

# Move more, feel better with Emma

Saturday 10<sup>th</sup> September 1.30pm – 3.30pm



Cost £12

A gentle warm up followed by a workout finishing with a strength and conditioning session. Please wear comfortable clothing – leggings/jogging bottoms and a T-shirt with trainers and either a yoga mat or a large towel to lie on.

Drinks included.

Start Date: 11<sup>th</sup> July 2022. Closing Date: 19<sup>th</sup> August 2022

**Confirmation will be issued by email on 26<sup>th</sup> August 2022**

If the closing date has passed and you decide you want a place please contact the Office for availability – 01765 606339

From ..... WI

The following members would like to book places on the Fitness Session on 10<sup>th</sup> September 2022.

Name of member attending	telephone number	email

Either please make **ONE** cheque payable for the full **AMOUNT** to NYWFVI and send to North Yorkshire West Federation of WIs, Alma House, Low St Agnesgate, Ripon, HG4 1NG. Please list the event on the reverse of the cheque.  
Or alternatively pay by **BACS** as an on-line payment using: Sort Code: 05-07- 17 Account No: 35739439 and sending a confirmatory email with completed form to [nywfw@btconnect.com](mailto:nywfw@btconnect.com)

Contact Name and address .....

Telephone Number:.....Mobile:.....

Signed .....

**BOOKINGS are non-refundable.**

Confirmation will be emailed out. Please note photographs taken at the event may be used on Social Media.

**DISCLAIMER:** Participants take part in **ALL** Federation events and activities at their own risk.

**Office Use Only:**

Cheque Number: