

New Prices for

Fun With Fitness

Jan-12

	Pay as you Go	
Running	£4	
Walking	£4	
Aerobics	£5.50	
Toning	£5.50	CONCESSIONS = £5 (*CHILDREN UNDER 13, STUDENTS, UNEMPLOYED AND OVER 60'S)
Half Marathon	£5	
Hike Training	£5	
Injury Assessment & Management	£30	(£38 if hall based session) x6 sessions= £150 (£190)
Personal Training	£30	(£38 if hall based session) x6 sessions= £150 (£190)



Pilates Courses £100 (Ten weeks course) Payable in advance

*Children under 13 accompanied by an adult £2.50 at any session. Concession fees apply if children attend alone.

£30 = 4 weeks of unlimited classes & groups (£7.50 per week)- payable in advance only

*Cheques Made payable to: Fun With Fitness
Bank Transfer preferred: 40-18-04 Account: 92337177*

*Belinda Kerins
Fun With Fitness
Recreation Lodge
Old Heath Road
Colchester
CO1 2EP
Tel: 07725123166*