

How to Book and Pay

Updated 10/12/21

Our payment options are as follows:

1. Pay As You Go (PAYG), page 1.
 2. Termly Payments, page 2.
 3. Monthly Standing Order (SO). This is best value, but you do need to commit to a full year. See page 4.
 4. Payment options for students and those on limited income are included in the above.
- Other:
- o Specific notes regarding children, see page 7
 - o Return to Running, see page 8
 - o Beginners Running, not currently available

Full details of class dates, courses and personal training are on the [BodyFit Cumbria website](#).

Bank details

BodyFit (Sam Ayers) Ltd

If asked by your bank to select business/personal, this is a business account.

Some banks don't like the brackets, you may need to input BodyFit Sam Ayers Ltd, i.e. no brackets

Sort Code: 09-01-28

Account Number: 08185241

Reference: Your first initial (and 2nd if you have one), followed by your surname, e.g. SJAYers

When paying by bank transfer, please [e-mail](#) with the following:

- ✓ Class(es) paid for or type of standing order set up
- ✓ Amount transferred
- ✓ If paying for two or more people
 - o Transfer each payment separately
 - o This helps identifying who's paid for what far easier. Thank you.

PAYM: If your bank supports paying by mobile, you can pay for your classes using this method. For more information see [www.paym.co.uk](#). The mobile number for this method is: **07805 094 701**

Option 1: Pay As You Go (PAYG)

See above for bank details. Please pay by bank transfer or cash before attending your class, thank you.

Adult	Hall-Based Classes	Fee per class
	60 minutes	£7.50
	45 minutes	£6.50
	Zoom and Running	
	45-75 mins+	£6.50
	Zoom: Short Format	
	30 minutes	£4.00
Student	Type	Fee
	30 minutes Zoom	£2.00
	All other classes	£4.00

Cont...

Option 2: Term Payments, Spring 2022

Start of term: Monday 10th January

Half term: W/C Monday 14th February

End of term: Friday 1st April

Note that there may be a limited 'Pay As You Go' time table during school holidays

If joining after the start of term and wanting to pay for the remainder of the term, please contact [Sam](#).

Terms and Conditions for 'Term Payments'

1. Fees for the term are non-negotiable and non-refundable
2. **When paying termly:**
 - i. Please nominate your 'main' class or classes, e.g.
 - A.N. Other's main sessions:
 - i. Running Monday 1830
 - ii. Circuits Tues HALL 1630
 - iii. Simply Stretch Thursday ZOOM 20.00
 - ii. If you can't make your chosen sessions, you can do the following:
 - a. Swap to a different class within the same week which is like for like:
 - i. Your usual run session for a different one
 - ii. Your usual Zoom stretch session for a different one
 - iii. Your usual hall session for a different one
 1. Swapping hall session is subject to availability of space
 - b. Request a recording:
 - i. Recordings are available for all Zoom sessions and Hall based sessions
 - c. Swap to a different class or classes within the same week
 - i. This could be 2 x 30' sessions instead of your usual hour
 - ii. Note: If swapping to a hall based class from a non-hall class, the class hall premium will need to be paid
3. **Swapping Classes**
 - a. Swapping classes may take place during term time only.
 - b. Swapping to Pay As You Go holiday classes is not permitted.
 - c. Swapping classes may only take place during the current term i.e. not 'carried over' to the next term.
 - d. If you need more flexibility short term due to extenuating circumstance, please speak to us and we'll always do our best to accommodate your needs.

Running Classes - Adults	Number of Weeks or Classes	Fee
Running Monday 18.30 Lakes Home Centre Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	11	£60.50
Running Monday 19.30 Lakes Home Centre Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	11	£60.50
Running Tuesday 09.15 Memorial Gardens Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	11	£60.50
Running Thursday Muster Run 18.00 Lakes Home Centre Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	11	£60.50
Running two classes, please specify which two: Includes £1.50 saving on weekly fee of £6.50. Cost per class is £5.00 Class 1: Class 2:	22	£110.00

