

Courses Nov/ Dec 2021

Course /Day Time Venue Length Cost

A: Tuesday 6.15 – 7.15pm Oakfield 5 Weeks £40

Course dates: Nov 2, 9, 16, 23, 30

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

B: Thursday 6.15 – 7.15pm St Mary 5 Weeks £40

Course dates: Nov 4, 11, 18, 25   Dec 2

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

If space is available, you can start a course at any point and just pay for the remaining weeks

Payment can be made;

1. By cheque to **FIT FOOTWEAR** –in class or sent to:

Les Roches Fleuries, Mont Matthieu, St Ouen JE3 2FT

2 By PayPal by requesting an invoice

…………………………………………………………………………………………………………………………………………………………………………………………..

If you have never been to a class before, please fill in your details below

NAME:…………………………………………………………………………………….TEL. NO. ………………………………………………

E-MAIL ADDRESS:…………………………………………………………………………………………………………………………………

DAY/VENUE/TIME:………………………………………………………………………………………………………………………………

PLEASE LET ME KNOW ABOUT ANY BACK PROBLEMS ETC YOU MAY HAVE BELOW

.............................................................................................................................................................................................

Where did you hear about Pilates Fit?

Attended Previously…………Recommended by Friend……………Facebook Ad

DISCLAIMER: I realise that my teacher is trained and fully insured but I accept responsibility for any injuries that may occur whilst taking part in a class.

SIGNED…………………………………………………………………………………………DATE:…………………………………………………