



EXERCISE FOR LIFE

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Dear New Member

Please find the following documents included in this pack;

- Self-assessment questionnaire
- COVID-19 Questionnaire
- Membership application form

Please give your completed forms to the instructor along with £10 which covers your membership for 1 year from date of joining.

All our classes are £5 per session and can be paid to the instructor on the day, your first class will be free though!

We hope you enjoy exercising with us!