** are non-exchangeable, non-refundable and non-transferable.
- **Absolute Fitness** will refund the amount paid if the order is cancelled due to the unavailability of services/programs or our inability to deliver the services/programs within the agreed time frame.

### *3) Late Policy*

We will start and end every services/programs session PUNCTUALLY. There will be NO compensatory time for the session if a client is late. However, if a fault lies with our company, we will compensate the time.

### *4) Liability Issues*

All participants MUST be in good health condition before the start of program. Those who are not feeling well are advised to seek medical attention and strongly advised NOT to participate in our services/programs.

### ***5) Privacy Policy***

- **Absolute Fitness** assures that all customers that all personal information collected would be used or disclosed only for the purposes for which it was collected.
- **Absolute Fitness** will not disclose, share, transfer, sell or rent personally identifiable information to any third party. We do not send unsolicited marketing email to our clients. Clients will occasionally receive email on special promotions we hold. Out of respect for the privacy of our clients, clients may opt-out of receiving these communications by replying to unsubscribe in the subject line in the email.

### ***6) Disclaimer Policy***

**Absolute Fitness** will NOT be responsible for any damage or loss of property, or any injury, or loss of life, which may be sustained by the client, during the activity arising from any cause in connection with the activity. The client also undertakes to indemnify the organizer against any claim by any part in connection with the activity.

### ***7) Emergency Procedure Policy***

Our goals are to provide safe effective service/programs that can be implemented without injury. However, we recognize that there may be times when an emergency situation occurs and outside assistance may be required. To be assured that all our **Absolute Fitness** professionals are CPR certified and knowledgeable to handle in an emergency situation.

### ***8) General Advice for Physical Fitness Participants***

- All sessions will start with a warm-up and end with a cool-down and stretch.
- Appropriate sports shoes and comfortable attire are required.
- Each session shall last 45 minutes to 1 hour.
- Have adequate hydration and have your meal 2-3 hours before each session.