

How to Book and Pay

Updated 04/12//2023

For **Return to Running**, starting Thursday 4th and Monday 8th January, please go to the final page of this document.

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

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 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	£4.25
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, Spring 2024

Start of term: Tuesday 2nd January

Half term: W/C Monday 12th February

End of term: Thursday 28th March

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

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

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

Running Classes - Adults	Number of Weeks/Classes	Cost	Amount Paid
Running Monday 18.30 Lakes Home Centre/Off Road various locations Includes £1.75 saving on weekly fee of £8.00. Cost per class is £6.25	11	£68.75	
Running Tuesday 09.15 Memorial Gardens Includes £1.75 saving on weekly fee of £8.00. Cost per class is £6.25	12	£75.00	
Running Thursday Muster Run 18.00 Lakes Home Centre Includes £1.75 saving on weekly fee of £8.00. Cost per class is £6.25	12	£75.00	
Running two classes, please specify which two: Includes £2.25 saving on weekly fee of £8.00. Cost per class is £5.75 Class 1: Class 2:	23	£132.25	
Hall Based Classes - Adults	Number of Weeks/Classes	Cost	Amount Paid
Circuits for All Tuesday 16.30 Methodist Hall Includes £1.80 saving on weekly fee of £9.00. Cost per class is £7.20	12	£86.40	
Core Stability on the Ball Tuesday 17.50 Methodist Hall Includes £1.80 saving on weekly fee of £9.00. Cost per class is £7.20	12	£86.40	
Core Stability on the Ball Wednesday 09.15 Methodist Hall Includes £1.80 saving on weekly fee of £9.00. Cost per class is £7.20	12	£86.40	
Essential Weights 50' Wednesday 10.25-11.15 Methodist Hall NEW! Workshop dates: 24th Jan and 13th March Note: This includes a recording of the class for home practice.	N/A	£9 per workshop	
Zoom Classes - Adults	Number of Weeks/Classes	Cost	Amount Paid
Simply Stretch 30' Monday 20.00 Zoom Includes £1.00 saving on weekly fee of £4.25. Cost per class is £3.25	11	£35.75	
Simply Stretch 30' Thursday 20.00 Zoom Includes £1.00 saving on weekly fee of £4.25. Cost per class is £3.25	12	£39.00	
CoreStretch Combo Friday 09.15 Zoom Includes £1.75 saving on weekly fee of £8.00. Cost per class is £6.25	11	£68.75	
Low Income and Students	Number of Weeks/Classes	Cost	Amount Paid
Children under 14 must be accompanied by an adult 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:			£

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

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.

Based on 36 Weeks per Annum				
Fee per class	Number of classes per week	Equivalent fee per week for 36 weeks of the year	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.	Monthly Fee To be paid each month by Standing Order for 12 months
£3.25	½ hour	£3.25	Total Annual payment: £117	£9.75
£6.25	1 hour Run OR Zoom	£6.25	Total Annual payment: £225	£18.75
£7.20	1 hour Hall	£7.20	Total Annual payment: £259.20	£21.60
£5.75	2 hours Run and/or Zoom	£11.50	Total Annual payment: £414	£34.50
£6.50	2 hours 1x Run or Zoom and 1 x Hall	£13.00	Total Annual payment: £468	£39.00
£7.00	2 hours 2 x Hall	£14.00	Total Annual payment: £504	£42.00

If you attend 2.5 hours a week or more, you could 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 Total Annual payment: £540	Includes 1. ALL classes, i.e. Zoom, Hall, Running 2. ALL additional holiday classes 3. Access to all recordings Excludes Occasional one-off workshops or courses	Monthly fee to pay: £45.00
Student and Low Income Other concessions by agreement. Please contact Sam.	Weekly equivalent for 36 weeks of the year: £8.33 Total Annual payment: £300	Includes 1. ALL classes, i.e. Zoom, Hall, Running 2. ALL additional holiday classes 3. Access to all recordings Excludes Occasional one-off workshops or courses	Monthly fee to pay: £25.00

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 class' 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

See next page and complete form, thank you.

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

R2R: Return to Running!

Updated: 02/12/23

- ✓ 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?
- ✓ Or you're fit from other activities, but running is new to you

Let us help you get back up and running again with our six week course.
Coaches Tony and Sam will support you all the way with top tips and confidence building guidance.

Course fee includes:

- ✓ R2R Thursday 18.00 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 Monday at 1830 for an additional £15 (£6 students)
Note later start time on Mondays.

When: Thursdays 18.00 to 19.00
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? Thursday 4th January, then Monday 8th January
Questions? Contact Sam: asksam@bodyfitcumbria.co.uk

Fees:

Adults:
£45 Thursdays and Stretch only
£60 Mondays, Thursdays and Stretch

Students/Low income:
£24 Thursdays and Stretch only
£30 Mondays, Thursdays and Stretch

Lost your income?
Please contribute what you can. Contact Sam to discuss in confidence

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

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

First Name:
Last Name:
Phone Number:
Email:

I've paid £_____ for my place. If booking one session only: I will attend _____ day(s).