Hall Based Classes - Adults	Number of Weeks or Classes	Fee
Circuits for All Tuesday 16.30, Methodist Hall Includes £1.50 saving on weekly fee of £7.50. Cost per class is £6.00	11	£66.00
MetaFit Tuesday 17.50 Methodist Hall (50' class) Includes £1.50 saving on weekly fee of £7.50. Cost per class is £6.00	11	£66.00

Zoom Classes - Adults	Number of Weeks or Classes	Fee
Core Essentials 30' Monday 06.30 Zoom Includes £1.00 saving on weekly fee of £4.00. Cost per class is £3.00	11	£33.00
Core Essentials 30' Thursday 06.30 Zoom Includes £1.00 saving on weekly fee of £4.00. Cost per class is £3.00	11	£33.00
Simply Stretch 30' Monday 20.00 Zoom Includes £1.00 saving on weekly fee of £4.00. Cost per class is £3.00	11	£33.00
Simply Stretch 30' Thursday 20.00 Zoom Includes £1.00 saving on weekly fee of £4.00. Cost per class is £3.00	11	£33.00
Simply Stretch 45' Friday 17.00 Zoom Includes £1.50 saving on weekly fee of £6.50. Cost per class is £5.00	11	£60.50
Circuits for All Tuesday 16.30 Zoom Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	11	£60.50
MetaFit Tuesday 17.50 Zoom (50' class) Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	11	£60.50
CoreStretch Friday 09.15 Zoom Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	11	£60.50
Core Stability on the Ball Wednesday 09.15 Zoom Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	11	£60.50
School-Age Children or Full-Time Students and those on Low Income Children under 14 <u>must be accompanied by an adult unless previously agreed with Sam, thank you.</u>	Number of Weeks or Classes	Fee
£4 pay as you go for all classes Note: If doing 2+ classes per week the Student/Low Income Standing Order option may be better value. See below.	N/A	£4.00

Option 3: Monthly Standing Order (SO)

If you enjoy our classes and would like to commit to a full year then consider a standing order.

When choosing to pay by standing order, your commitment is for a full year, starting on the 1st of any month, but ideally, January, April or September. Set up your monthly standing order to the account above.

See tables below for all SO options.

1. Our best value choices are the 'unlimited' options for those of you who attend multiple classes with us.
2. If you subscribe to one class per week, it can be ANY one class. If you subscribe to two classes per week, it can be ANY two classes etc. This means you can mix and match week by week.
3. Class length:
 - a. We have 30 minute zoom classes. For subscription purposes, these count as ½ classes
 - i. This means you can attend 2 x 30 minute classes for the 'one class' tariff.
 - b. All other classes count as one class each.
4. If occasionally, you would like to carry a class over to the following week or borrow a class from the following week, you can, e.g. if you subscribe to two classes weekly, you could do one class one week, then 3 the next. 'Occasionally', means once each half term.
 - a. Please be respectful and inform us that you're doing this
 - b. Note this isn't always be an option for the hall-based classes due to limited hall space.
5. If you work shifts you will always be able to swap and change to fit with your shift pattern
6. Never miss a class if paying by subscription. One of each type of Live Stream Zoom class will be recorded each week. If you miss a class, you can request a link to the recording.
 - a. Contact your instructor for the link – i.e. whoever usually teaches the class.
 - b. The link is valid for 3 days from the date of recording.
 - c. It can be viewed at any time during the 3 days and for an unlimited amount of times.

Setting up your SO

1. Your payment needs to be made before your first class with us.
 - o Contact Sam to confirm your SO arrangement, many thanks.
 - o Your SO subscription will be valid from the day your first payment is received. This will be confirmed by email or text.
 - o Your subscription will cease on the day you choose to cancel your standing order.
 - o Please make a separate payment for each subscription within your household. Thank you.
2. Paying by monthly standing order means you can alter your subscription at any time should you choose. However, please remember that you are committing for a full year.
 - o Should you choose to cancel your SO before the end of the year, note that you will need to pay an additional fee. This is because your payments are spread evenly over 52 weeks, rather than the 37 weeks that term-time classes are on.
 - o We would be grateful if you would let us know if you plan to change/cancel your subscription.

What exactly is a Standing Order?

A standing order is an automated method of making payments, where a person or business instructs their bank to pay another person or business a fixed amount of money at regular (fixed) intervals. The payer (i.e. you) controls the standing order; they set it up themselves, and choose the amount and frequency. The payer also controls when the standing order stops.

