

## Payment Form:

Please complete in BLOCK CAPITALS.

Bank name \_\_\_\_\_ Branch \_\_\_\_\_

Please set up the following Standing Order and debit my/our account accordingly.

- **Your details:**

Account name:

.....

Account number:

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Sort code:

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- **Our details:**

Hatfield Town Council  
National Westminster Bank Plc  
Account No. **43031536**  
Sort Code: **60-10-18**

- **About the payment:**

Date and amount of first payment

(DD/MM/YY)

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£

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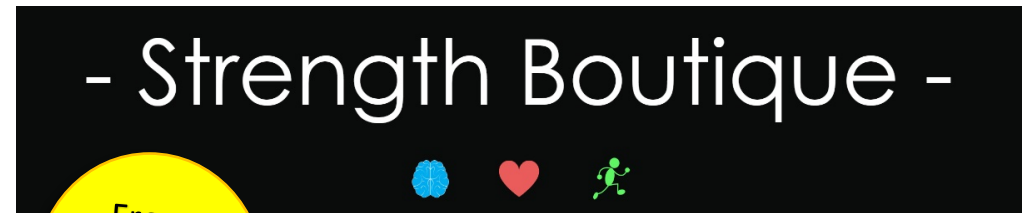
And £ 

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 monthly thereafter until further notice.

- **Confirmation:** Customer signature

.....									
<b>Date</b> (DD/MM/YY) <table border="1"><tr><td> </td><td> </td><td> </td></tr></table>   <table border="1"><tr><td> </td><td> </td><td> </td></tr></table>   <table border="1"><tr><td> </td><td> </td><td> </td></tr></table>									





# Strength Boutique

mind – heart – body

Dear customer,

With us you will learn that the smallest step forward is worth celebrating. **Congratulations** on making this first one!

*Strength Boutique* is dedicated to creating a supportive environment for all bodies to **move**.

By joining us, you will **expand your knowledge** and become confident about proper techniques.

Our musically driven, **exciting and effective** training sessions are produced in a safe and inclusive space.

Join the thriving and ever-growing Strength Boutique community if you wish to **improve your mood and health**.

**JOIN TODAY!**  
NO joining fee, NO  
contract,  
Free induction



For more information get in touch with:

Pawel Medowski  
Health & Wellbeing Manager  
**wellbeing@hatfield-herts.gov.uk**  
Birchwood Leisure Centre

Longmead, Hatfield, Hertfordshire, AL10 0AN

tel. 01707 270772

*Find your strength and feel better each month!*

Gym Membership - **SILVER** (over 18's):

- **£20** per month
- **£15** per month (**Hatfield residents\***)  
\* Proof of address required, i.e. utility bill/driving licence

- **Junior** (age:13-17) if accompanied by a parent.

Fitness Memberships (gym & classes):

- **GOLD: £25** per month (over 18's)
- **PLATINUM: £18** per month (over 65's)

Fitness schedule:

Classes at **Birchwood Leisure Centre\*** (AL10 0AN):

- Aerobics – Low Impact: **Monday** 10:30am-11:30am
- Strength & Stability Circuit: **Wednesday** 9:45am-10:45am
- Aerobics & Balance - Low Impact: **Friday** 9:15am-10:15am

Classes at **Roe Hill Hall\*** (AL10 8EY) \*Booking required.

- Legs, Bums & Tums: **Monday** 6:00pm-7:00pm
  - Aerobics: **Monday** 7:15pm-8:15pm
  - Strength & Aerobics: **Tuesday** 6:00pm-7:00pm
-

### Casual Use:

- Single **Fitness Class** - **£6**
- Access to Strength Boutique (**Gym**)
  - Adult - **£7**
  - Adult (over 65's) - **£4**
- Session with **Personal Trainer**:
  - 30min session - **£16**