

## Outdoor Ladies Boot Camp Class Information

- **You need to bring your own equipment to class.** An (outdoor) mat is essential unless you are happy to lie on the ground as I can no longer supply equipment. If you do not have a mat these can be purchased from numerous retailers (Amazon have a wide selection).
- For any equipment that doesn't require you to touch (e.g. ladders, cones, hoops) I shall provide and be solely responsible for setting up & clearing away.
- 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 & which will be sanitised prior to each 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 either complete the request form by clicking the link or email me your request. The link also shows other equipment that I shall be ordering new or offering 2nd hand.  
[https://docs.google.com/forms/d/e/1FAIpQLSfwC40yY9HcNbXfFobcWD7IzHdoFZXSWfO3wNwWCf8Su05egg/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSfwC40yY9HcNbXfFobcWD7IzHdoFZXSWfO3wNwWCf8Su05egg/viewform?usp=pp_url)
- **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.**
- You will notice a slight price increase, this is due to increased & additional overheads.
- **Classes are not interchangeable or refundable.** There is a strict limit on class numbers due to social distancing regulations. **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](mailto: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.