

# FITNESS FUNDRAISER BOOKING FORM

Wednesday 4<sup>th</sup> June 2008  
 Chadwick Street, Westminster  
 Time: 5.30pm – 7.30pm

**Closing date for booking: Wednesday 28 May 2008**

*(Please either (i) complete this form using Word, or (ii) print the form and complete it legibly in manuscript, in capital letters and using black ink)*

Your Name:	<input type="text"/>	CSSC Membership No.:	<input type="text"/>
Department:	<input type="text"/>		
Email Address:	<input type="text"/>		
Home Address:	<input type="text"/>		
Post Code:	<input type="text"/>	Mobile:	<input type="text"/>
Telephone Number(Day):	<input type="text"/>	Home:	<input type="text"/>

Please indicate your preferred times by labelling four possible times 1 (being first choice), 2 (being your second choice) 3 (being your third choice) and 4 (being your last)

- 5.30pm – 5.40pm
- 5.40pm – 5.50pm
- 5.50pm – 6.00pm
- 6.00pm – 6.10pm
- 6.10pm – 6.20pm

- 6.20pm – 6.30pm
- 6.30pm – 6.40pm
- 6.40pm – 6.50pm
- 6.50pm – 7.00pm
- 7.00pm - 7.10pm
- 7.10pm – 7.20pm
- 7.20pm – 7.30pm

Total amount enclosed: £

Send payment of £5 in advance to CSSC London and we will donate to  
 Prostate Cancer Research Centre  
**Each session is 10 minutes**

**Payment Method:**

Please complete the form legibly and return it with your cheque payable to "CSSC London" (do not send cash).  
 We also accept payments by Debit or Credit cards.

**Imp:** As long as you can move about easily in your clothes you can join in the Stretch class. No trainers required as the class can be performed in bare feet or socks.

**For further information call Gemma Fabian on 020 7976 7649 or email [gemma.fabian@cssc.co.uk](mailto:gemma.fabian@cssc.co.uk)**

Raise money for The Prostate Cancer Charity whilst getting your own fitness checked and take part in Gemma's FREE Stretch and Relaxation class: CSSC London is offering its members a fitness test for only £5 per person. All proceeds made on the night will go to Charity. As part of your Fitness Test you will be given a:

- Cholesterol Test
- Body fat percentage test
- Glucose reading
- Weight/ height comparison
- Body water content and muscle mass test
- BMI (Body mass index)
- Free mini Stretch and relaxation class (optional)

Our resident aerobics instructor will be offering a mini stretch and relaxation routine which you can take part in either before or after your Fitness Test.

**Please return the completed form to:**

**Gemma Fabian** CSSC Recreation Centre 1, Chadwick Street, Westminster, London SW1P 2EP

