



VIC KEEP FIT CLUB

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

AUTUMN SEMESTER 2016/2017:
5 September 2016 to 3 February 2017

Schedule of classes:

Monday:	12 – 13 h	Fatburning	F09 Gym
	13 – 14 h	Back Training	F09 Gym
Wednesday:	12 – 13 h	Back Training	F1001
	13 – 14 h	Fatburning	F09 Gym
Friday:	12 – 13 h	Fatburning	F1001
	13 – 14 h	Back Training	F1001

Semester fee: € 85.-

Payment of the semester fee entitles you to join as many classes per week as your time allows during the club semester. Classes are 50 minutes each.

Registration:

- 1) Please register with the club secretary Martin Raithelhuber by email (martin.raithelhuber@unodc.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: Almudena Ramos, IBAN: AT731100000586335200, BIC = BKAUATWW
If the payment for your membership is not done under your name, please inform Martin so that your payment can be traced and matched with your registration.
- 3) Please give a printout of the proof of payment to our trainer Margit (see photo above).