

Summer Holiday Classes Booking Form 2018

(Autumn term commences on Tuesday 4th 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. This is how it works:

1. You choose how many classes you want to attend; **minimum purchase is 3**. If attending just one or two classes, please 'pay as you go', thank you.
2. You don't have to select which classes you come to but can just turn up to **ANY** within the summer period, i.e. you can mix and match between running, core and our circuit classes. We're not providing any Metafit classes over the summer, however, they will resume as usual in September.
3. We will note on our register when you've attended a class and keep a total.
4. If you use all your class 'credits' but would like to attend more classes, please do so at the normal 'pay as you go' rate.
5. Alternatively, if you'd prefer not to pay up front, you can just use the normal 'pay as you go' rate.

Running:

- ✓ Monday 6.15-7.30pm: Coaching for All, all at the **Lakes Home Centre (LHC)**
Note change from usual times
- ✓ Tuesday 9.30-10.30am: Coaching for All, LHC
- ✓ Thursday 6.00-7.00pm: Coaching for All, LHC.
This will be a muster run, splitting into two groups according to ability

Most classes will have two coaches.

Hall Based Classes:

Please check our '[What's On' Calendar](#) for further details. All classes at the **Methodist Hall**.

- ✓ Tuesday 4.30-5.30pm: Circuits for All
- ✓ Tuesday 5.50-6.50pm: Core Stability on the Ball
- ✓ Weds 9.30am-10.30am: Core Stability on the Ball
- ✓ Friday 9.10-10.10am: Core Stability on the Ball
- ✓ Friday 10.30-11.30am: Older Adult Circuit

Advance Payment

Fees for advance payment for adults only are as follows:

- £5.50 for all classes
- Sorry, **no refunds or transfers to next term**
- Alternatively the 'Pay As You Go' rate is as follows:
 - ✓ £6.50 for adult running
 - ✓ £7.50 for adult hall based classes
 - ✓ £4.00 for students

Our contact details:

Sam Ayers: 01900 825974 or 07805 094 701 sam.ayers@tiscali.co.uk
Rachel Mellor: 07531 628 239 rmellor4@googlemail.com

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 details to Sam
- If paying by cheque: No need to complete the form – write details on reverse of cheque
- If paying by cash: Please complete the form below, thanks.

Cheques payable to '**BodyFit (Sam Ayers) Ltd**'

BACs info:

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

If needed, the address to send your form is:

Sam Ayers, 1 Brookside, Eglesfield, Cockermouth, Cumbria, CA13 0SD

July 2018		Week 1	
Monday	23	Run: 6:15pm	LHC
Tuesday	24	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	25	Core: 9.30am	Methodist Hall
Thursday	26	Run: 6:00pm	LHC
Friday	27	Core: 9.10am OA: 10.30am	Methodist Hall Methodist Hall
Saturday	28		
Sunday	29		

		Week 2	
Monday	30	Run: 6:15pm	LHC
Tuesday	31	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Aug-18			
Wednesday	1	Core: 9.30am	Methodist Hall
Thursday	2	Run: 6:00pm	LHC
Friday	3	No Classes	N/A
Saturday	4		
Sunday	5		

		Week 3	
Monday	6	Run: 6:15pm	LHC
Tuesday	7	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	8	Core: 9.30am	Methodist Hall
Thursday	9	Run: 6:00pm	LHC
Friday	10	Core: 9.10am OA: 10.30am	Methodist Hall Methodist Hall
Saturday	11		
Sunday	12		

		Week 4	
Monday	13	Run: 6:15pm	LHC
Tuesday	14	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	15	No Classes	N/A
Thursday	16	Run: 6:00pm	LHC
Friday	17	Core: 9.10am OA: 10.30am	Methodist Hall Methodist Hall
Saturday	18		
Sunday	19		

		Week 5	
Monday	20	Run: 6:15pm	LHC
Tuesday	21	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	22	Core: 9.30am	Methodist Hall
Thursday	23	Run: 6:00pm	LHC
Friday	24	Core: 9.10am OA: 10.30am	Methodist Hall Methodist Hall
Saturday	25		
Sunday	26		

		Week 6	
Monday	27	No Classes	N/A
Tuesday	28	No Classes	N/A
Wednesday	29	No Classes	N/A
Thursday	30	No Classes	N/A
Friday	31	No Classes	N/A
Sep-18			
Saturday	1		N/A
Sunday	2		N/A

		Week 7	
Monday	3	Run: 6:15pm	LHC
Tuesday	4	Start of term	

Full name.....

Telephone Number(s)

E-mail

I'd like to book the following summer classes:

Example: Name of person	Number of classes	Cost Per class	Total Cost
Sam Ayers	10	£5.50	£55.00
Geoff Ayers	4	£5.50	£22.00
		Grand Total:	£77.00
Name of person	Number of classes	Cost Per class	Total Cost
1.			
2.			
3.			
4.			
5.			
6.			
		Grand Total:	£

The new term and full timetable commences on **Tuesday 4th September**.

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

Please add any additional notes here: