

VIC KEEP FIT CLUB

THE KEEP FIT CLUB

offers training classes (50 min) to cover various aspects of

FITNESS -- focusing on *FATBURNING* and *BACK TRAINING*.

<i>MONDAY</i>	12-13 h	FATBURNING	Fog Gym
	13-14 h	BACK TRAINING	Fog Gym
<i>WEDNESDAY</i>	12-13 h	BACK TRAINING (GYM BALLS)	F 1001
	13-14 h	FATBURNING	Fog Gym
<i>FRIDAY</i>	12-13 h	FATBURNING	F 1001
	13-14 h	BACK TRAINING (GYM BALLS)	F 1001

SEMESTER FEE: 90 €

Do as many classes per week as you want!

**Autumn semester from
02/09 2019 to 31/01/2020**

For a balanced fitness training, we recommended to attend at least two classes per week, for example, one of each type!

REGISTRATION.... 

- 1) Please register with the club secretary Martin Raithelhuber by email (martin.raithelhuber@un.org) He will include you in the email distribution list for club announcements. Please note that your membership needs to be renewed each semester.
- 2) Please transfer the semester fee to the Club account: Bank Austria, Account No. 00586335200, Bank Code (BLZ) 12000, Account Holder: Anne Muetzelburg. IBAN: AT 731100000586335200, BIC = BKAUATWW. Should the payment for your membership not be done under your name, please inform MARTIN to help us tracing your payment and match it with your registration!
- 3) Please give a printout of the proof of payment to our trainer Margit.