



# VIC KEEP FIT CLUB

The Club offers training classes to cover various aspects of fitness, focussing on fat burning and back training. For a balanced fitness training, it is recommended to attend at least two classes per week, one of each type.

**AUTUMN SEMESTER 2013:**  
**2 September 2013 to 31 January 2014**

## Schedule of classes:

<i>Monday:</i>	<i>12 – 13 h</i>	<i>Fat Burning</i>	<i>F09 Gym</i>
	<i>13 – 14 h</i>	<i>Back Training</i>	<i>F09 Gym</i>
<i>Wednesday:</i>	<i>12 – 13 h</i>	<i>Back Training</i>	<i>F1001</i>
	<i>13 – 14 h</i>	<i>Fat Burning</i>	<i>F09 Gym</i>
<i>Friday</i>	<i>12 – 13 h</i>	<i>Back Training</i>	<i>F1001</i>
	<i>13 – 14 h</i>	<i>Fat Burning</i>	<i>F1001</i>

**Semester fee: € 75.-**

Payment of the semester fee entitles you to join as many classes as your time allows during the autumn semester 2013.

## Registration:

- 1) Please register with club secretary Marina Gam by email ([m.gam@iaea.org](mailto:m.gam@iaea.org)). She 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: Susanne Thorstensen, IBAN: AT731100000586335200, BIC = BKAUATWW**  
If the payment for your membership is not done under your name, please inform Marina Gam so that your payment can be traced and matched with your registration.
- 3) Please give a printout of the proof of payment to teacher Margit (see photo above).