

## Men's Core Strength Class Information

- **You need to bring your own equipment to class.** Equipment can no longer be shared or borrowed. A mat is essential which you should clean & sanitise prior to attending each session. I appreciate this is a small initial cost but it is essential for your safety. I have tried to make this as easy as possible for you by compiling an equipment request form. I shall be ordering new equipment such as blocks, bands, straps & balls, but I am also selling some equipment that I have second hand (limited numbers) such as foam rollers. You are of course welcome to get your own equipment from another source or you may already have it. Below is the link for the equipment form, you will need to complete and return it asap. Second hand items will be reserved on a first come first serve basis (if your request is accepted payment will need to be received within 24 hours before it is offered to the next person). Please do not pay for these items until I confirm your order. Prices for new items may vary depending upon when order is requested.  
[https://docs.google.com/forms/d/e/1FAIpQLSfwC40yY9HcNbXfFobcWD7IzHdoFZXSWfO3wNwWCf8Su05egg/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSfwC40yY9HcNbXfFobcWD7IzHdoFZXSWfO3wNwWCf8Su05egg/viewform?usp=pp_url) Distribution of ordered goods will be at class.
- **All classes are now cashless and must be booked in advance.** For Men's Core Strength 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.