

✿ BOOKING FORM...

Name/s: _____

Address: _____

Telephone Number: _____ E-mail: _____

**8 WEEK NUTRITION
AND EXERCISE COURSE:**

£10.00 PER WEEK £

PLEASE NOTE THE 8 WEEK COURSES ARE NON REFUNDABLE.

**PERSONAL TRAINING AND
SUSPENSION TRAINING
SESSIONS**

BUY 10 SESSIONS GET ONE FREE:

£35.00 for 1 person £
£40.00 for 2 people £
£60.00 for 4 people £

KIDS FIT CLUB (GROUP)

£6.00 per child per 1 hour session £
£60.00 per child for 10 sessions £

NUTRITIONAL ADVICE

£80.00 for personal food plan £

ATHLETES NUTRITIONAL ADVICE

Athletes food plans are variable. £
Speak to Laura Church for further information.

CONGRATULATIONS ON TAKING YOUR FIRST STEPS TO CHANGING YOUR LIFE!

PLEASE NOTE THAT PAYMENTS MUST BE MADE IN ADVANCE TO SECURE YOUR PLACE AT L.A.N.E.

Gift vouchers available for all occasions, e.g xmas, weddings, birthdays, etc.

We would like to stress that 24 hours notice is required to cancel ALL services that L.A.N.E offers. Failure to do so will incur the cost of the original service/s booked.

WE WOULD ADVISE THAT YOU ALWAYS CONSULT YOUR G.P/CONSULTANT BEFORE UNDERTAKING ANY EXERCISE PROGRAMME AND/OR CHANGE IN YOUR DIET IF SUFFERING FROM ANY MEDICAL CONDITION/S AND TAKING ANY MEDICATION.

SIGNED: _____ **DATE:** _____