This means you can alter or stop the payment at any time.

Extra Classes

If you'd like to attend an extra class or two which is beyond the scope of your Standing Order, that's no problem. Please do an additional Pay As You Go payment [before](#) the start of your additional class. See above for fees.

Limited Income?

- ✓ If you have lost your income or are on a limited budget, then [contribute what you can](#). We'd still like to help keep you fit and healthy both physically and mentally.
- ✓ We would prefer to keep people 'in class' and in touch with us rather than lose contact. Many people refer to us and their fellow class members as their 'BodyFit Family'. Friends and family are more important than ever right now, so do keep joining us.
- ✓ **Note:** If you've lost your income or are on a very tight budget and the 'low income' option is beyond your reach, please [contact Sam](#) to discuss a payment plan.

Standing order fees for ½ hour through to 3 hours per week of ANY class type

Fee per class	Number of classes per week	Equivalent fee per week for 37 weeks of the year	Based on 37 Weeks per Annum	
			The 37 week timetable is based around the academic year. Additional holiday classes are PAYG for everyone other than those on an unlimited subscription ✓ A limited timetable will be on during most school holidays ✓ Please note: Your standing order is required to go out for a full 12 months , i.e. payment for 37 weeks of classes is spread across the 52 weeks/12 months of the year.	
			Monthly Fee	
			To be paid each month by Standing Order for 12 months	
£3.00	½ hour	£3.00	£111.00	£9.25
£5.50	1 hour	£5.50	£203.50	£16.96
£5.25	2 hour	£10.50	£388.50	£32.38
£5.00	3 hours	£15.00	£555.00	£46.25

See over for 'Unlimited' subscriptions...

Standing Order Fees for 'Unlimited' Subscriptions:

SO Fees for 'Unlimited' Subscriptions: Based on 37 Weeks per Annum			
<p>All Classes Unlimited</p> <p>Weekly equivalent for 37 weeks of the year</p>	<p>£16.22</p> <p>Weekly equivalent for 37 weeks of the year</p>	<p>Includes</p> <ol style="list-style-type: none"> ALL classes, i.e. Zoom, Hall, Running ALL additional holiday classes Access to all recordings <p>Number of weekly classes attended at the PAYG rate to cover the fee: 2.5 classes, i.e. less than 2½ hours per week for 37 weeks of the year</p> <p>Excludes</p> <p>Occasional one-off workshops or courses</p>	<p>£50.00</p>
<p>Zoom Only Unlimited</p> <p>Weekly equivalent for 37 weeks of the year</p>	<p>£12.97</p> <p>Weekly equivalent for 37 weeks of the year</p>	<p>Includes</p> <ol style="list-style-type: none"> ALL classes, i.e. Zoom classes ALL additional holiday Zoom classes Access to all recordings <p>Number of weekly classes attended at the PAYG rate to cover the fee: 2.0 classes, i.e. 2 hours per week for 37 weeks of the year</p> <p>Excludes</p> <ol style="list-style-type: none"> Hall classes <ol style="list-style-type: none"> If you'd like to join a hall class, the hall subsidy will need to be paid in <u>full</u> for the term. This is £1.00 per person per class, e.g. <ol style="list-style-type: none"> 12 week term: £12 14 week term: £14, etc Running classes Occasional one-off workshops or courses 	<p>£45.00</p>
<p>All Classes Unlimited Household</p> <p>Up to 2 adults and 2 students living at the same address</p>	<p>£24.32</p> <p>Weekly equivalent for 37 weeks of the year</p>	<p>Includes</p> <ol style="list-style-type: none"> ALL classes, i.e. Zoom, Hall, Running ALL additional holiday classes Access to all recordings <p>Number of weekly classes attended at the PAYG rate to cover the fee: 3.7 classes, i.e. less than 4 hours per week for 37 weeks of the year</p> <p>Excludes</p> <p>Occasional one-off workshops or courses</p>	<p>£75.00</p>
<p>Zoom Only Unlimited Household</p> <p>Up to 2 adults and 2 students living at the same address</p>	<p>£23.35</p> <p>Weekly equivalent for 37 weeks of the year</p>	<p>Includes</p> <ol style="list-style-type: none"> ALL classes, i.e. Zoom classes ALL additional holiday Zoom classes Access to all recordings <p>Number of weekly classes attended at the PAYG rate to cover the fee: 3.6 classes, i.e. less than 4 hours per week for 37 weeks of the year</p> <p>Excludes</p> <ol style="list-style-type: none"> Hall classes <ol style="list-style-type: none"> If you'd like to join a hall class, the hall subsidy will need to be paid in <u>full</u> for the term. This is £1.00 <u>per person per class</u>, e.g. <ol style="list-style-type: none"> 12 week term: £12 14 week term: £14 etc Running classes Occasional one-off workshops or courses 	<p>£72.00</p>
<p>Student and Low Income</p> <p>Other concessions by agreement. Please contact Sam.</p>	<p>£8.11</p> <p>Weekly equivalent for 37 weeks of the year</p>	<p>Includes</p> <ol style="list-style-type: none"> ALL classes, i.e. Zoom, Hall, Running ALL additional holiday classes Access to all recordings <p>Number of weekly classes attended at the Student PAYG rate to cover the fee: 2.1 classes, i.e. just over 2 hours per week for 37 weeks of the year</p> <p>Excludes</p> <p>Occasional one-off workshops or courses</p>	<p>£25.00</p>

