

How to Book and Pay

Updated 04/09/2025

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 6

Full details of class dates, courses and personal training are on the [BodyFit Cumbria website](http://www.bodyfitcumbria.co.uk).

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 surname followed by your initials, e.g. Ayers SJ

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

- ✓ Class(es) paid for or type of standing order set up
- ✓ Amount transferred
- ✓ Date to expect the transfer
- ✓ 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.

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	£9.00
	Zoom and Running	
	60+ minutes	£8.00
	Zoom: Short Format	
	30 minutes	£4.50
Low Income/Student:	Type	Fee per class
	30 minutes Zoom	£2.00
	All other classes	£4.00
Very low income?	Contact Sam to discuss options	

Cont...

Option 2: Term Payments, Autumn 2025

Start of term: Monday 1st September

Half term: W/C Monday 27th October

Limited classes: W/C Monday 8th September – Sam competing at World Masters Rowing.

No classes: W/C Monday 24th November

End of term: Friday 19th December

Note: There may be a limited 'Pay As You Go' timetable during school holidays.

Please check our [What's On Calendar](#) to find out nearer the time.

Note: 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 a hall session is subject to availability of space
 - b. Request a recording:
 - i. Recordings are available for all Zoom 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 of £1 per person per class.
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 in the short term due to extenuating circumstances, please speak to us and we'll always do our best to accommodate your needs.

Cont...see over for Standing Orders

Running Classes - Adults	Number of Weeks/Classes	Cost	Amount Paid
Running Monday 18.30 Lakes Home Centre/Off Road various locations Includes £1.50 saving on weekly fee of £8.00. Cost per class is £6.50	14	£91.00	
Running Tuesday 09.15 Memorial Gardens Includes £1.50 saving on weekly fee of £8.00. Cost per class is £6.50	14	£91.00	
Running Thursday Muster Run 18.00 Lakes Home Centre Includes £1.50 saving on weekly fee of £8.00. Cost per class is £6.50	14	£91.00	
Running two classes, please specify which two: Includes £1.90 saving on weekly fee of £8.00. Cost per class is £6.10 Class 1: Class 2:	28	£170.80	

Hall Based Classes - Adults	Number of Weeks/Classes	Cost	Amount Paid
Circuits for All Tuesday 16.30 Methodist Hall Includes £1.50 saving on weekly fee of £9.00. Cost per class is £7.50	13	£97.50	
Core Stability on the Ball Tuesday 17.50 Methodist Hall Includes £1.50 saving on weekly fee of £9.00. Cost per class is £7.50	13	£97.50	
Core Stability on the Ball Wednesday 09.15 Methodist Hall Includes £1.50 saving on weekly fee of £9.00. Cost per class is £7.50	13	£97.50	

Zoom Classes - Adults	Number of Weeks/Classes	Cost	Amount Paid
Simply Stretch 30' Monday 20.00 Zoom Includes £0.90 saving on weekly fee of £4.50. Cost per class is £3.60	13	£46.80	
Simply Stretch 30' Thursday 20.00 Zoom Includes £0.90 saving on weekly fee of £4.50. Cost per class is £3.60	13	£46.80	
CoreStretch Friday 09.15 Zoom Includes £1.50 saving on weekly fee of £8.00. Cost per class is £6.50	13	£84.50	
Low Income and Students	Number of Weeks/Classes	Cost	Amount Paid
Children under 14 <u>must be accompanied by an adult</u> unless previously agreed with Sam, thank you.			
£4: Pay as you go for 60 minute classes £2: Pay as you go for 30 minute classes Very low income? Contact Sam to discuss options.	N/A	N/A	N/A
Total:			£

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.

Fee per class	Number of hour per week	Equivalent fee per week for 36 weeks of the year	Based on 36 Weeks per Annum	Monthly Fee To be paid each month by Standing Order for 12 months
			Additional holiday classes are PAYG for everyone other than those on an <u>unlimited</u> subscription ✓ A limited timetable will be on during most school holidays ✓ Please note: Your standing order is <u>required to go out for a full 12 months</u> , i.e. payment for 36 weeks of classes is spread across the 52 weeks/12 months of the year.	
£3.50	½ hour	£3.50	Total Annual payment: £129.60	£10.80
£6.50	1 hour Run OR Zoom	£6.50	Total Annual payment: £234	£19.50
£7.50	1 hour Hall	£7.50	Total Annual payment: £270	£22.50
£6.00	2 hours Run and/or Zoom	£12.00	Total Annual payment: £432	£36.00
£7.00	2 hours ANY class	£14.00	Total Annual payment: £504	£42.00

If you attend more than 2 hours per week, then consider our 'unlimited subscriptions'. They are excellent value and include all holiday classes and all recordings. We also have 'household' subscriptions, contact Sam for further information.

SO Fees for 'Unlimited' Subscriptions: Based on 36 Weeks per Annum			
All Classes Adult	Weekly equivalent for 36 weeks of the year: £15.00	Includes 1. ALL classes, i.e. Zoom, Hall, Running 2. ALL additional holiday classes 3. Access to all recordings	Monthly fee to pay: £45.00
	Total Annual payment: £540	Excludes Occasional one-off workshops or courses	
Student and Low Income Other concessions by agreement. Please contact Sam.	Weekly equivalent for 36 weeks of the year: £8.33	Includes 1. ALL classes, i.e. Zoom, Hall, Running 2. ALL additional holiday classes 3. Access to all recordings	Monthly fee to pay: £25.00
	Total Annual payment: £300	Excludes Occasional one-off workshops or courses	

Terms and Conditions for 'Standing Orders'

1. Our best value choices are the 'unlimited' options for those of you who attend multiple classes with us.
2. 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 hour' tariff.
 - b. All other classes count as one class each.
3. 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.
4. If you work [shifts](#) you will always be able to swap and change to fit with your shift pattern
5. Never miss a class if paying by subscription. All Live-Stream Zoom class will be recorded. If you miss a class, you can [request a link](#) to the recording.
 - a. The link is valid for 7 days from the date of recording.
 - b. It can be viewed at any time during the 7 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 36 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?

- ✓ 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.

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](#).

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.

Return to Running

No classes yet, please contact Sam to add your name to the 'interested' list.

Beginner Running

No classes yet, please contact Sam to add your name to the 'interested' list.

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

Sam

Samantha Ayers
Director