



core stability classes

pasture . performance . prevention

Core Stability Classes

The Balance Studio

Progress House

17 Cecil Road, Hale, WA15 9NZ

Visit www.thebalancestudio.co.uk for map/directions

Mondays: 5 week course (5 x 1 hour classes) £45
Tuesdays/Wednesdays: 6 week course (6 x 1 hour classes) £54
Starting week commencing Tuesday 3rd January 2012

Classes are held at the following times:-

Mondays 9:30am, 10:45am, 7.15pm & 8.30pm

Tuesdays 9.30am

Wednesdays 9.30am, 10.45am, 7.15pm & 8.30pm

NB: Class availability dependent upon numbers
Places cannot be held without FULL payment
No refunds will be made for unattended classes.

For further information contact Jo Racle BSc (Hons) MCSP

mobile: 07808 930243

email: admin@corestabilityclasses.com

website: www.corestabilityclasses.com



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BOOKING FORM

Name.....

Address.....

.....

Telephone.....

Email.....

Please tick preferred class (more than one if you have no preference):

Monday 9:30am 10:45am 7.15pm 8.30pm

Tuesday 9.30am

Wednesday 9.30am 10.45am 7.15pm 8.30pm

PLEASE TICK IF YOU ARE A NEW STARTER:

Please enclose cheque payable to Jo Racle

Thank you

We will confirm your booking and acknowledge receipt of payment

**Please return form and payment to:
44 Leigh Road, Hale, Cheshire WA15 9BD**