

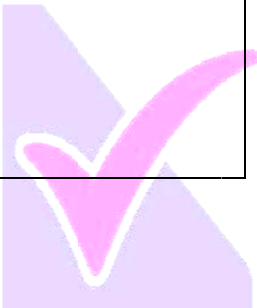
LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Scottish Borders	Town:-	Ashkirk
Activity:-	Realistic Pilates	Name of activity:-	
Venue:-	Ashkirk Village hall	Day/Time:-	Thu 1pm
Contact information:-	amanda@funtastic-fitness.co.uk 07712587516		
Cost:-	6 week block booking essential £42	Gender:-	Mixed

Additional Information to be included

Pilates: Wear non-slip socks

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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:-	
Organisation:-		Date:-	
Lifestyle Adviser:-		Date:-	

