

Spring Term 2018 Class Booking Form

- ✓ Start of term: Thursday 4th January with all running classes
- ✓ Half term: W/C Monday 12th February: Sorry no classes
- ✓ End of term: Thursday 29th March
- ✓ Easter Holidays: Friday 30th April:

Note that there will be a limited 'Pay As You Go' time table over the Easter period

If you are an existing, renewing class member and **none of your details have changed**. Please save paper and do the following:

- If paying by BACs or PAYM: Please send an **email to Sam** stating the following:
 - Which class(es) you've paid for
 - How much you've paid
 - If paying for more than one person – please do separate payments, thanks.
- If paying by cheque: Please write the following on the reverse of the cheque:
 - Which class(es) you've paid for
 - How much you've paid
 - If paying for more than one person - please itemise each payment thank you
 - **Please note:** If at all possible, please pay by BACs rather than cheque, many thanks.

The [Spring Term 2018 dates now available on the website](#). Remember: Click the 'year' and you'll be able to scroll through quickly. Click the month to see a weekly view of that month.

The form for termly payment is below. Over **90%** of our class members opt for termly payment and as a result gain benefits from regular class attendance. In addition, many of our classes are full or near capacity; please continue to pay for the term in order to secure your place at your chosen class or classes. Thank you.

Please note that the document is four pages in total. The booking form is on **pages 3 and 4**. Depending on the class, you'll save between **21% and 38%** per term compared with the 'Pay As You Go' rate.

Weekly Fees:

Adults:	Running:	£6.50 per adult, per class
	Hall based classes:	£7.00 per adult, per class
Students:		£4 per class

Please read our ['Terms and Conditions'](#), priority will go to those who pay for the term.

Minimum Numbers

Please note that most classes require a **minimum** number of **10** in order to go ahead each term.

Thank you all for your continued support.

Sam Ayers and Team BodyFit
www.bodyfitcumbria.co.uk

Payment:

Cash accepted or cheques payable to 'BodyFit (Sam Ayers) Ltd'

Please send to: **Sam Ayers, 1 Brookside, Eaglesfield, Cockermouth, Cumbria, CA13 0SD**

BACs: BodyFit (Sam Ayers) Ltd

Sort Code: 09-01-28

Account Number: 08185241

Ref: Your Surname and Class if room, e.g. Ayers RunMon

If paying by BACs, please e-mail Sam with the following:

- Class(es) paid for
- Amount transferred
- If paying for two or more people – please transfer payment separately. This helps identifying who's paid for what far easier. Thank you.

PAYM: If your bank supports paying by mobile, you can now 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

If you need to spread the cost of payment over a couple of months or by half term or if you work shifts and need to mix and match your classes, please talk to us and we'll do our best to accommodate your needs.



Thank you to the Lister family and the **Lakes Home Centre** for their continued support and the use of their car park for our running classes. Please remember...

- ✓ Park at the Cockermouth town end of the car park on the side nearest the road
- ✓ Please ensure you use the one-way properly i.e. drive around the car-park clockwise, even if you're a bit late
- ✓ Try their cakes... they're lovely (but only if you've done lots of exercise!)

BodyFit Class Booking Form

Please note that children aged 13 or under must be accompanied by an adult (aged 18+) at all times.

Full Name

Telephone Number

E-mail

I'd like to book the following:

Running/Outside Sessions - Adults	No. of Weeks/ Classes	Cost	Amount Paid
Running Monday 6pm Summer or 6.10pm Winter (Advanced) Includes 31% saving on weekly fee of £6.50. Cost per class is £4.90	11	£53.90	
BodyFit Blokes Monday 6.10pm Includes 31% saving on weekly fee of £6.50. Cost per class is £4.90	11	£53.90	
Running Monday Coaching for All 7.30pm Includes 31% saving on weekly fee of £6.50. Cost per class is £4.90	11	£53.90	
Running Tuesday Coaching for All 9.30am Includes 31% saving on weekly fee of £6.50. Cost per class is £4.90	11	£53.90	
Running Thursday 6pm (Muster: All abilities, two groups) Includes 31% saving on weekly fee of £6.50. Cost per class is £4.90	12	£58.80	
Running Thursday Coaching for All 7.15pm Includes 31% saving on weekly fee of £6.50. Cost per class is £4.90	12	£58.80	
Running two classes, please specify which two: Includes 38% saving on weekly fee of £6.50. Cost per class is £4.00 1. 2.	23	£92.00	
School-Age Children or Full-Time Students Children under 14 <u>must be accompanied by an adult</u> unless previously agreed with Sam, thank you.	No. of Weeks/ Classes	Cost	Amount Paid
CONCESSION Running or BodyFit Blokes Monday 6.10pm Includes 20% saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Running Monday 7.30pm Includes 20% saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Running Tuesday 9.30am Includes 20% saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Running Thursday (Muster) 6pm Includes 20% saving on weekly fee of £4. Cost per class is £3.20	12	£38.40	
CONCESSION Running Thursday 7.10pm Includes 20% saving on weekly fee of £4. Cost per class is £3.20	12	£38.40	
CONCESSION Running two classes, please specify which two: Includes 25% saving on weekly fee of £4. Cost per class is £3.00 1. 2.	23	£69.00	
		Total:	£

Hall Based Classes - Adults	No. of Weeks/ Classes	Cost	Amount Paid
Circuits for All Tuesday, Methodist Hall, 4.30pm All ages and abilities welcome. Includes 21% saving on weekly fee of £7.00. Cost per class is £5.50	11	£60.50	
Older Adult Circuit Friday, Methodist Hall, 10.30am Includes 21% saving on weekly fee of £7.00. Cost per class is £5.50	11	£60.50	
Core Stability Tuesday, Methodist Hall, 5.50pm Includes 21% saving on weekly fee of £7.00. Cost per class is £5.50	11	£60.50	
Core Stability Wednesday, Methodist Hall, 9.30am Includes 21% saving on weekly fee of £7.00. Cost per class is £5.50	11	£60.50	
Core Stability Friday, Methodist Hall, 9.10am Includes 21% saving on weekly fee of £7.00. Cost per class is £5.50	11	£60.50	
Core Stability Balls available from £25, digital booklets £4.50, pumps £9, please see Sam or Rachel at Class			
MetaFit Tuesday, Christ Church Rooms, 7.15pm (3/4 hour) Includes 21% saving on weekly fee of £7.00. Cost per class is £5.50	11	£60.50	
MetaFit Friday, Methodist Hall, 5.30pm (3/4 hour) Includes 21% saving on weekly fee of £7.00. Cost per class is £5.50	11	£60.50	
School-Age Children or Full-Time Students Children under 14 <u>must be accompanied by an adult</u> unless previously agreed with Sam, thank you.			
CONCESSION Core Stability Tuesday, Methodist Hall, 5.50pm Includes 20% saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Core Stability Wednesday, Methodist Hall, 9.30am Includes 20% saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Core Stability Friday, Methodist, 9.10am Includes 20% saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION MetaFit Tuesday, Christ Church Rooms, 7.15pm (3/4 hour) Includes 20% saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION MetaFit Friday, Methodist Hall, 5.30pm (3/4 hour) Includes 20% saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
Total Running Classes:			£
Total Hall Based Classes:			£
Grand Total:			£

Payment: (See page 2). Please read our **Terms and Conditions** available on the homepage of our website, below the booking form, thank you. These were last reviewed on 21/03/17