

Enrolment Form – Winter 2012

Name Daytime phone:
Address Evening phone:
..... Email:

I enclose *the course fee / deposit of 50% of the course fee* (cheques payable to Mike Briggs for yoga and Peggy Briggs for Pilates or Fitness) and would like to enrol for the class(es) ticked. If the class you have selected is full or does not run, we will contact you.

Yoga

- Mon 6.30 – 8.00pm From 16th Jan
8 week **intermediate** course - £60
Harris
- Thurs 5.30 – 7.00pm From 12th Jan
8 week **Mixed Ability** course - £60
Point

Pilates

- Thursday 9.45 – 11.00am From 9th Feb
8 week **Pilates Plus** course - £55
Harris

Fitness

- Tues 10.00 – 11.00am From 17th Jan
Legs, Bums & Tums - £50,
Harris
- Wed 10.00 – 11.00am From 18th Jan
Stretch & Tone, Beginners & 50+ - £50,
Harris

Comments:

Please tell us if you have an injury or any medical condition that you think might affect your ability to do certain exercises as we suggest alternatives in most cases.

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I confirm that I know of no reason why I should not exercise and that I have sought advice from my medical practitioner if applicable.

Signed :

Please return to Peggy Briggs, Bun-na-Gille, Bunabhainneadar, Harris

by Monday, 9th January 2012