

# RULES & REGULATIONS



1. #AKC SAHA has 2 categories;

## TEAM CATEGORY

- Must consist of 2 members  
(*may be mixed or of the same gender*)
- 18 years old and above

## FAMILY CATEGORY

- Must consist of either of the following:
  - ✓ Both Parents and child / children (maximum of 5)
  - ✓ 1 Parent and child / children (maximum of 5)
  - ✓ Only children over 12 years old (unless referred from AKC Medical)

2. Participation is at your own risk. A waiver/gym clearance is required for all participants.
3. There is a QR 150 registration fee both for Team and Family, which "MUST" be paid at the Al Waha Club Reception before your first weigh in. (This fee lasts for the entire duration of the campaign, you will receive a personalized training and diet plan, presentations, workshops, exercise classes and online support).
4. Registration will open on 11 February 2018. Forms are available at the Al Waha Club Reception. Registration can be completed at any time during the 10 weeks.
5. The Introduction to AKC #SAHA will take place on 26 February 2018. Attendance is mandatory for first-time participants to receive important information about the campaign.
6. Registration for classes will be done at the start of each month. Participants may only register for three classes each.
7. Registration for special activities can be done at any time. A fee of QAR 10.00 will be collected upon registration for the special activities to ensure the attendance. The fee will be refunded if the participant attended the activity.
8. Awards and recognition will be given to high achieving participants, upon the discretion of the Management.



# WEEKLY WEIGH – IN PROCEDURE

1. The first weigh in will take place on 28 February 2018 at Al Waha Gym.  
The last weigh-in is on 10 May 2018 at Al Waha Gym.
2. The following weekly weigh-ins will be done by the participants themselves. They will be asked to take a photo of their weight and send to Al Waha Recreation via email in order to track their weekly progress. If in any case that the participant wishes to have their weigh-ins at the Al Waha Club Gym, they are free to do so.
3. Weigh-in timings are 7:00 am to 7:00 pm.
4. The weigh-in every week is free of charge.
5. For the weigh-ins, no shoes / jewelry / belts / jackets / are allowed, only appropriate sports attire is to be worn (ideally outfits on 1<sup>st</sup> & Last Weigh-in are identical).
6. For further information or clarification, you may contact the following:

<b>Klaus Tiel</b>	Head of Clubs	4473-3600
<b>Saad Al Shammari</b>	Recreation Supervisor	4473-3679
<b>Gerley Quilala</b>	Events Officer	4474-4249
<b>Al Waha Club Recreation</b>	Recreation Reception	4473-3678 4474-4235



Please make sure to review RULES & REGULATIONS to complete requirements upon signing up.

# Team Registration Form



Team Name: \*

Staff Number: \*

Participant 1 Name: \*

Age & Gender: \*

Mobile: \*

Home Phone #: \*

Office Phone #:

Email 1: \*

Preferably personal e-mail address

Email 2:

Staff Number: \*

Participant 2 Name: \*

Age & Gender: \*

Mobile: \*

Home Phone #: \*

Office Phone #:

Email 1: \*

Preferably personal e-mail address

Email 2:

*Disclaimer: Attention all participants of 'SAHA 2018'! If you have/had a medical condition/history, that potentially may affect or impact your health while participating in 'SAHA', you are advised to seek prior medical advice! If you are prepared to take the risk and responsibility, then you need to submit a signed "Gym Waiver Certificate" to be eligible for joining in the activities. Club will **NOT** accept any responsibility and cannot be held liable for participants non-compliance!*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please make sure to review RULES & REGULATIONS to complete requirements upon signing up.

# Family Registration Form



Team Name: \*

Staff Number: \*

Father's Name & Age: \*

Mother's Name & Age: \*

Mobile: \*

Home Phone #: \*

Office Phone #:

Email 1: \*

Preferably personal e-mail address

Email 2:

Child 1 Name: \*

Age & Gender: \*

Child 2 Name:

Age & Gender:

Child 3 Name:

Age & Gender:

Child 4 Name:

Age & Gender:

Child 5 Name:

Age & Gender:

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Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Weekly Fitness Classes



Note: Each SAHA participant may only register for three classes per month to ensure all participants get a chance to attend the classes.