Other Notes:

Children

1. The minimum age for unaccompanied children at BodyFit Cumbria classes is usually 14.
2. Younger children may be able to attend unaccompanied with prior agreement.
3. Children can be in the care of another responsible adult (18+) at the class other than their own parent or carer.

Extended Holidays

If away for an extended period of time and you'd like to 'suspend' your SO, please [contact Sam](#).

Joining part way through a term

If you've joined part way through a term and would like to either pay for the remainder of the term or set up a Standing Order, please [contact Sam](#).

Thank you for your continued support. It's appreciated very much.

Sam

Samantha Ayers
Director

R2R: Return to Running!

- ✓ You've run in the past but perhaps not recently
- ✓ Perhaps you've lost your confidence or your mojo?
- ✓ Or returning from illness injury and you'd like a bit of company and motivation?

Let us help you get back up and running again with our six week rolling R2R course.

Coaches Tony, Sam and Hazel will support you all the way with top tips and confidence building guidance.

This is a 'rolling' programme, i.e. you can join at any point in the course and your payment is valid for x6 consecutive weeks, excluding holidays, e.g. you could do 3 weeks before Christmas and 3 weeks after. Your course fee includes:

- ✓ R2R Monday 1830 each week
- ✓ 30' Simply Stretch session via Zoom each week.
 - This can be 'live' or via a recording
 - 'Live' classes are on Mondays and Thursdays at 20:00

Plus: Option to join on Thursday at 1800 for an additional £12 (£6 students)

When: Mondays 1830-1930

Where: Meet at the Lakes Home Centre, Low Road, Cockermouth.

Parking: Parking available at the Lakes Home Centre, but please walk if you live locally.

Starting? Most Mondays 1830 excluding school holidays – remember it's a rolling programme.
Not sure? Check if your class is on [here](#).

Questions? Contact Sam: asksam@bodyfitcumbria.co.uk

Fees:

Adults:

£45 Mondays and Stretch only

£57 Mondays, Thursdays and Stretch

Students/Low income:

£24 Mondays and Stretch only

£30 Mondays, Thursdays and Stretch

Lost your income? Please contribute what you can

Please pay by bank transfer to confirm your place

BodyFit (Sam Ayers) Ltd Sort Code: 09-01-28 Account Number: 08185241

Use a reference (surname, class) e.g. AyersR2R

PayM (Payment with a Mobile Phone) 07805 094 701

I'd like to book a R2R place: Complete the following then copy and paste in an [email](mailto:asksam@bodyfitcumbria.co.uk) to Samantha Ayers (Sam): asksam@bodyfitcumbria.co.uk

First Name:

Last Name:

Phone Number:

Email:

I've paid £xx.xx for my place/I haven't paid yet

Please delete as appropriate and insert relevant amount if paid.