

Men's Core Strength Class Information - updated 19/10/2021

- **You need to bring your own equipment to class.** A mat is essential & other equipment such as blocks, balls, resistance bands & straps will be used regularly in class too. You are of course welcome to get your own equipment from another source or you may already have it. I have put together a starter kit including the essentials for just £20, but if you already have some of these items you may wish to purchase items individually. Below is the link for the equipment request form, you will need to complete and return. Payment is made via bank transfer to (N J RAYNER sort code 20-25-36 account no. 50350516). Prices may vary depending upon when order is requested. Distribution of ordered goods will be at class.
https://docs.google.com/forms/d/e/1FAIpQLSfwC40yY9HcNbXfFobcWD7IzHdoFZXSWfO3wNwWCf8Su05egg/viewform?usp=pp_url
- **All classes are cashless and must be booked in advance.** For Men's Core Strength this is a pay as you go (PAYG) class. **You must pre-book your class on Gymcatch, (see register/class bookings for details) & payment is made online.**
- **Classes cannot be refunded or carried over to other classes or types of class. If you are unable to attend a class you must give 24 hours prior notice** and this class can then be carried forward to the same class on a future date within a 6 week period.
- **Classes are not interchangeable or refundable.** There is a strict limit on class numbers. **You will only be able to attend a class that has been booked in advance.**
- If you have any issues using the new booking system please contact Nicola Rayner Fitness - fitone@live.co.uk
- **Please see separate information sheet - Changes to Health & Safety - Covid-19** for important guidelines to be aware of regarding attending classes.