

## R2R: Return to Running!

**Return to Running:** Page 1 only  
How to pay for all other classes:  
See pages 2,3 and 4

- ✓ 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?

Let us help you get back up and running again with our six week rolling R2R course. Coaches Tony, Sam and Hazel will support you all the way with top tips and confidence building guidance.

This is a 'rolling' programme, i.e. you can join at any point in the course and your payment is valid for x6 consecutive weeks, excluding holidays, e.g. you could do 3 weeks before Christmas and 3 weeks after. Your course fee includes:

- ✓ R2R Monday 1830 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 Thursday at 1800 for an additional £12 (£6 students)

**When:** Mondays 1830-1930  
**Where:** Meet at the Lakes Home Centre, Low Road, Cockermouth.  
**Parking:** Parking available at the Lakes Home Centre, but walk if you live locally.  
**Starts:** Monday 1<sup>st</sup> November 1830 – remember it's a rolling programme.  
Join any Monday from 1<sup>st</sup> November.  
**Questions?** Contact Sam: [asksam@bodyfitcumbria.co.uk](mailto:asksam@bodyfitcumbria.co.uk)

**Fees:**

Adults:  
£45 Mondays and Stretch only  
£57 Mondays, Thursdays and Stretch

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

Lost your income? Please contribute what you can

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  
PayM (Payment with a Mobile Phone) 07805 094 701

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

First Name:  
Last Name:  
Phone Number:  
Email:

I've paid £xx.xx for my place/I haven't paid yet

Please delete as appropriate and insert relevant amount if paid.

## Autumn Term 2021 Class Booking Form

- ✓ Start of term: Thursday 2<sup>nd</sup> September
- ✓ Half term: W/C Monday 25<sup>th</sup> October
- ✓ End of term: Friday 17<sup>th</sup> December
- ✓ Note that there may be a limited 'Pay As You Go' time table over the Half Term holiday
- ✓ Full details of this [term's classes and dates are on the website](#).

### How to Pay

Choose from the following options.

1. Pay As You Go
2. Term Payment
3. Monthly Standing Order for unlimited classes for the full year (1<sup>st</sup> September to 31<sup>st</sup> August)

Transfer the appropriate amount of money to book your class(es)

- Cheques are not accepted
- Cash can only be accepted at hall based and running classes. Payment for all Zoom classes needs to be via bank transfer prior to attending class. Bank transfer is our preferred method of payment.

#### BodyFit (Sam Ayers) Ltd

If asked by your bank to select business/personal, this is a business account.

Sort Code: 09-01-28

Account Number: 08185241

Ref: Your first initial (and 2<sup>nd</sup> if you have one), followed by your surname , e.g. SJAyers

When paying by bank transfer, please [e-mail](#) with the following:

- ✓ Class(es) paid for
- ✓ Amount transferred
- ✓ If paying for two or more people
  - Transfer each 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](http://www.paym.co.uk). The mobile number for this method is: **07805 094 701**

### Option 1: Pay As You Go

Please pay by bank transfer or cash before attending your class, thank you.

	45' and 60'+ classes	Fee Per Class
Adult:	Running and Zoom classes	£6.50
	Hall-Based classes	£8.50
Student:	All classes	£4.00
Low Income:	All classes	£4.00
	30' classes	Fee Per Class
Adult:	Zoom classes	£4.00
	Hall-Based classes	N/A
Student:	Zoom classes	£2.00
Low Income:	Zoom classes	£2.00

## Option 2: Term Payment

Running Classes - Adults	Number of Weeks/Classes	Fee	Amount Paid
<b>Running</b> Monday 18.30 Lakes Home Centre Includes <b>£1.00</b> saving on weekly fee of £6.50. Cost per class is £5.50	14	£77.00	
<b>Running</b> Monday 19.30 Lakes Home Centre Includes <b>£1.00</b> saving on weekly fee of £6.50. Cost per class is £5.50	14	£77.00	
<b>Running</b> Tuesday 09.15 Memorial Gardens Includes <b>£1.00</b> saving on weekly fee of £6.50. Cost per class is £5.50	14	£77.00	
<b>Running</b> Thursday Muster Run 18.00 Lakes Home Centre Includes <b>£1.00</b> saving on weekly fee of £6.50. Cost per class is £5.50	15	£82.50	
<b>Running</b> two classes, <b>please specify which two:</b> Includes <b>£1.50</b> saving on weekly fee of £6.50. Cost per class is £5.00 <b>Class 1:</b> <b>Class 2:</b>	29	£145.00	

