

How to Book and Pay

Updated 24/03/21

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
- o [Running for Beginners](#), see page 8 (final page). Course starts Thursday 21st April
- o Return to Running, not currently available. [Contact Sam](#) to be added to the 'Interested' list.

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 first initial (and 2nd 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 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.

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**

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	£7.50
	45 minutes	£6.50
	Zoom and Running	
	45-75 mins+	£6.50
	Zoom: Short Format	
	30 minutes	£4.00
Student	Type	Fee
	30 minutes Zoom	£2.00
	All other classes	£4.00

Cont...

Option 2: Term Payments, Summer 2022

Start of term: Tuesday 19th April
Half term: W/C Monday 30th May
End of term: Friday 15th July

Note: There may be a limited 'Pay As You Go' time table 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](#).

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 hall session is subject to availability of space
 - b. Request a recording:
 - i. Recordings are available for all Zoom sessions and Hall based 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 circumstance, please speak to us and we'll always do our best to accommodate your needs.

Running Classes - Adults	Number of Weeks/Classes	Cost	Amount Paid
Running Monday 18.30 Lakes Home Centre Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	10	£55.00	
Running Monday 19.30 Lakes Home Centre Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	10	£55.00	
Running Tuesday 09.15 Memorial Gardens Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	12	£66.00	
Running Thursday Muster Run 18.00 Lakes Home Centre Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	12	£66.00	
Running two classes, please specify which two: Includes £1.50 saving on weekly fee of £6.50. Cost per class is £5.00 Class 1: Class 2:	22	£110.00	
		Total:	£

Hall Based Classes - Adults	Number of Weeks or Classes	Cost	Amount Paid
Circuits for All Tuesday 16.30, Methodist Hall Includes £1.50 saving on weekly fee of £7.50. Cost per class is £6.00	12	£72.00	
MetaFit Tuesday 17.50 Methodist Hall (55' class) Includes £1.50 saving on weekly fee of £7.50. Cost per class is £6.00 Final class: Tuesday 28th June. Resuming September	9	£54.00	
Core Stability Balls available from £27, digital booklets £2.00, pumps £9, please contact Sam			

Zoom Classes - Adults	Number of Weeks or Classes	Cost	Amount Paid
Core Essentials 30' Monday 06.30 Zoom Includes £1.00 saving on weekly fee of £4.00. Cost per class is £3.00	10	£30.00	
Core Essentials 30' Thursday 06.30 Zoom Includes £1.00 saving on weekly fee of £4.00. Cost per class is £3.00	12	£36.00	
Simply Stretch 30' Monday 20.00 Zoom Includes £1.00 saving on weekly fee of £4.00. Cost per class is £3.00	10	£30.00	
Simply Stretch 30' Thursday 20.00 Zoom Includes £1.00 saving on weekly fee of £4.00. Cost per class is £3.00	12	£36.00	
Simply Stretch 45' Friday 17.00 Zoom, no class during summer term	N/A	N/A	N/A
Circuits for All Tuesday 16.30 Zoom Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	12	£66.00	
MetaFit Tuesday 17.50 Zoom (55' class) Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.504 Final class: Tuesday 28th June. Resuming September	9	£49.50	
CoreStretch Friday 09.15 Zoom: Note: No class Fri 10th June Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	11	£60.50	
Core Stability on the Ball Wednesday 09.15 Zoom Includes £1.00 saving on weekly fee of £6.50. Cost per class is £5.50	12	£66.00	
School-Age Children or Full-Time Students Children under 14 must be accompanied by an adult unless previously agreed with Sam, thank you.	Number of Weeks or Classes	Cost	Amount Paid
£4 pay as you go for all classes	N/A	£4.00	N/A
Total:			£

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.

See tables below for all SO options.

1. Our best value choices are the 'unlimited' options for those of you who attend multiple classes with us.
2. If you subscribe to one class per week, it can be ANY one class. If you subscribe to two classes per week, it can be ANY two classes etc. This means you can mix and match week by week.
3. 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.
4. 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.
5. If you work shifts you will always be able to swap and change to fit with your shift pattern
6. Never miss a class if paying by subscription. One of each type of Live Stream Zoom class will be recorded each week. If you miss a class, you can request a link to the recording.
 - a. Contact your instructor for the link – i.e. whoever usually teaches the class.
 - b. The link is valid for 3 days from the date of recording.
 - c. It can be viewed at any time during the 3 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 37 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?

- ✓ If you have lost your income or are on a limited budget, then [contribute what you can](#). We'd still like to help keep you fit and healthy both physically and mentally.
- ✓ 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.

Standing order fees for ½ hour through to 3 hours per week of ANY class type

Fee per class	Number of classes per week	Equivalent fee per week for 37 weeks of the year	Based on 37 Weeks per Annum Classes roughly correlate with the school year which is 38 weeks per annum. Additional holiday classes are PAYG for everyone other than those on an unlimited subscription ✓ A limited timetable will be on during most school holidays ✓ Please note: Your standing order is required to go out for a full 12 months , i.e. payment for 37 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
£3.00	½ hour	£3.00	£111.00	£9.25
£5.50	1 hour	£5.50	£203.50	£16.96
£5.25	2 hours	£10.50	£388.50	£32.38
£5.00	2.5 hours	£12.75	£471.75	£39.31

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 recordings. We also have 'household' subscriptions.

