

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

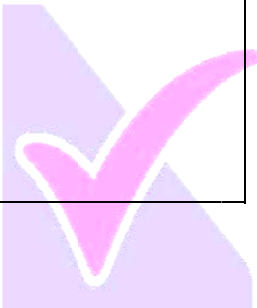
Area:-	Scottish Borders	Town:-	St.Boswells
Activity:-	Extend, Yoga, Realistic Pilates, Pilates for Buff Bones	Name of activity:-	-
Venue:-	St.Boswells Church Hall – Realistic Pilates, Extend St.Boswells Village Hall - Pilates for Buff Bones, Yoga	Day/Time:-	Realistic Pilates: Mon 5:50 & 7pm Thurs 9:15am Extend: Tue 9:15am Yoga: 9:15am Pilates for Buff Bones: Wed 6:45pm
Contact information:-	amanda@funtastic-fitness.co.uk 07712587516		
Cost:-	Extend: £5/class Yoga: £7.50/drop in Realistic Pilates: 6 Week block booking £42 Buff Bones: 6 Week block booking £42	Gender:-	Mixed

Additional Information to be included

Yoga: Bring own mat & blanket

Pilates: Wear non-slip socks

use
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All information is to be signed as approved before inclusion on the LASS website for copyright purposes

Name of event organiser:-		Signed:-	
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Organisation:-		Date:-	
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Lifestyle Adviser:-		Date:-	
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