HALL Based Classes - Adults	Number of Weeks/Classes	Fee	Amount Paid
<b>Circuits for All</b> Tuesday 16.30, Methodist Hall Includes <b>£2.00</b> saving on weekly fee of £8.50. Cost per class is £6.50	14	£91.00	
<b>CoreStretch Combo</b> Tuesday 17.50 Methodist Hall Includes <b>£2.00</b> saving on weekly fee of £8.50. Cost per class is £6.50	14	£91.00	
<b>Core Stability Balls</b> available from £27, digital booklets £2.00, pumps £9, please contact Sam			

ZOOM Classes - Adults	Number of Weeks/Classes	Fee	Amount Paid
<b>CoreEssentials 30'</b> Monday 06.30 Zoom Includes <b>£1.00</b> saving on weekly fee of £4.00. Cost per class is £3.00	14	£42.00	
<b>CoreEssentials 30'</b> Thursday 06.30 Zoom Includes <b>£1.00</b> saving on weekly fee of £4.00. Cost per class is £3.00	15	£45.00	
<b>Simply Stretch 30'</b> Monday 20.00 Zoom Includes <b>£1.00</b> saving on weekly fee of £4.00. Cost per class is £3.00	14	£42.00	
<b>Simply Stretch 30'</b> Thursday 20.00 Zoom Includes <b>£1.00</b> saving on weekly fee of £4.00. Cost per class is £3.00	15	£45.00	
<b>Simply Stretch 45'</b> Wednesday 19.00 Zoom Includes <b>£1.00</b> saving on weekly fee of £6.50. Cost per class is £5.50	14	£77.00	
<b>Circuits for All</b> Tuesday 16.30 Zoom Includes <b>£1.00</b> saving on weekly fee of £6.50. Cost per class is £5.50	14	£77.00	
<b>CoreStretch</b> Tuesday 17.50 Zoom Includes <b>£1.00</b> saving on weekly fee of £6.50. Cost per class is £5.50	14	£77.00	
<b>CoreStretch</b> Friday 09.15 Zoom Includes <b>£1.00</b> saving on weekly fee of £6.50. Cost per class is £5.50	14	£77.00	
<b>Core Stability on the Ball</b> Wednesday 09.15 Zoom Includes <b>£1.00</b> saving on weekly fee of £6.50. Cost per class is £5.50	14	£77.00	
<b>Total:</b>			£

## Option 3: Standing Order

If you enjoy our classes and would like to commit to a full year then consider a standing order.

Adult	Monthly Fee	Notes
Unlimited ALL Sessions	£57.50	<ol style="list-style-type: none"> <li>1. <b>Includes</b> <ol style="list-style-type: none"> <li>a. ALL sessions, i.e. Zoom, Hall, Running</li> <li>b. ALL additional holiday classes</li> <li>c. Access to all recordings</li> </ol> </li> <li>2. <b>Excludes</b> <ol style="list-style-type: none"> <li>a. Occasional one-off workshops or courses</li> </ol> </li> </ol>
Unlimited ZOOM Only	£45.00	<ol style="list-style-type: none"> <li>1. <b>Includes</b> <ol style="list-style-type: none"> <li>a. ALL <u>ZOOM</u> sessions</li> <li>b. ALL additional holiday <u>ZOOM</u> classes</li> <li>c. Access to all recordings</li> </ol> </li> <li>2. <b>Excludes</b> <ol style="list-style-type: none"> <li>a. Hall classes                             <ol style="list-style-type: none"> <li>i. If you'd like to join a hall class, the hall subsidy will need to be paid in <u>full</u> for the term. This is £1.50 per person per class</li> <li>ii. 14 week term: £21</li> </ol> </li> <li>b. Running classes</li> <li>c. Occasional one-off workshops or courses</li> </ol> </li> </ol>
Student/Low Income	Monthly Fee	Notes
Unlimited ALL Sessions	£25.00	<ol style="list-style-type: none"> <li>1. <b>Includes</b> <ol style="list-style-type: none"> <li>a. ALL sessions, i.e. Zoom, Hall, Running</li> <li>b. Any additional holiday classes</li> <li>c. Access to all recordings</li> </ol> </li> <li>2. <b>Excludes</b> <ol style="list-style-type: none"> <li>a. Occasional one-off workshops or courses</li> <li>b. Hall booking fee of £15 per hall class per term to be paid in advance at the start of each term.</li> </ol> </li> </ol>

Other standing order amounts for existing customers can be kept going by agreement. If this applies, you should have received an email from us. If you haven't received an email please [contact Sam](#).

### Minimum Numbers

All courses require a minimum number of participants in order to go ahead.  
Terms and Conditions available on the homepage of our [website](#).

Thank you all for your continued support.

Sam Ayers and Team BodyFit  
[www.bodyfitcumbria.co.uk](http://www.bodyfitcumbria.co.uk)