

TREK-FIT

Endurance based walking courses & services

Booking Form-On Line Services

BASIC PACKAGE:

1. personalized training program.
2. 1-15 minute call per week.
3. 1-weekly e-mail support.

Cost: £40-00 per month-minimum of 3 months. []

ADVANCED PACKAGE:

1. Personalized training program.
2. 1-15 minute call per week.
3. Unlimited e-mail support (48hr response).

Cost: £60-00 per month-minimum of 3 months. []

BESPOKE PACKAGES: Please contact the office. []



TREK-FIT

The Stables
Halfpenny Green Vineyard
Bobbington
DY7 5EP

Phone: 01384 221714
Mobile: 07961 502707
E-mail: info@trek-fit.co.uk
Web ; www.trek-fit.co.uk

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.

Programs and all other services are provided in good faith based on information provided by the client , whose responsibility it is to keep the provider fully up to date with all circumstances and/or changes in circumstances which may impact on the clients health, ability, or otherwise compromise the client/provider relationship

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