

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Scottish Borders	Town:-	Selkirk
Activity:-	Extend Realistic Pilates Pilates for Buff Bones Yoga	Name of activity:-	
Venue:-	Selkirk Parish Hall: Extend Realistic Pilates Pilates for Buff Bones Selkirk Connections: Yoga	Day/Time:-	Pilates for Buff Bones: Tue 11am Extend: Wed 1:30pm Realistic Pilates: Thu 11am Yoga: 1:15
Contact information:-	amanda@funtastic-fitness.co.uk 07712587516		
Cost:-	Extend: £5/Class Yoga: £7:50/Drop in Realistic Pilates: 6 week block booking essential £42 Buff Bones: Prior 6 week block booking essential £42	Gender:-	Mixed

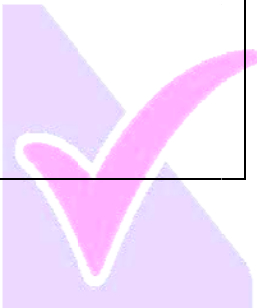
Additional Information to be included

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Yoga: Bring own mat & blanket

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:-	

