

# 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	5:30pm-6:30pm	Mon	ANC Badminton	80	Benet
Aerobics 2	Ladies	5:30pm-6:30pm	Wed	ANC Badminton	80	Benet
Dance & Tone 1	Ladies	4:30pm-5:30pm	Sun	ANC Badminton	80	Caroline
Dance & Tone 2	Ladies	4:30 - 5:30 pm	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	Ariel/ Rhany
CrossFit Workout 2	Mixed	7:30pm-8:30pm	Wed	New Primary Sports Hall	50	Ariel /Rhany
Aqua Fitness	Men's	6:30pm - 7:30pm	Mon	Indoor Pool	30	Charlie/ Hamdy
Circuit Training & TRX 1	Mixed	6:00pm-7:00pm	Sat	ANC Badminton	40	Rolito
Circuit Training & TRX 2	Mixed	6:00 pm - 7:00pm	Thu	ANC Badminton	40	Rolito
Yoga 1	Mixed	8:00am-9:00am	Sat	Old Aerobics	20	Sojeesh
Yoga 2	Mixed	6:30pm - 7:30pm	Tue	Old Aerobics	20	Sojeesh
Aero Boxing 1	Mixed	6:00pm-7:00 pm	Sun	ANC Badminton	80	Caroline
Aero Boxing 2	Mixed	6:00pm-7:00pm	Tue	ANC Badminton	80	Caroline
Boot Camp	Mixed	9:00am-10:00am	Fri	New Primary Sports Hall	80	Manolito
Outdoor Fitness (Night Jogging)	Mixed	8:00pm-9:00pm	Tue Sat	Meet outside AWC	50	Hamdy
Outdoor Cycling	Mixed	6:00pm-7:00pm	Mon Wed	Meet outside AWC	40	Hamdy
Spirining 1	Mixed	5:30pm-6:30pm	Sun	New Aerobics	10	Rolito
Spirining 2	Mixed	6:30pm-7:30pm	Sun	New Aerobics	10	Rolito
Spirining 3	Mixed	10:30am-11:30am	Wed	New Aerobics	10	Rolito
Spirining 4	Mixed	11:30am-12:30pm	Wed	New Aerobics	10	Rolito
Kids Fun Fit	Under 16	5:00pm-6:00pm	Wed	ADC Badminton	40	Hamdy



# Special Activities

ACTIVITY	TIME	DAY	LOCATION
Introduction	6:30pm - 7:30pm	Mon - 20 <sup>th</sup> Feb	AWC Ballroom
First Weigh-in	7:00am - 7:00pm	Wed - 22 <sup>nd</sup> Feb	AWC Gym
Workshop - Kids Fun Food	6:00pm	Wed - 1 <sup>st</sup> March	Ballroom
Fitness Challenge 1 (outdoor)	8:00am	Sat - 4 <sup>th</sup> March	Old Field
Walkathon and Poolside Aerobics	7:00am	Sat - 18 <sup>th</sup> March	AKC Street 42
Intro to Yoga Master Class	8:00am	Sat - 1 <sup>st</sup> April	AKIS MPR Old
Fun Games & Dodge Ball	4:00pm	Sat - 8 <sup>th</sup> April	Primary School Sports Hall
Workshop - Healthy Substitutions (Indian Cuisine)	7:00pm	Thu - 20 <sup>th</sup> April	AWC Fuwairat Room
Fitness Challenge 2 (indoor)	8:00am	Sat - 22 <sup>nd</sup> April	AWC Recreation
Cardio Boxing Marathon	7:00pm - 8:00pm	Sat - 29 <sup>th</sup> April	ADC Badminton Court
Workshop - Healthy Substitutions (Arabic Cuisine)	7:30pm	Sat - 6 <sup>th</sup> May	AKIS Kitchens
Fun Family Basketball	11:00am	Sat - 13 <sup>th</sup> May	New Sports Hall
Last Chance Mega Workout	6:00pm - 8:00pm	Tue - 16 <sup>th</sup> May	AWC Ballroom
Final Weigh-in	7:00am - 7:00pm	Wed - 17 <sup>th</sup> May	AWC Gym
Finale Celebration	6:30pm	Mon - 22 <sup>nd</sup> May	AWC Ballroom





# 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
Ongoing Special Recognition	Surprise	AWC Gym
Coach and Personal Training Program	All	AWC Gym
Newsletter	Each Sunday	Email
Food and Exercise Logbook	Ongoing	Online
Exclusive Facebook Community	Ongoing	Online



# 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 3 months of the campaign, you will receive a personalized training and diet plan, presentations, workshops, exercise classes and online support).
4. Registration is from 2<sup>nd</sup> February. Forms are available at the Al Waha Club Reception. Registration can be completed at any time during the 12 weeks.
5. The Introduction to AKC #SAHA will take place on 20<sup>th</sup> February. 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.
8. Awards and recognition will be given to high achieving participants, upon the discretion of management.





# WEIGH – IN RULES

1. The first weigh in will take place on 22<sup>nd</sup> February (Al Waha Gym)  
The last weigh-in is on 17<sup>th</sup> May (Al Waha Gym);  
The following weekly weigh-ins (every Tuesdays OR Wednesdays) will be held at the Al Waha Club Gym (Ladies will be given a separate room for the weigh-ins).
2. Weigh-ins will occur Tuesday OR Wednesday in the presence of Recreation Staff
3. Weigh-in timings are 7:00 am – 7:00 pm.
4. If one or both members do not attend the weigh in, the **team / family** will be classified as missing a weigh in. There will be no exceptions for any kind of reasons
5. Only weights recorded on the specific scales at the Al Waha Club on Tuesdays or Wednesdays will be recognized. You will not be able to submit your weight via e-mail or after the designated day. Weigh-ins on any other day will qualify as a missed weigh-in unless prior approval is obtained. If you will miss a weigh-in, please ensure you contact one of the following:

<b>Klaus Tiel</b>	Head of Clubs	4473-3600
<b>Hilal AlMir</b>	Recreation Supervisor	4473-3627
<b>Kristina How</b>	Events Coordinator	4473-3606
<b>Al Waha Club Recreation</b>	Recreation Reception	4473-3678 4474-4235

6. The weigh-in every week is free of charge
7. 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)

These rules have been established to ensure the most accurate results for participants.

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

# Team Registration Form



Team Name: \*

Participant 1 Name: \*

Age: \*

Company & Staff #: \*

Mobile: \*

Home Phone #: \*

Office Phone #:

Email 1: \*

Preferably personal e-mail address

Email 2:

Participant 2 Name: \*

Age: \*

Staff #: \*

Mobile: \*

Home Phone #: \*

Office Phone #:

Email 1: \*

Preferably personal e-mail address

Email 2:

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



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

# Family Registration Form



Team Name: \*

Father's Name: \*

Company & Staff #: \*

Mother's Name: \*

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:

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