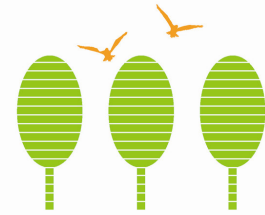


# walking workouts



power walking + body conditioning

## 2010 PROGRAMME

### Open Group Workouts:

Day	Time	Class	Level	Place
Tuesday	09.30-10.30	Walking Workout	All	Clapham Common*
Saturday (once a month) **	09.00-11.00	Weekend WalkAbout	All	Will vary month-to-month **

\* Meet Clapham Common West Side, by Bowling Green café

\*\* Weekend WalkAbouts =  
January 16th: Battersea Park  
February 6th: Richmond Park  
March-December: TBA

### Group Workout Prices:

Level 1 Pass:

6 consecutive workouts (excl. WalkAbouts) = £60

Level 2 Pass:

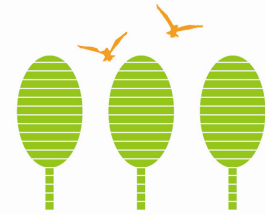
10 consecutive workouts (excl. WalkAbouts) = £100

Pay-as-you-go:

£14 Walking Workout

£20 Weekend WalkAbout

# walking workouts



*power walking + body conditioning*

## **Private Workouts:**

### **One:One Prices**

£40 per hour

Special Offer = 5 workouts for £160 (saving £40)

### **Private Group Prices**

**2 people** £50 per hour (Special Offer = 5 workouts for £200, saving £50)

**3 people** £55 per hour (Special Offer = 5 workouts for £220, saving £55)

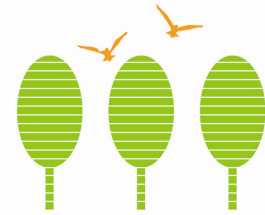
**4 people** £60 per hour (Special Offer = 5 workouts for £240, saving £60)

**To book:**

**e-mail [suzy@walkingworkouts.co.uk](mailto:suzy@walkingworkouts.co.uk)  
phone 020 7585 1344 or 07980 650 951**

[www.walkingworkouts.co.uk](http://www.walkingworkouts.co.uk)

# walking workouts



power walking + body conditioning

## 2010 Booking Form

Offer	Price	Tick your choice
Group Workouts: Level 1 (6 Workouts) Level 2 (10 Workouts)	£60 £100	
Private - One:One 5-for-4	£160	
Private - 2 people 5-for-4	£200	
Private - 3 people 5-for-4	£220	
Private - 4 people 5-for-4	£240	

### Terms and Conditions:

All workouts will take place, whatever the weather.

### Group Workouts:

Workouts must be taken consecutively in 2010 (not transferable to 2011 programme).

### Private Workouts: 24-hour Cancellation Policy

Payment: Full payment must be received in advance.

Cancellations: If you cancel within 24 hours of a scheduled private workout, you will be charged the full amount for the workout. If we have to cancel at the last moment, obviously you will not be charged and if we cannot re-schedule for another time within 7 days, you will receive an extra workout for free.

Name: .....

Address: .....

.....

Email: ..... Phone: .....

I have read and accept the terms and conditions above

Signature: .....Date: .....

Please send booking form with payment (cheque payable to Suzy Kilgour) to:  
Walking Workouts, The Old Umbrella Factory, 1-3 Shelgate Road, London SW11 1BD

[www.walkingworkouts.co.uk](http://www.walkingworkouts.co.uk)