Class	Category	Time	Day	Venue	Max	Instructor
Aerobics 1	Ladies	4:00pm-5:00pm	Mon	ANC Badminton	80	Benet
Aerobics 2	Ladies	4:00pm-5:00pm	Wed	ANC Badminton	80	Benet
Dance & Tone 1	Ladies	3:00pm-4:00pm	Sun	ANC Badminton	80	Caroline
Dance & Tone 2	Ladies	3:00pm-4:00pm	Tue	ANC Badminton	80	Caroline
Aqua Aerobics 1	Ladies	11:30am-12:30pm	Sat	Indoor Pool	30	Judy / Jacqueline
Aqua Aerobics 2	Ladies	11:30am-12:30pm	Fri	Indoor Pool	30	Judy/ Jacqueline
CrossFit Workout 1	Mixed	7:30pm-8:30pm	Mon	New Primary Sports Hall	50	Rhany
CrossFit Workout 2	Mixed	7:30pm-8:30pm	Wed	New Primary Sports Hall	50	Rhany
Circuit Training & TRX 1	Mixed	6:00pm-7:00pm	Sat	ADC Badminton	40	Mark
Circuit Training & TRX 2	Mixed	6:00pm-7:00pm	Tue	ADC Badminton	40	Mark
Aero Boxing 1	Mixed	3:00pm-4:00pm	Mon	ANC Badminton	80	Caroline
Aero Boxing 2	Mixed	3:00pm-4:00pm	Wed	ANC Badminton	80	Caroline
Boot Camp	Mixed	9:00am-10:00am	Fri	Old Football Field and Shaded Area	50	Hamdy
Outdoor Fitness	Mixed	8:00pm-9:00pm	Wed Sun	AWC Outdoor Tennis Court 1	30	Mohamed
Night Cycling	Mixed	6:00pm-7:00pm	Mon Wed	AWC Main Entrance	40	Manoj
Night Jogging	Mixed	8:00pm-9:00pm	Tue Sat	AWC Main Entrance	50	Maxwell
Kids Fun Fit	Under 16	5:00pm-6:00pm	Wed	ADC Badminton	40	Manolito
Body Attack	Mixed	8:00pm-9:00pm	Tue	ADC Badminton	50	Beats Gym
Spinning	Mixed	7:30pm-8:30pm	Sat	AWC New Aerobics Room	10	Beats Gym



# Special Activities

ACTIVITY	TIME	DAY	LOCATION
Introduction	6:00pm	Mon - 26 Feb	AWC Ballroom
First Weigh-in	7:00am - 7:00pm	Wed - 28 Feb	AWC Gym
Workshop - Kids Fun Food	5:00pm	Wed - 07 March	AWC Ballroom 2
Fitness Challenge 1 (Outdoor)	8:00am	Sat - 17 March	Old Football Field
Intro to Yoga Master Class	5:00pm	Sun - 18 March	AWC Simaisma Room
Walkathon and Poolside Aerobics	7:00am	Sat - 24 March	AKC Street 42
Fun Games & Dodge Ball	4:00pm	Sat - 31 March	Primary School Sports Hall
Workshop - Healthy Cooking	5:00pm	Wed - 11 April	AWC Ballroom 2
Fitness Challenge 2 (Indoor) by Beats Gym	8:00am	Sat - 14 April	AWC Recreation
Cardio Boxing Marathon	6:00pm - 7:00pm	Thurs - 19 April	ADC Badminton Court
Fun Family Football	4:00pm	Sat - 28 April	Old Football Field
Workshop - Healthy Cooking (Vegetarian)	5:00pm	Wed - 02 May	AWC Ballroom 2
Last Chance Mega Workout	5:30pm - 6:30pm	Thurs - 03 May	AWC Ballroom 1
Final Weigh-in	7:00am - 7:00pm	Thurs - 10 May	AWC Gym
Finale Celebration	6:30pm	Sat - 12 May	AWC Ballroom

*\* Registration for special activities can be done at any time. A fee of QAR 10.00 will be collected upon registration for the special activities to ensure the attendance. The fee will be refunded if the participant attended the activity.*





# On-going Perks

ACTIVITY	DAY	WHERE
Themed Special Menus	All	All Club Restaurants
Personalized Diet Plan	By appointment with Marites (44733611)	AWC Admin Office
Regular Nutrition Consultations	By appointment with Marites (44733611)	AWC Admin Office
Coach and Personal Training Program	All	AWC Gym
Newsletter	Each Sunday	Email
Food and Exercise Logbook	Ongoing	Online
Exclusive Facebook Community	Ongoing	Online

***\*Top Achievers will be recognized.***

