

## ‘PAY AS YOU GO CLASS’ TIMETABLE

<b>Day</b>	<b>Class</b>	<b>Time</b>	<b>Instructor</b>
Tuesday	Legs, Bums and Tums	6.00 – 6.45pm	<b>Nicky</b>
	Bikini Workout	6.45 – 7.30pm	<b>Nicky</b>
Wednesday	Abs and Butt	9.30 – 10.15am	<b>Laura</b>
	Turtle Tots	9.30 – 11.30am	<b>Jen</b>
	Boxercise	7.00 – 7.45pm	<b>Marie</b>
Thursday	Buggycise (Outside)	10.30 – 11.15am	<b>Marie</b>
	Power Sculpt	6.00 – 6.45pm	<b>Laura</b>
	Step Aerobics	7.00 – 7.45pm	<b>Trish</b>
Friday	Twinkle Tots	9.45 – 11.10am	<b>Nicky</b>
Sunday	PT Body	10.00 – 10.45am	<b>Marie / Laura</b>

Retallack Resort & Spa

Winnards Perch, St Columb Major, Cornwall, TR9 6DE

Telephone: 01637 882 400 Fax: 01637 889 479

Simon Edward, Jex Girling and Tony Nygate of BDO LLP, Fourth Floor, 1 Victoria Street, Bristol, BS1 6AA were appointed Joint Administrators of Retallack Lettings Ltd on 2 March 2011. The affairs, business and property of the company are being managed by the Joint Administrators.

Please note that the Administrators are agents of the Company and act without personal liability

## Terms and Conditions Pay as you go classes

- £5 per class
- Booking can only be made on the day of the class and can be booked at reception
- Pay as you go only available on selected classes. (See timetable)
- Pay as you go is not available on school holidays.
- If you paid for a class on booking and the class is cancelled by us a refund will be offered
- Classes are subject to change and will only run for 3 or more people.
- Classes will not run during the Christmas and New Year period or there will be a limited timetable
- Opening times are Monday to Friday 7.30am-8.30pm, Saturdays 8am-8pm  
Sundays 9am-6pm
- The club may restrict its opening times for public holidays and over the Christmas period or at any time with prior notice given
- Management reserves the right to refuse admittance to anyone behaving in an unsociable manner
- We do not accept responsibility for damage or loss of your property whilst on the premises. The member understands that taking part in any physical activity carries the risk of injury.
- Retallack takes no responsibility for injury caused to a member whilst on the premises
- You must be 16 or over to gain entry to the classes
- You will be asked to complete a health questionnaire and your blood pressure taken before taking part in a class, you will not be able to do the class if this is not complete
- Pay as you classes are only running until the end of February 2012

**Signed**

**Date:**

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