
Summer Holiday Classes Booking Form 2022

Autumn term commences on Monday 19th September

Note there are pay as you go classes on Thursday 15th and Friday 16th September

Dear Class Member

This summer we are repeating the system used in previous years which will allow you to swap and change between classes if needed. We are offering Zoom and running sessions only. Hall classes will resume in September.

This is how it works:

1. You choose how many classes you want to attend; **minimum purchase is 3 hours of classes across the entire summer programme**. If attending less than 3 hours, please 'pay as you go', thank you.
 - a. Your 3+ hours can be a mix of any 60 minute and 30 minute classes.
 - b. If Zoom class times aren't convenient, you can pay for a class and request a recording instead. Recordings will be valid for 7 days from the date of recording.
 - c. You don't have to book which classes you join but can just turn up to **ANY** within the summer period, i.e. you can mix and match between anything on offer.
2. We will note on our register when you've attended a class and keep a total.
3. If you use all your class 'credits' but would like to attend more classes, please do one of the following:
 - a. Pay for an additional 'block' of classes, again, minimum of 3 hours i.e. £16.50
 - b. Attend at the normal 'pay as you go' rate.
4. Alternatively, if you'd prefer not to pay up front, you can just use the normal 'pay as you go' rate.

Standing Orders (SO)

- ✓ If you currently pay a monthly Unlimited All Classes standing order, all summer holiday classes are included, i.e. you do not need to pay any extra.
 - If you have an Unlimited Zoom Only standing order, all Zoom classes are included. You will need to pay for running classes if you choose to attend.
- ✓ If you are on any other Standing Order, please remember that your Standing Order still needs to go out for the month of August.
 - This is because your payment of 37 weeks' worth of classes is spread evenly through 12 monthly payments.
 - You will need to pay for any holiday classes attended.

Please check our '[What's On' Calendar](#) for further details including Zoom class registration and run class locations.

Advance Payment

Fees for advance payment for adults only are as follows:

- Minimum payment: **£16.50** for 3 hours of classes
- Additional hour: £5.50 per hour
- Add a further £2.75 for a half hour session

Note: **No refunds or transfers to next term**

Pay As You Go

Adults

60 minutes: £6.50

30 minutes: £4.00

Students/Low Income

60 minutes: £4.00

30 minutes: £2.00

Payment:

Please pay by BACs if you can. This is our preferred method of payment, thank you.

Save printing by doing the following:

- If paying by BACs: No need to complete the form – email the following details to [Sam](#):
 - Amount paid by BACs
 - The number of hours paid for
- If paying by cash: Please complete the form below and place in envelope with cash
- Please note that cheques are no longer accepted

BodyFit Cumbria

BACs: Sort Code: 09-01-28 Account Number: 08185241

PayM: 07805 094 701

PTO for Timetable

BodyFit Summer Holiday Class Timetable 2022

Please always check our [What's On Calendar](#) for the most up to date information.

July		Week 1	Location
Monday	18	1830 Run 2000 SS30	LHC Zoom
Tuesday	19	0915 Run	M'Gdns
Wednesday	20	0915 CSC	Zoom
Thursday	21	1800 Run 2000 SS30	LHC Zoom
Friday	22	No classes	N/A
Saturday	23	No classes	N/A
Sunday	24	No classes	N/A
		Week 2	Location
Monday	25	1830 Run 2000 SS30	LHC Zoom
Tuesday	26	0915 Run	M'Gdns
Wednesday	27	0915 CSC	Zoom
Thursday	28	1800 Run 2000 SS30	LHC Zoom
Friday	29	No classes	N/A
Saturday	30	No classes	N/A
Sunday	31	No classes	N/A
August		Week 3	Location
W/C 01/08/22		No classes	N/A
		Week 4	Location
Monday	8	1830 Run 2000 SS30	LHC Zoom
Tuesday	9	0915 Run	M'Gdns
Wednesday	10	0915 CSC	Zoom
Thursday	11	1800 Run 2000 SS30	LHC Zoom
Friday	12	No classes	N/A
Saturday	13	No classes	N/A
Sunday	14	No classes	N/A
		Week 5	Location
Monday	15	1830 Run 2000 SS30	LHC Zoom
Tuesday	16	0915 Run	M'Gdns
Wednesday	17	0915 CSC	Zoom
Thursday	18	1800 Run 2000 SS30	LHC Zoom
Friday	19	No classes	N/A
Saturday	20	No classes	N/A
Sunday	21	No classes	N/A

		Week 6	Location
W/C 22/08/22		No Classes	N/A
		Week 7	Location
W/C 29/08/22		No Classes	N/A
September		Week 8	Location
W/C 05/09/22		No Classes	N/A
		Week 9	Location
Monday	12	No classes	N/A
Tuesday	13	No classes	N/A
Wednesday	14	No classes	N/A
Thursday	15	1800 Run 2000 SS30	LHC Zoom
Friday	16	0915 CSC	Zoom
Saturday	17	No classes	N/A
Sunday	18	No classes	N/A
		Class	Location
Monday	19	Start of BodyFit Term	

Key:

- W/C Week Commencing
- LHC Lakes Home Centre
- M'Gdns Memorial Gardens
- SS30 Simply Stretch 30 minutes
- CSC Core Stretch Combo.

Note: Our Core-Stretch-Combo is suitable for all ages and abilities. So please join us if you usually do circuits, Metafit or core-ball.

Can't make the 'live' class time? Request the recording instead. 😊

PTO for booking form

Full name.....

Telephone Number

E-mail

I'd like to book the following summer classes:

Example: Name of person	Number of hours	Cost Per hour	Total Cost
Sam Ayers	10	£5.50	£55.00
Geoff Ayers	4.5	£5.50	£24.75
		Grand Total:	£79.75
Name of person	Number of hours	Cost Per hour	Total Cost
1.		£5.50	
2.		£5.50	
3.		£5.50	
4.		£5.50	
5.		£5.50	
6.		£5.50	
		Grand Total:	£

I have paid by **BACs/Mobile/Cash** (delete as appropriate)

Note that cheques are not accepted.

Class Hours	Fee/Hour	Total
Three hours minimum please.		
3	£5.50	£16.50
3.5	£5.50	£19.25
4	£5.50	£22.00
4.5	£5.50	£24.75
5	£5.50	£27.50
5.5	£5.50	£30.25
6	£5.50	£33.00
6.5	£5.50	£35.75
7	£5.50	£38.50
7.5	£5.50	£41.25
8	£5.50	£44.00
8.5	£5.50	£46.75
9	£5.50	£49.50
9.5	£5.50	£52.25
10	£5.50	£55.00

Please add any additional notes below: