**PILATES WITH LYNSEY - SUMMER PILATES PROGRAM 2024**

**To Book:** please respond to me via email or this form and confirm that you have paid, thank you, classes are open to all.

**All Classes are £11.50 per class per person.**

**Please note:** Classes must be paid for *at time of booking* and no refunds can be given for cancellations or no-shows and cannot be carried over to another class or term, thank you. All normal ts & cs apply.

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Time | Class | Book |
| Week 1. |  |  |  |
|  |  |  |  |
| Wednesday 7th Aug | 9.00am | Summer Stretch Class |  |
|  | 5.15pm | Core/Back/Posture |  |
|  |  |  |  |
| Thursday 8th Aug | 7.30pm | Flexibility and Strength |  |
|  | 8.30pm | Mens STRETCH Class |  |
|  |  |  |  |
| Week.2 |  |  |  |
|  |  |  |  |
| Monday 12th Aug | 5.15pm | Pilates Flow |  |
|  |  |  |  |
| Wednesday 14th Aug | 9.00am | Thighs Bums and Tums |  |
|  | 7.30pm | Pilates on the Roller |  |
|  |  |  |  |
| Week.3 |  |  |  |
|  |  |  |  |
| Monday 19th Aug | 7.00pm | Pilates Social – The Railway Garden ALL WELCOME |  |
|  |  |  |  |
| Tuesday 20th Aug | 7.00pm | Pilates Flow |  |
|  |  |  |  |
| Thursday 22nd Aug | 7.30pm | Summer Stretch Class |  |
|  |  |  |  |
|  |  | (BACS or CASH) Total to Pay | £ |

Name:………………………………………………………………………..

Sign:………………………………………………………………………. (to agree to guidelines, ts & cs and confirm payment)

Email:…………………………………………………………………………

**Pilates Summer Social:** You are all VERY welcome to join me for a drink at the Railway on Monday 19th August- Ive pre-warned them there may be a few of us and hopefully we can all spill out into their lovely garden. Please put the date in the diary and let me know if you can come, thank you XX