**Tracy Dixon Mind & Body Health, Fitness & Well-Being**



**Body Pump & Tabata HIIT-New 16 week Programme**

Sunday 5th January- 18th April 2020

**SIGN UP- PRIORITY BOOKING FORM**

**What does a priority booking form guarantee you?**

* When you sign up to Body Pump & HIIT using the priority booking from it **guarantees** your place

throughout the duration of the 16 week programme.

* All classes are held at The First Place, Kendal, LA9 5AF- A brand NEW Venue for Fitness
* Classes cancelled within 24 hours of commencement incur the full class fee.

**How to pay?**

**Master Classes:**

£15 payment in advance will secure your place.

**Classes:**

Are pre-booked & £7.50 pay as you go

You can by pay using bank transfer or cash on the day.

**Sort: 010466**

**Account: 33745269**

**THE MASTER CLASSES- Limited places- learn & do all the new exercises correctly**

**WHY DO A MASTER CLASS?**

1. Run through the new programme track by track in detail before you enter a class.
2. Do all the exercises, get feedback on technique, understand how to modify & progress.
3. Good technique, knowing which muscles are working during the exercises ensures; safety,

effectiveness & the **BEST RESULTS** you can get from the 16 weeks.

|  |  |  |
| --- | --- | --- |
| ***The date*** | ***Time*** | $√$ ***To book*** |
| Saturday 11th January | 3.00-4.30pm |  |
| Saturday 11th January | 4.30-6.00pm |  |
| Sunday 12th January | 9.30-11.00am |  |
| Sunday 12th January | 11.00-12.30pm |  |

**BODY PUMP & TABATA HIIT – WEEKLY CLASSES FROM 5th January 2020**

 **DATES/HOLS**

**CLASSES START FROM SUNDAY**

**5th January 2020**

**HOLIDAY TERM DATES** There will be no classes from;

**Sunday 5th –**

**Sunday 12th APRIL**

|  |  |  |
| --- | --- | --- |
| ***Day*** | ***Time*** | $√$ ***To book*** |
| Saturday | 7.45-9.00am |  |
| Sunday | 8.00-9.15am |  |
| Monday | 12.00-1.15pm |  |
| Tuesday | 10.15-11.30am |  |
| Wednesday | 9.10-10.25am |  |
| Wednesday | 5.00-6.15pm |  |
| Wednesday | 6.15-7.30pm |  |
| Wednesday | 8.00-9.15pm |  |
| Thursday | 9.10-10.25am |  |

**YOUR DETAILS- Thank you**

|  |  |
| --- | --- |
| Full Name |  |
| Email address |  |
| Mobile Number |  |
| Date of Birth |  |
| Holiday dates between 5 Jan-12 April |  |
| Any relevant information regarding health, medication or special needs in relation to class |  |

\*\* Your personal details are important to me & will be stored securely. I will only use your personal details:

* To send you the personal Sunday Morning Motivational Message by email
* To inform you of any class changes by email
* To use your mobile number in an emergency

**WHAT HAPPENS NEXT?**

* Take a picture or copy of your priority booking form
* Fill out your form; hand it to me in class or email me a copy
* I will contact you at least 7 days prior to the Master Classes with all the details & information you need to know
* I will confirm your class selections by email at least 7 days prior to your classes commencing

 [**www.tracydixonmindandbodyfit.com**](http://www.tracydixonmindandbodyfit.com) **@tracymindbodyfit**  **@tracydixonmindandbodyfit**