

TREK-FIT

Endurance based walking courses & services

Booking Form-Main Services Menu

Trekking & Challenge Events Course:

Held over 3 separate sessions, including one practical/assessment session.*

Cost: £75-00 Total (excluding meals) []

One Day Seminars:

Full day courses including lunch and course hand book.

Cost: £65-00 []

Walking & Trekking Workshops:

Various workshops lasting 2hrs 30mins.

Cost: £20-00 per workshop.

10% discount for 2 or more/group bookings []

Other Bespoke Services:

Including motivational talks at your premises.

Please contact the office for details. []

Please note that all programs, information, advice and other services are provided for the individual client to whom they are addressed, and for their use only.

It is the clients responsibility to ensure they are fit to undertake any physical activities and should consult their doctor if they are in any doubt.

All information is held in the strictest confidence and will not be divulged to any third parties.

NAME:

ADDRESS:

TELEPHONE No:

E-mail:

I wish to utilise the services as indicated [x] above and enclose the relevant fee.

SIGNED:

DATE:

*PLEASE ALSO COMPLETE THE CURRENT TRAINING STATUS FORM



TREK-FIT

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