

walking workouts



power walking + body conditioning

SPRING 2010 PROGRAMME

New Wednesday Workouts on Wandsworth Common

Open Group Workouts:

<i>Day</i>	<i>Time</i>	<i>Class</i>	<i>Level</i>	<i>Place</i>
Tuesday	09.30-10.30	Walking Workout	All	Clapham Common*
Wednesday	10.00-11.00	Walking Workout	All	Wandsworth 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

** Meet by Common Ground café, Trinity Road side of Wandsworth Common

Weekend WalkAbouts =

April 24th: Richmond Park

May 22nd: Thames Path

June 26th: TBC

July: TBA

Group Workout Prices:

Level 1 Pass:

6 consecutive workouts (excl. WalkAbouts) = £60

Level 2 Pass:

10 consecutive workouts (excl. WalkAbouts) = £100

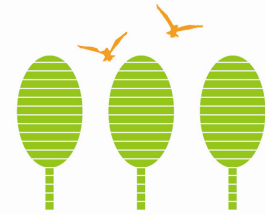
Pay-As-You-Go:

£14 - Walking Workout

£20 - Weekend WalkAbout

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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)

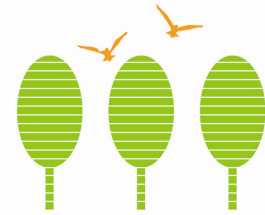
4 people £60 per hour (Special Offer = 5 workouts for £240, saving £60)

To book:

**e-mail suzy@walkingworkouts.co.uk
phone 020 7585 1344 or 07980 650 951**

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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:

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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

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