

Spring Term 2019 Class Booking Form

- ✓ Note: **Pay As You Go Classes**
 - Thursday 3rd January, 6pm: Muster Run EVERYONE welcome
 - Friday 4th January, 9.10am: Core Stability, EVERYONE welcome
- ✓ Start of term: Monday 7th January
- ✓ Half term: W/C Monday 18th February
- ✓ End of term: Friday 26th April
- ✓ Note that there will be a limited 'Pay As You Go' time table over the Half Term and Easter holidays

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 2019 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 overleaf. 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 **£1.50 and £2.50** per class compared with the 'Pay As You Go' rate.

Weekly Fees:

Adults:	Running:	£6.50 per adult, per class
	MetaFit:	£6.50 per adult, per class
	Hall based classes other than MetaFit:	£7.50 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:

Bank Transfer (BACs) or PayM is our preferred method of payment, thank you.

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

Please send to: **Sam Ayers, 1 Brookside, Eaglesfield, Cockermouth, Cumbria, CA13 0SD**
Or give to your class tutor.

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 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 Classes - Adults	Number of Weeks or Classes	Cost	Amount Paid
Running Monday 6pm Summer (Off Road) or 6.10pm Winter (On Road) Includes £1.50 saving on weekly fee of £6.50. Cost per class is £5.00	11	£55.00	
BodyFit Blokes Monday 6.10pm Includes £1.50 saving on weekly fee of £6.50. Cost per class is £5.00	11	£55.00	
Running Monday Coaching for All: 7.30pm Includes £1.50 saving on weekly fee of £6.50. Cost per class is £5.00	11	£55.00	
Running Tuesday Coaching for All 9.30am Includes £1.50 saving on weekly fee of £6.50. Cost per class is £5.00	11	£55.00	
Running Thursday 6pm Muster: Split into two ability groups Includes £1.50 saving on weekly fee of £6.50. Cost per class is £5.00	11	£55.00	
Running two classes, please specify which two: Includes £2.50 saving on weekly fee of £6.50. Cost per class is £4.00 Class 1: Class 2:	22	£88.00	
School-Age Children or Full-Time Students Children under 14 <u>must be accompanied by an adult unless previously agreed with Sam, thank you.</u>	Number of Weeks or Classes	Cost	Amount Paid
CONCESSION Running Monday 6pm Summer (Off Road) or 6.10pm Winter Includes £0.80 saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Running Monday: 7.30pm or BodyFit Blokes Monday 6.10pm Includes £0.80 saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Running Tuesday: 9.30am Includes £0.80 saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Running Thursday (Muster) 6pm Includes £0.80 saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Running two classes, please specify which two: Includes £1.00 saving on weekly fee of £4. Cost per class is £3.00 Class 1: Class 2:	22	£66.00	
		Total:	£

Hall Based Classes - Adults	Number of Weeks or Classes	Cost	Amount Paid
Circuits for All Tuesday, Methodist Hall, 4.30pm All ages and abilities welcome. Includes £2.00 saving on weekly fee of £7.50. Cost per class is £5.50	11	£60.50	
Older Adult Circuit Friday, Methodist Hall, 10.30am Includes £2.00 saving on weekly fee of £7.50. Cost per class is £5.50	11	£60.50	
Core Stability Tuesday, Methodist Hall, 5.50pm Includes £2.00 saving on weekly fee of £7.50. Cost per class is £5.50	11	£60.50	
Core Stability Wednesday, Methodist Hall, 9.30am Includes £2.00 saving on weekly fee of £7.50. Cost per class is £5.50	11	£60.50	
Core Stability Friday, Methodist Hall, 9.10am Includes £2.00 saving on weekly fee of £7.50. Cost per class is £5.50	11	£60.50	
Core Stability Balls available from £27, digital booklets £4.50, pumps £9, please see Sam or Rachel at Class			
MetaFit Tuesday, Fairfield Primart School, 7.15pm (3/4 hour) Includes £1.50 saving on weekly fee of £6.50. Cost per class is £5.00	11	£55.00	
MetaFit Friday, Methodist Hall, 5.30pm (3/4 hour) Includes £1.50 saving on weekly fee of £6.50. Cost per class is £5.00	11	£55.00	
MetaFit Two classes Includes £2.25 saving on weekly fee of £6.50. Cost per class is £4.25	22	£93.50	
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.	Number of Weeks or Classes	Cost	Amount Paid
Concession Circuits for All Tuesday, Methodist Hall, 4.30pm Includes £0.80 saving on weekly fee of £4.00. Cost per class is £3.20	11	£35.20	
CONCESSION Core Stability Tuesday, Methodist Hall, 5.50pm Includes £0.80 saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Core Stability Wednesday, Methodist Hall, 9.30am Includes £0.80 saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION Core Stability Friday, Methodist, 9.10am Includes £0.80 saving on weekly fee of £4. Cost per class is £3.20	11	£35.20	
CONCESSION MetaFit Tuesday, Fairfield Primary School, 7.15pm (3/4 hour) Includes £0.80 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 £0.80 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 01/03/18