



Please complete the form in **BLOCK CAPITALS** and email back to **Jon Clayton jclayton@cliftoncollege.com** or return by post to: **Clifton College Sports Centre, Guthrie Road, Clifton, Bristol BS8 3EZ**

Name: ..... DOB: .....

Address: .....

..... Postcode: .....

Contact number: ..... Email: .....

The 12 week kettlercise bootcamp starts week commencing ;  and finishes

week commencing:

1. How many Kettlercise sessions per week would you like to take part in? **PLEASE TICK**

1 per week = amount £72

2 per week = amount £144

Unlimited Classes per week = amount £180

2. Which classes would you like to attend on a weekly basis? **PLEASE TICK**

Monday Kettlercise 1800-1900

Monday Kettlercise Advanced 1900-2000

Tuesday Kettlercise 1800-1900

Tuesday Kettlercise 1900-2000

Wednesday Kettlercise Advanced 1800-1900

Thursday Kettlercise 1800-1900

Friday Kettlercise 0645-0745

Saturday Kettlercise 0800-0900\* / 1000-1100\*

(\*0800-0900 during term time \*1000-1100 during holidays)

**Payment Options:**

For card payment please complete the details below

Name on Card: .....

Card Number

Issue Date: ..... Expiry Date: ..... CCV number (3 digit security code on card reverse)

Amount: £

Alternatively please enclose a Cheque made payable to **CCSL**

**Medical Questionnaire:**

- Do you have any family history of heart disease, stroke, cholesterol or high blood pressure) YES  NO
- Do you suffer from any bone or joint problems, had or are you receiving any orthopedic or physiotherapy treatment? YES  NO
- Have you recently had any surgery? YES  NO
- Are you currently on any prescribed medication? YES  NO
- Are you pregnant or have you recently given birth? YES  NO
- Are you currently suffering from any illness/injury? YES  NO
- Do you suffer from chest pain at all? YES  NO
- Do you ever lose balance due to dizziness or ever lose consciousness? YES  NO
- Do you know of any other reason why you should not do physical activity? YES  NO

If you have answered **YES** to any of the questions above please provide further details below:  
.....

**Terms and Conditions:**

Terms and Conditions: I agree that I have understood and answered honestly to all of the above questions. I understand that I should not exercise if I feel unwell and I declare that I am fit enough to attend and participate in the scheduled Kettlercise Classes and that I do so at my own risk. Once your payment has been processed it is non refundable. All Kettlercise classes must be attended by the final week of this current bootcamp. Any sessions that are not attended will be lost. If you have any query's please email [jclayton@cliftoncollege.com](mailto:jclayton@cliftoncollege.com)

**Signature** ..... **Print** ..... **Date** .....