



## **THE TERMS OF PAYING MONTHLY**

To set up your monthly Direct Debit, please follow the **GoCardless link** on my website, [www.risehealthandfitness.co.uk](http://www.risehealthandfitness.co.uk) (or I can send it directly upon request) complete the form attached. Payments will be taken on the 1<sup>st</sup> of every month, unless set up within 5 days of this date it may come out the following month. Cash can always be paid for the first month if this should be the case.

If you would prefer it to come out a different day of the month, please speak to me and I will work out if there is an additional payment to be made for the interim days.

**Please read to ensure you are happy to pay by this option – it is by far the best value for money!**

- £22.00 per calendar month paid in advance. If you wish to stop coming to class, I just ask for 1 months' notice please and I will get your payment stopped, you can also do this with your bank direct. Please note that refunds cannot be given if you forget to request to cancel. (Equivalent to £6 per class)
- You are permitted to attend **1 Paracise class each week** (any class). Should you wish to attend more than 1 class a week you can do so on a pay as you go basis, at the rate of £6 for any further classes taken that week.
- Please check in with your Paracise Instructor to register every attendance, this is for insurance purposes.
- Your Direct Debit is payable every month that you continue to be a Paracise member, even on the weeks when the classes are closed as your annual fee is worked out over **44 weeks per year** and not 52, so you are not paying for the 8 weeks that they are closed: Classes are likely to be closed for 6 weeks during the year and for 2 weeks over the Christmas & New Year period. I will always aim to give you at least 4 weeks' notice of holiday dates.
- As well as your 'in person' classes you also have access to recorded workouts via a link. This will be shared with you each month allowing you to do a selection of Paracise exercises at home. You can use it in addition to attending the classes, when we're closed and/or if you can't make a class on a particular week.
- Where possible, I aim to always have a minimum of 4 options a week to choose from. I will never cancel a class on top of the 8 weeks planned closures, unless in exceptional circumstances, including extreme weather, severe illness, no cover teacher or if I have been unable to secure any alternative venue when usual one is unavailable.

Thank you for paying monthly, this commitment will help you to save money, attend every week & help to keep you fitter and healthier, plus it helps me to run a sustainable class.

Dawn x