

Everybody Active 2020

What activities are you interested in? (please circle)		
Aqua Jogging (water exercises)	Cycling	Golf
Archery	Boxercise	Hillwalking
Circuits	Martial Arts (Self Defence)	Walking (Flat Walks)
Chair Aerobics	Line Dancing	Walking Football
Chair Yoga	Pilates	Seated Games (Boccia, Kurling, Target Games)
Chi Me	Orienteering	Yoga

What time of day suits you best? (please circle)		
Morning	Afternoon	Evening

Contact details (these will not be shared with anyone else)	
Name	
Date Of Birth	
Postcode	
Contact number or Email	

What price would you be happy to pay for 'each' class?			
£1	£2	£3	£4
Do you consider yourself to have a long term illness or disability? (please tick)			
Yes		No	