

# How to Book and Pay

Updated 11/03/26

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Hello

We've two payment options:

1. Pay as you go
  - a. When starting, please do 'pay as you go' for a few weeks or for as long as you chose to.
2. Standing order
  - a. If you decide that our classes are for you, then please set up a standing order
  - b. Ideally on the 1<sup>st</sup> of the month, full details on page 2
  - c. Talk to Sam to adjust fees to suit you, e.g. if you work shifts or know that you can only classes once a fortnight etc.
  - d. If attending regularly, a 'standing order' is better value than 'pay as you go'
3. Payment also acts as a booking. If it's your first time attending, please contact Sam to say which class(es) you're attending. Many thanks.

## Option 1: Pay As You Go (PAYG)

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

Adult:	Hall-Based Classes	Fee per class
	60 minutes	£9.50
	Zoom and Running	
	60+ minutes	£8.00
	Zoom: Short Format	
	30 minutes	£4.50
Low Income/Student:	Type	Fee per class
	30 minutes Zoom	£2.00
	All other classes	£4.50
Very low income?	Contact Sam to discuss options	

## Bank details

**BodyFit (Sam Ayers) Ltd**

Sort Code: 09-01-28

Account Number: 08185241

Please use a reference, e.g. Surname, Initials

Note:

- ✓ This is a business account
- ✓ Some banks (e.g. HSBC) don't accept brackets. If the payment details are rejected, please try again without the brackets.

## Monthly Standing Order (SO)

Also known as a 'regular payment'

When choosing to pay by standing order, your commitment is for a full year, ideally starting on the 1<sup>st</sup> of any month

Fee per class	Number of hour per week	Equivalent fee per week for 36 weeks of the year	Based on 36 Weeks per Annum	
			Additional holiday classes are <b>PAYG for everyone</b> other than those on an <u>unlimited</u> subscription <ul style="list-style-type: none"> <li>✓ A limited timetable will be on during some school holidays</li> <li>✓ <b>Please note:</b> 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.</li> </ul>	Monthly Fee  To be paid each month by Standing Order for 12 months
£3.50	½ hour	£3.50	Total Annual payment: £129.60	<b>£10.80</b>
£6.50	1 hour Run <b>OR</b> Zoom	£6.50	Total Annual payment: £234	<b>£19.50</b>
£7.50	1 hour Hall	£7.50	Total Annual payment: £270	<b>£22.50</b>
£6.00	2 hours Run <b>and/or</b> Zoom	£12.00	Total Annual payment: £432	<b>£36.00</b>
£7.00	2 hours ANY class	£14.00	Total Annual payment: £504	<b>£42.00</b>

If you attend more than 2 hours per week, then consider our 'unlimited subscriptions'. They are excellent value and include all holiday classes and all recordings.

SO Fees for 'Unlimited' Subscriptions: Based on 36 Weeks per Annum			
All Classes Adult	Weekly equivalent for 36 weeks of the year: <b>£15.00</b>  Total Annual payment: <b>£540</b>	<b>Includes</b> 1. ALL classes, i.e. Zoom, Hall, Running 2. ALL additional holiday classes 3. Access to all recordings  <b>Excludes</b> Occasional one-off workshops or courses	Monthly fee to pay: <b>£45.00</b>
Student and Low Income  Other concessions by agreement. Please contact Sam.	Weekly equivalent for 36 weeks of the year: <b>£8.33</b>  Total Annual payment: <b>£300</b>	<b>Includes</b> 1. ALL classes, i.e. Zoom, Hall, Running 2. ALL additional holiday classes 3. Access to all recordings  <b>Excludes</b> Occasional one-off workshops or courses	Monthly fee to pay: <b>£25.00</b>
Two Adults Same Household	Weekly equivalent for 36 weeks of the year: <b>£27.34</b>  Total Annual payment: <b>£984</b>	<b>Includes</b> 1. ALL classes, i.e. Zoom, Hall, Running 2. ALL additional holiday classes 3. Access to all recordings  <b>Excludes</b> Occasional one-off workshops or courses	Monthly fee to pay: <b>£82.00</b>

Cont...

## 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 (i.e. you)** also controls when the standing order stops.

This means **you** can alter or stop the payment at any time.

## Extended Holidays/Illness/Injury

Regular payment/Standing order – you're in control. We can't make changes to it. If on extended holidays or ill, then you can stop the payment but please speak with us to discuss. Thank you.

## Limited Income?

- ✓ 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. This is completely confidential.
- ✓ We would prefer to keep people 'in class' and in touch with us rather than lose contact. So please don't hesitate to get in touch if needed.

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# R2R: Return to Running!

Updated: 09/03/26

- ✓ 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 after the first few Thursdays. Details after booking.

**When:** Thursdays 18:00 finishing 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 16<sup>th</sup> April**  
**Questions?** Contact Sam: [asksam@bodyfitcumbria.co.uk](mailto:asksam@bodyfitcumbria.co.uk) or 07805 094701

**Fees:**

Adults:  
£42 Thursdays and Simply Stretch via Zoom

Students/Low income:  
£21 Thursdays and Simply Stretch via Zoom

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](mailto:asksam@bodyfitcumbria.co.uk) or 07805 094701

First Name:  
Last Name:  
Mobile Number:  
Email:

I've paid £\_\_\_\_\_ by bank transfer for my place.