

**Cardio Blitz course with Lucy Paul and Sean Girus**  
**contact 07801 573279 / e-mail swyoga@paul.uk.com / website www.swyoga.org**  
**Monday 23rd April - Friday 4th May 2018 at Trinity Fields Cricket Pavilion & Wandsworth Common**

Please complete the following form if you would like to book for our next Cardio Blitz which begins on Monday 23rd April – Friday 4th May 2018. The charge for the course is £120.00.\* Class starts at 9.00am-10am every day. Please bring your own mat if you have one, and wear loose, comfortable clothing.

I would be grateful if you could hand back this completed form, with a cheque made payable to Lucy Paul for the correct amount, at our first class. Please also complete your details below if not previously submitted, or in the case of any changes. Alternatively please arrange BACS transfer to account 21737600, sort code 40-01-07, HSBC account in the name of Lucy Paul / SWYoga.

Name and age : \_\_\_\_\_

Address and tel. no.s – mobile, landline and e-mail address please : \_\_\_\_\_

Please give brief details of any past illness or injury (all information is confidential, it is recommended that you speak to your GP before commencing any course of exercise) :

\_\_\_\_\_  
\_\_\_\_\_

Are you currently playing any sport or taking regular exercise? If so, what type and for how long?

\_\_\_\_\_

Current state of health : \_\_\_\_\_

Many thanks for your co-operation, and I very much look forward to welcoming you on the course! I understand that I participate in all Blitz classes entirely at my own risk, and any loss, damage, injury or any other mishap will not be the responsibility of the class organiser or teacher.

Signed and dated : \_\_\_\_\_

\* Blitz price offers 12 days for the price of 10 and is not available on a pay as you go basis in order to encourage attendance and help you gain the best results possible - experience shows that only committed daily practice will provide this, however, we have added in two classes for free, just in case there are days you are unable to make - a good deal? We believe so!!