

Legs, Bums & Tums Class Information - updated 19/10/2021

- **You need to bring your own mat to class.** A mat is essential which you should clean & sanitise prior to attending each session. The use of light hand weights or a resistance band may also be used in Legs, Bums & Tums. Nicola Rayner Fitness has a limited amount of second hand 0.5kg & 1.5kg dumbbells which can be purchased at a discounted rate and new medium resistance bands. These can be ordered by completing the equipment request form. Click link here - https://docs.google.com/forms/d/e/1FAIpQLSfwC40yY9HcNbXfFobcWD7IzHdoFZXSWfO3wNwWCf8Su05egg/viewform?usp=pp_url or by emailing fitone@live.co.uk. Once your request has been confirmed, payment is made via bank transfer to (N J RAYNER sort code 20-25-36 Account No. 50350516). Distribution of ordered goods will be at class. Availability for second hand equipment is limited & the price for new equipment may vary depending upon when booking is made. You are under no obligation to buy your equipment from Nicola Rayner Fitness, you may already own these items or prefer to source from another company.
- Legs, Bum & Tums classes will either be bodyweight based (no equipment) or use light hand weights or bands. These classes can be done without using any equipment (mat is essential) however the effectiveness of some exercises will be reduced for those classes using equipment. These items are a small initial cost, but can be used in your home workouts too so a worthwhile investment.
- **All classes are cashless and must be booked in advance.** For Legs, Bums & Tums 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 are not interchangeable or refundable. 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. No refunds will be given.
- **There is a 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 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.