

# Summer Holiday Class Timetable 2023

Please always check our [What's On Calendar](#) for the most up to date information.

Autumn term commences on Monday 11<sup>th</sup> September

Dear Class Member

Many thanks for joining us at classes this term. The final week of term is W/C Monday 10th July. We then have a holiday timetable in place. Details below and on our [What's On Calendar](#).

## Hall Holiday Classes

For hall-based classes to go ahead, I need a minimum of 12 people pre-booked and paid per class.

- ✓ Pre-booking is **£6.25** per class
- ✓ Pay As You Go is **£8.50** per class

## Run Holiday Classes

For running classes to go ahead, I need a minimum of 12 people pre-booked and paid per class.

- ✓ Pre-booking is **£5.50** per class
- ✓ Pay As You Go is **£7.50** per class

## Zoom Holiday Classes

No minimum numbers required, all sessions will be going ahead

- ✓ Pre-booking:
  - **£5.50** per class for 60' sessions
  - **£3.25** per class for 30' sessions
- ✓ Pay As You Go
  - **£7.50** per class for 60' sessions
  - **£4.00** per class for 30' sessions

## Standing Orders (SO)

- ✓ If you currently pay a monthly [Unlimited All Classes](#) standing order, all summer holiday classes are included, i.e. you do not need to pay any extra.
- ✓ You don't need to complete the form, but please let me know which hall based classes you intend to do so I've an idea of numbers, many thanks.
- ✓ If you are on any other Standing Order, please remember that your Standing Order still needs to go out for the month of August.
  - This is because your payment of 36 weeks' worth of classes is spread evenly through 12 monthly payments.
  - You will need to pay for any holiday classes attended.

Please check our ['What's On' Calendar](#) for further details including Zoom class registration and run class locations.

## **Advance Payment**

Fees for advance payment for full paying adults only

Students/Low income: £4 pay as you go per class or £2 for 30' classes

Please note: **No refunds or transfers to next term**

## **Payment:**

1. Bank transfer:
  - a. Complete the form and send a photo to Sam via WhatsApp or email
  - b. 07805 094 701      [asksam@bodyfitcumbria.co.uk](mailto:asksam@bodyfitcumbria.co.uk)
2. Cash:
  - a. Please complete the form place in envelope with cash and give to Sam at class
  - b. Please note that cheques are no longer accepted

**BodyFit (Sam Ayers) Ltd**      If asked, this is a business account  
**BACs: Sort Code: 09-01-28      Account Number: 08185241**

See over for timetable/booking form

## Summer Holiday Class Timetable 2023

Day	Date	Class	Location	Pre-Booking Fee	Insert fee if booking
M	17-Jul	R	LHC	£ 5.50	
M	17-Jul	SS30	Zoom	£ 3.25	
Tue	18-Jul	R	M'Gdns	£ 5.50	
Tue	18-Jul	CFA	Hall	£ 6.25	
W	19-Jul	Ball	Hall	£ 6.25	
Th	20-Jul	R	LHC	£ 5.50	
Th	20-Jul	SS30	Zoom	£ 3.25	
Fri	21-Jul	CSC	Zoom	£ 5.50	
M	24-Jul	R	LHC	£ 5.50	
M	24-Jul	SS30	Zoom	£ 3.25	
Tue	25-Jul	R	M'Gdns	£ 5.50	
Tue	25-Jul	CFA	Hall	£ 6.25	
W	26-Jul	Ball	Hall	£ 6.25	
Th	27-Jul	R	LHC	£ 5.50	
Th	27-Jul	SS30	Zoom	£ 3.25	
Fri	28-Jul	CSC	Zoom	£ 5.50	
M	31-Jul	R	LHC	£ 5.50	
M	31-Jul	SS30	Zoom	£ 3.25	
Tue	01-Aug	R	M'Gdns	£ 5.50	
Tue	01-Aug	CFA	Hall	£ 6.25	
W	02-Aug	Ball	Hall	£ 6.25	
Th	03-Aug	R	LHC	£ 5.50	
Th	03-Aug	SS30	Zoom	£ 3.25	
Fri	04-Aug	N/A	N/A	No Classes	N/A
M	07-Aug	R	LHC	£ 5.50	
M	07-Aug	N/A	N/A	No SS30'	N/A
Tue	08-Aug	N/A	N/A	No Classes	N/A
W	09-Aug	Ball	Hall	£ 6.25	
Th	10-Aug	R	LHC	£ 5.50	
Th	10-Aug	SS30	Zoom	£ 3.25	
Fri	11-Aug	N/A	N/A	No Classes	N/A
W/C	14-Aug	N/A	N/A	No Classes	N/A
W/C	21-Aug	N/A	N/A	No Classes	N/A
W/C	28-Aug	N/A	N/A	No Classes	N/A
Mon	04-Sep	R	LHC	£ 5.50	
Mon	04-Sep	SS30	Zoom	£ 3.25	
Tue	05-Sep	R	M'Gdns	£ 5.50	
Tue	05-Sep	CFA	Hall	£ 6.25	
Weds	06-Sep	Ball	Hall	£ 6.25	
Th	07-Sep	N/A	N/A	No Classes	N/A
Fri	08-Sep	N/A	N/A	No Classes	N/A
<b>Mon</b>	<b>11-Sep</b>	Start of term		<b>Total Paid:</b>	

Key:

Ball	Core Stability on the Ball
CFA	Circuits for All
CSC	Core Stretch Combo
Hall	Methodist Hall
LHC	Lakes Home Centre
M'Gdns	Memorial Gardens
N/A	Not applicable
R	Run
SS30	Simply Stretch 30'
W/C	Week Commencing

Full Name:

Contact number:

Email:

Payment method ✓

BACs

Cash