



Samantha Ayers
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Dear All

The spring 2012 dates now available on the website. If you find dates of events that you think others may be interested in, please e-mail us and we'll add them to the website.

The payment form for paying in advance is below. You'll save between 20% and 30% by paying in advance depending on the class.

Thank you all for your continued support.

Sam Ayers

Weekly Fees:

Running:

- ✓ Monday 6.15pm: Advanced
- ✓ Monday 7.30pm: Intermediate
- ✓ Tuesday 9.30am: Easy Intermediate, (except School Holidays)
- ✓ Thursday 6pm: All abilities
- ✓ Thursday 7.10pm: Intermediate

£4.30 per adult per class/£3 per child or full-time student



Thank you to the Lister family and the **Lakes Home Centre** for their continued support and the use of their car park. Please remember...

- Park at the Cockermouth town end of the car park on the side nearest the road
- Please ensure that 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!)

Core Stability on the Ball

- ✓ Tuesday 5.50pm
- ✓ Wednesday 9.30am (except School Holidays)
- ✓ Friday 9.10am

Skip Hop **NEW!**

- ✓ Wednesday 10.45am (except School Holidays)

The above classes are £5.50 per adult per class/£3 per child or full-time student
Please note that children aged 13 or under must be accompanied by an adult.

Older Adult Exercise Classes

- ✓ Friday 10.30am: Pay as you go, currently £4 per class
- ✓ Tuesday 4.30pm: Termly **or** £5 pay as you go

Both the Core and Older Adult Classes are at the Methodist Hall, Lorton Street, Cockermouth.



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Payment:

Cash accepted or cheques payable to 'BodyFit Personal Training'

Please send to: **Sam Ayers, 1 Brookside, Eaglesfield, Cockermouth, Cumbria, CA13 0SD**

Name

Telephone Number

E-mail (if changed or new)

I'd like to book the following:

Classes - Adults Coaches/Tutors: SA - Sam Ayers, RM - Rachel Mellor	No. of Weeks/ Classes	Cost	Amount Paid
Running Monday 6.15pm (Advanced) SA Includes 20% saving on weekly 'pay as you go' fee (£4.30)	11	£37.95	
Running Monday 7.30pm (Intermediate) SA Includes 20% saving on weekly 'pay as you go' fee (£4.30)	11	£37.95	
Running Tuesday 9.30am (All abilities) RM Includes 20% saving on weekly 'pay as you go' fee (£4.30)	11	£37.95	
Running Thursday 6pm (All abilities) SA Includes 20% saving on weekly 'pay as you go' fee (£4.30)	12	£41.40	
Running Thursday 7.10pm (Intermediate) RM Includes 20% saving on weekly 'pay as you go' fee (£4.30)	12	£41.40	
Running two classes, please specify which two: Includes 30% saving on weekly 'pay as you go' fee 1 2	23	£69.00	
Older Adult Circuit Tuesday, Methodist Hall, 4.30pm SA Includes 20% saving on weekly 'pay as you go' fee (£5.00)	11	£44.00	
Core Stability Tuesday, Methodist Hall, 5.50pm RM/SA Includes 20% saving on weekly 'pay as you go' fee (£5.50)	11	£48.40	
Core Stability Wednesday, Methodist Hall, 9.30am RM Includes 20% saving on weekly 'pay as you go' fee (£5.50)	12	£52.80	
Core Stability Friday, Methodist, 9.10am SA Includes 20% saving on weekly 'pay as you go' fee (£5.50)	12	£52.80	
SkipHop Wednesday, Methodist Hall, 10.45am NEW RM Includes 20% saving on weekly 'pay as you go' fee (£5.50)	12	£52.80	
Core Stability and SkipHop Double Class Weds Only Includes 30% saving on weekly 'pay as you go' fee (£11.00) This works out at a whole morning cost of £7.70 per session	12	£92.40	
Core Stability Balls available from £22, booklets £6, pumps £8.50			
School-Age Children or Full-Time Students (Children under 14 must be accompanied by an adult)			
All Classes, £3 per week Please see Sam if you'd like to pay for the term for your child. A termly saving of 20% will be applied.		£3.00	N/A
		Total	£

If you'd like to spread the cost of payment over a couple of months or by half term, please talk to Sam. Thank you.