



# 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.

**SPRING SEMESTER 2012:  
6 February to 29 June 2012**

## 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/Yoga</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 spring semester 2012.

## 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. If you do not work at the VIC (retirees, family members, etc.), please also indicate your phone No. 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, 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).