

Summer Holiday Classes Booking Form 2017

(Autumn term commences on Monday 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 or Older Adult classes because of the poor uptake last summer, however both will resume as usual in September.
3. We will note on our register when you've attended a class and keep a running 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 6.30-7.30pm: Coaching for All, all at the **Lakes Home Centre**
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

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
 - ✓ £7.00 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

Ideally, please email Sam or pass on to any of your class tutors, many thanks.

If needed, the address to send your form is:

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

PTO for class dates

Jul-17		Class	Location
Monday	24	Run: 6:30pm	LHC
Tuesday	25	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	26	Core: 9.30am	Methodist Hall
Thursday	27	Run: 6:00pm	LHC
Friday	28	Core: 9.10am	Methodist Hall
Saturday	29		
Sunday	30		

Monday	31	Run: 6:30pm	LHC
Aug-17			
Tuesday	1	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	2	Core: 9.30am	Methodist Hall
Thursday	3	Run: 6:00pm	LHC
Friday	4	Core: 9.10am	Methodist Hall
Saturday	5		
Sunday	6		

Monday	7	Run: 6:30pm	LHC
Tuesday	8	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	9	Core: 9.30am	Methodist Hall
Thursday	10	Run: 6:00pm	LHC
Friday	11	Core: 9.10am	Methodist Hall
Saturday	12		
Sunday	13		

Monday	14	Run: 6:30pm	LHC
Tuesday	15	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	16	Core: 9.30am	Methodist Hall
Thursday	17	Run: 6:00pm	LHC
Friday	18	No Friday Core	N/A
Saturday	19		
Sunday	20		

Monday	21	Run: 6:30pm	LHC
Tuesday	22	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	23	No Weds Core	N/A
Thursday	24	Run: 6:00pm	LHC
Friday	25	No Friday Core	N/A
Saturday	26		
Sunday	27		

Monday	28	No Classes	N/A
Tuesday	29	No Classes	N/A
Wednesday	30	No Classes	N/A
Thursday	31	No Classes	N/A
Sep-17			
Friday	1	No Classes	N/A
Saturday	2		N/A
Sunday	3		N/A
Monday	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 **Monday 4th September**.

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

Please add any additional notes here.