



# Gaynor Mitchell - Pilates

## Booking Form Mat-Based Pilates

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone (Day) \_\_\_\_\_ Telephone (Eve) \_\_\_\_\_

Email \_\_\_\_\_

The following courses have student places available. Please tick the course you would like to book. If you have never tried pilates before, please select the beginners course. Class size is limited to 10 people to ensure individual tuition throughout. **2 places in each class will be available for “floaters” – for those of you who cannot commit to the entire course, but would like to come along when you are able to. Floater places cost £7.00 per class and must be booked by telephone/email on the day.**

Course/Level	Day/Time	Duration	Fee	Commencing	Tick
Beginners	Wed 7.00pm - 8.00pm	6 weeks	£39.00	24 February 2010	
Mixed	Wed 8.00pm – 9.00pm	6 weeks	£39.00	24 February 2010	
Mixed	Thurs 7.30pm – 8.30pm	6 weeks	£39.00	25 February 2010	

Other new courses will be introduced shortly, subject to enquiries.

Send your booking form with payment to Gaynor Mitchell at:

Cheques payable to Gaynor Mitchell	BACS payments to Gaynor Mitchell
G Mitchell 83 Sherbourne Road Witney Oxon OX28 5FQ	Contact Gaynor for details of how to pay by BACS (internet money transfer)
Venue: Function Room (1 <sup>st</sup> floor) West Witney Sports and Social Club Burford Road Witney OX29 0NB	

### Terms and Conditions

- Course Fees must be received prior to the start of the course. In the case of non-payment prior to the start of the course, your place may be offered to another client
- Refunds are not available for holidays, sickness, or work commitments
- Sessions are transferable to alternative sessions (subject to space) within the course period only
- All participants must complete a medical questionnaire

**www.gaynor-the-trainer.co.uk**

**Email: Gaynor@gaynor-the-trainer.co.uk**

**Tel: 01993 704926 / 07970 787980**