

## TeamMama R & B Booking Form for AUTUMN TERM 2018



- ✂ **Term dates:** 5/9/18 – 19/12/18 (excluding half term 22/10/18-26/10/18)
- ✂ **Payment Details:** Bank Transfer to: **Account number 73821242, S/C 20-84-20.** Please use your name as the reference and email [sarah@teammama.co.uk](mailto:sarah@teammama.co.uk) on payment. Please make any cheques payable to **Sarah Doyle**.

You can contact me (Sarah) on **07966865764**.

**Any information about classes will be posted on the Facebook page @TeamMamaRandB. I will also add your number to our Whatsapp Group unless you specify otherwise.**

Please note that any new joiners will have a one-off £20 Membership fee added to their first class payment. Not only does this package include your own bag and training band, but also access to a great support network and amazing discounts (for full details please ask or visit [www.teammama.co.uk](http://www.teammama.co.uk)).

***Terms and Conditions:** Classes will only be cancelled when weather conditions pose a hazard to participants. The cost of any class cancellations will be deducted from the following term, or a free session issued. Any scheduled classes may be changed or cancelled with at least 72 hours notice. Notice of class cancellations or changes will be sent by text and updated on TeamMamaRand B Facebook and Whatsapp. CoreMama classes require pre-booking for the 6 week block and carry a 24hr cancellation policy otherwise payment may be required or a ClassPass session deducted. The membership fee is a one off compulsory payment taken with your first payment. TeamMama will occasionally take photos during the class for use on our social media pages and on our website. If you have any issues with this, please let us know.*

**TeamMama Membership Payment** (applicable for new joiners only) - £20

**ClassPass:** 10 class pass for use at **any** Banstead or Reigate **FitMama** class - £80

**FitMama Classes:** One class per term - £98 (14 sessions)

Lady Neville Rec Ground, **Banstead:** Tuesday at **09:30**  Thursday at **09:30**   
Priory Park, **Reigate:** Wednesday at **09:30**  Friday at **09:30**  **NEW TIME!!!**  
Memorial Park, **Redhill:** Friday at **11:15**  **NEW TIME!!!**

**CoreMama Banstead:** Tuesday at **2-2:45pm.** 6 week block from 11/9/18 – 16/10/18 - £36

**CoreMama Redhill:** Friday at **12:30-1:15pm.** 6 week block from 14/9/18 -19/10/18 - £36

**FitMama Evening Banstead:** Tuesday **7:30-8:30pm.** 6 week block from 11/9/18 – 16/10/18 - £48

**Any injuries / illness?** .....

**Any medication taken?** .....

I have completed a TeamMama medical form and all my health and correspondence details are up to date. I will inform the TeamMama Trainer of any injury/illness prior to the session commencing. I am 6 weeks postnatal and have permission from my doctor to participate in this exercise class. I have read and agree to the terms and conditions listed above. I understand my health questionnaire details (PAR-Q) will be held securely for a period of 7 years and will not be shared outside TeamMama. I am happy to receive information from TeamMama relating to relevant products, services and information. I understand I can request to be removed from mailing lists at any time. Please tick this box if you do not wish to receive this information

**NAME:** ..... **SIGNED:** ..... **DATE:** .....

