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Winner of Exercise England's "Exercise in the Community" Award

25th Birthday Edition!



NEWSLETTER NO. 43

Booking Form for Summer Term 2010

EVERYONE WHO ATTENDS ANY FAMILY FITNESS CLASS MUST RETURN A COMPLETED BOOKING FORM BEFORE 17th MARCH PLEASE REGARDLESS OF PAYMENT METHOD

Dear Friends,

After Easter we will be celebrating 25 years of Family Fitness!

We might be small and community based but we are proud to be the best health related fitness organisation in this area!

We are organising a few different events to celebrate our achievements but we need your help please. We need some commitment from you so that we can organise these events and ensure their success.

Please complete the form inside and return to us before 12th March so we can book venues and plan the events.

We are also giving you a gift; a token that will give you the opportunity to try a Family Fitness session that you have not tried before! You could use this or maybe give it to a friend to try one of our classes

Looking forward to seeing you all during the celebrations.

Maggie, Ruth, Caroline, Liz, Lesley and Jan

Maggie Hackney - YMCA ETM, YMCA Pre/Post Natal Exercise, YMCA/ASA Aqua, BACR Phase IV Cardiac Rehab
Ruth Bishop - YMCA ETM, YMCA Exercise for Older People, BACR Phase IV Cardiac Rehab
Caroline Stephens - YMCA ETM, YMCA Pre/Post Natal Exercise
Lesley Mack - YMCA ETM, YMCA Exercise for Older People
Isobel Hackney - BSc (Hons) Physiotherapy

BOOKING FORM FOR SUMMER TERM

Please Read Carefully!

To be completed by everyone, regardless of payment choice

PLEASE USE BLOCK CAPITALS

NAME:

ADDRESS:

.....**POST CODE:**

TELEPHONE NO:

MOBILE NO:

Please complete and return to any instructor or to 17 Tilehouse Street, if you are unable to attend a session before Wednesday 17th March please

It is important that we are aware of any changes in your health. Have you completed a health profile questionnaire at Family Fitness?

If not ask for one a.s.a.p. please

Please contact us in complete confidence if you have any problems regarding payment for classes or crèche
YOUR FITNESS COMES FIRST!

PLEASE TICK ALL CLASSES YOU INTEND TO PARTICIPATE IN REGARDLESS OF PAYMENT METHOD.

					Please tick
					(✓)
Monday	St. John's	9.30 - 10.30	Heartfit (12)	£54.00	<input type="checkbox"/>
Monday	Highbury	7.15 - 8.15	Heartfit (12)	£54.00	<input type="checkbox"/>
Monday	Highbury	8.30 - 9.30	Heartfit (12)	£54.00	<input type="checkbox"/>
Tuesday	St. John's	9.30 - 10.30	Heartfit (14)	£63.00	<input type="checkbox"/>
Tuesday	St. John's	10.45 - 11.45	Bodyshaper (14)	£63.00	<input type="checkbox"/>
Tuesday	Highbury	7.00 - 8.00	Men's Fitness (14)	£63.00	<input type="checkbox"/>
Tuesday	Highbury	8.15 - 9.15	Easyfit (14)	£63.00	<input type="checkbox"/>
Wednesday	St. John's	9.30 - 10.30	Heartfit (14)	£63.00	<input type="checkbox"/>
Wednesday	Highbury	7.15 - 8.15	Circuits (14)	£63.00	<input type="checkbox"/>
Thursday	Samuel Lucas	7.15 - 8.15	Bodyshaper (14)	£63.00	<input type="checkbox"/>
Thursday	Highbury	7.15 - 8.15	Heartfit (14)	£63.00	<input type="checkbox"/>
Thursday	Highbury	8.30 - 9.30	Heartfit (14)	£63.00	<input type="checkbox"/>
Saturday	Highbury	9.30 - 10.30	Heartfit (14)	£63.00	<input type="checkbox"/>

CHEQUES MADE PAYABLE TO M. HACKNEY PLEASE

I would like to pay block for classes

I would like to pay as I go and enclose £8 fee for every session I have booked
(Please avoid post dating small cheques)

If you pay as you go (not block) you need to pay an £8 booking fee for your chosen class this term i.e. Mon & Weds = £16 Mon, Weds & Sat = £24

I enclose a Cheque / Cash for (Cheques can be post-dated to 15th April 2010)

PLEASE RETURN IN A SEALED ENVELOPE ON OR BEFORE 17th MARCH - THANK YOU

NEWSPAGE

**Classes finish and include Wednesday 31st March
Classes start Thursday 22nd April**

**Newsletters must be back by
Wednesday 17th March please
whatever your payment
method is.**

The crèche **MUST** be booked
and paid for in advance

Please Please Please!

**If you are concerned that you are overweight
we can help you!**

**For confidential advice, see Maggie
who now works for the NHS giving
weight management advice**

For regular updates,
news and information
about our classes please
visit the Family Fitness
website:

www.family-fitness.co.uk

**Walking Are you doing enough? How active
are you really? Use a pedometer and discover if
you are achieving the recommended 10,000 steps
a day!**

See Maggie to order



**We are organising three different events to celebrate 25 years of Family Fitness. Please tick
the ones that you will attend and return a.s.a.p. before 12th March 2010 so we can confirm /
make bookings:**

❖ **Adult swim / play party at Letchworth Leisure Centre**

7.15 – 8.15 p.m. on a Saturday in May/June

❖ **Race for Life – Sunday 11th July**

Walk or run (entrance fee £12.99)

❖ **Party at Radcliffe Arms**

on Wednesday 28th April 7.00 – 10.00 p.m.

NAME:

TELEPHONE NUMBER: