

Outdoor Ladies Boot Camp Class Information - updated 18/10/2021

- **You need to bring your own mat to class.** An (outdoor) mat is essential unless you are happy to lie on the ground. If you do not have a mat these can be purchased from numerous retailers (Amazon have a wide selection).
- **For any equipment that is shared during the session, all participants must ensure they use the hand sanitisers provided before and between handling each piece of equipment.**
- I will be using light hand weights during some sessions. You are not required to have your own as I shall bring enough to allow each booked individual to have a set that they will have exclusive use to during that session. If you have your own weights that you would prefer to bring please let me know for numbers. I am also selling my 0.5kg (green) & 1.5kg (purple) second hand should anyone wish to have their own set which they can also use at home. I do only have a limited amount for sale at the discounted price of £5 for a set of green & £10 for a set of purple weights. These are second hand so will have some marks but will be cleaned and sanitised for you. If you would like to own your own set please email me your request.
- **All classes are now cashless and must be booked in advance.** For Boot Camp 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.