[See over for 'Unlimited' subscriptions...](#)

Standing Order Fees for 'Unlimited' Subscriptions:

SO Fees for 'Unlimited' Subscriptions: Based on 37 Weeks per Annum			
<p>All Classes Unlimited</p>	<p>Weekly equivalent for 37 weeks of the year: £18.65</p>	<p>Includes</p> <ol style="list-style-type: none"> 1. ALL classes, i.e. Zoom, Hall, Running 2. ALL additional holiday classes 3. Access to all recordings <p>Number of weekly classes attended at the PAYG rate to cover the fee: 2.5 classes, i.e. less than 3 hours per week for 37 weeks of the year</p> <p>Excludes Occasional one-off workshops or courses</p>	<p>Monthly fee to pay: £50.00</p>
<p>Zoom Only Unlimited</p>	<p>Weekly equivalent for 37 weeks of the year: £12.97</p>	<p>Includes</p> <ol style="list-style-type: none"> 1. ALL classes, i.e. Zoom classes 2. ALL additional holiday Zoom classes 3. Access to all recordings <p>Number of weekly classes attended at the PAYG rate to cover the fee: 2.2 classes, i.e. 2 hours per week for 37 weeks of the year</p> <p>Excludes</p> <ol style="list-style-type: none"> 1. Hall classes <ol style="list-style-type: none"> a. 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 £1.00 per person per class, e.g. b. 12 week term: £12 c. 14 week term: £14, etc 2. Running classes 3. Occasional one-off workshops or courses 	<p>Monthly fee to pay: £45.00</p>
<p>All Classes Unlimited Household</p> <p>Up to 2 adults and 2 students living at the same address</p>	<p>Weekly equivalent for 37 weeks of the year: £24.32</p>	<p>Includes</p> <ol style="list-style-type: none"> 1. ALL classes, i.e. Zoom, Hall, Running 2. ALL additional holiday classes 3. Access to all recordings <p>Number of weekly classes attended at the PAYG rate to cover the fee: 3.7 classes, i.e. less than 4 hours per week for 37 weeks of the year</p> <p>Excludes Occasional one-off workshops or courses</p>	<p>Monthly fee to pay: £75.00</p>
<p>Zoom Only Unlimited Household</p> <p>Up to 2 adults and 2 students living at the same address</p>	<p>Weekly equivalent for 37 weeks of the year: £22.70</p>	<p>Includes</p> <ol style="list-style-type: none"> 1. ALL classes, i.e. Zoom classes 2. ALL additional holiday Zoom classes 3. Access to all recordings <p>Number of weekly classes attended at the PAYG rate to cover the fee: 3.5 classes, i.e. less than 3.5 hours per week for 37 weeks of the year</p> <p>Excludes</p> <ol style="list-style-type: none"> 1. Hall classes <ol style="list-style-type: none"> a. 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 £1.00 <u>per person per class</u>, e.g. b. 12 week term: £12 c. 14 week term: £14 etc 2. Running classes 3. Occasional one-off workshops or courses 	<p>Monthly fee to pay: £70.00</p>
<p>Student and Low Income</p> <p>Other concessions by agreement. Please contact Sam.</p>	<p>Weekly equivalent for 37 weeks of the year: £8.11</p>	<p>Includes</p> <ol style="list-style-type: none"> 1. ALL classes, i.e. Zoom, Hall, Running 2. ALL additional holiday classes 3. Access to all recordings <p>Number of weekly classes attended at the Student PAYG rate to cover the fee: 2.1 classes, i.e. just over 2 hours per week for 37 weeks of the year</p> <p>Excludes Occasional one-off workshops or courses</p>	<p>Monthly fee to pay: £25.00</p>

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.

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](#).

Thank you for your continued support. It's appreciated very much.

Sam

Samantha Ayers
Director



"Sam and the team were welcoming, and there were quite a number of people who seemed to be just as anxious as I was.

The team put our minds at rest and started the program at the perfect pace for a professional couch potato; run for one minute, then walk one minute!"

Alastair Clarke



BODYFIT

BEGINNERS

Is this you?

- Thinking of starting running but not sure how
- Considering a parkrun or other activity challenge
- Perhaps you'd like to drop a clothes size
- Or improve your health and mental wellbeing
- You'd like good company, great coaching and motivation

This is your answer...

BodyFit Beginners: A 12 week course for complete beginners, timed to reach your peak for a 5K parkrun or similar challenge towards the end of June.

Starting: Thursday 21/04/22, 6pm-7pm, then each Thursday thereafter

Includes: Your weekly class, training program to follow, support from your coaches and a 30' weekly Simply Stretch class to aid mobility and increase flexibility for running.

No class: Thursday 2nd June, Half Term

Please note: From week 8 onwards, you'll have the opportunity to swap to our other sessions:

Monday: 1830 or 1930 and **Tuesday** 0915

Final classes: W/C 18/07/22

Venue: Meet at the Lakes Home Centre, Low Road, Cockermouth

Fees: £85

Students and those on low income: £42

Children aged 12-14 must be accompanied by a fee paying adult.

Your lead-coach will be Samantha Ayers who is a Level 3 England Athletics endurance coach and personal trainer. You will be advised on how to begin running progressively and safely, given top tips on injury prevention. You'll be provided with a training programme to follow together with social media and email support. Most importantly, Sam's team will help, motivate and encourage you every step of the way!

E: asksam@bodyfitcumbria.co.uk

P: 01900 825974

M: 07805 094 701

facebook.com/BodyFitCumbria

W: bodyfitcumbria.co.uk



Please reserve a place for me on the **BodyFit Beginner's Running Course**

Title: _____ Full Name: _____

Phone: _____

E-Mail: _____

Please select:

One class per week: £85

Other amount: £ for _____ Student/Low Income

I've enclosed my health screen: Download from homepage of our website

Return to: Samantha Ayers, 1 Brookside, Eaglesfield, Cockermouth, Cumbria, CA13 0SD
Or email to: asksam@bodyfitcumbria.co.uk

I've made a bank transfer of £ _____ Please note that we no longer accept cheques.
A/C 08185241 Sort Code 09-01-28 BodyFit (Sam Ayers) Ltd