

## STRIVE SPRING BLOCK 2024 TIMETABLE & PRICE LIST

7 WEEK TRAINING PERIOD (08 April - 26 May)

*NO SWIM SESSION MONDAY 6 MAY due to the Bank Holiday*

NEW CLIENTS - email us at [info@westrive.gg](mailto:info@westrive.gg) to book your subscription or course.

### RUN & STRENGTH SUBSCRIPTIONS

WEEKLY SESSION	SUBSCRIPTION FEE
<b>Monday Run Fit</b> 6.30 - 7.30pm Track & Trails	£84 (7 x 1 hour sessions)
<b>Tuesday Strength &amp; Conditioning</b> 6.30 - 7.30pm CoFE Delancey Campus Gym	£84 (7 x 1 hour sessions)
<b>Thursday Strength &amp; Conditioning</b> 6.30 - 7.30pm CoFE Delancey Campus Gym	£84 (7 x 1 hour sessions)
<b>Drop In</b> (Single Session)	£14.00 (subject to availability)

### SWIM FIT (POOL) SUBSCRIPTIONS

WEEKLY SESSION	SUBSCRIPTION FEE
<b>Monday Mover (Speed Endurance)</b> 6.30 - 7.30am Les Beaucamps High School <i>(no session Mon 6 May)</i>	£78 (6 x 60 min sessions)
<b>Tuesday Tekkers (Technique &amp; Endurance)</b> 6.30 - 7.30am Les Beaucamps High School	£91 (7 x 60 min sessions)
<b>Friday Froth (Speed &amp; Fitness)</b> 6.00 - 7.00pm St Sampsons High School	£91 (7 x 60 min sessions)
<b>Sunday Mash Up (A Bit of Everything!)</b> 10.00 - 11.00am St Sampsons High School	£91 (7 x 60 min sessions)g
<b>Drop In</b> (Single Session)	£14.00 (subject to availability)

## **PERSONAL TRAINING**

<b>TYPE</b>	<b>FEE</b>	<b>TERMS &amp; CONDITIONS</b>
<b>LAURA</b> STRENGTH & GENERAL FITNESS	From £50 / hour (1:1)	Solo, Duo, Small Groups Family Groups
<b>AMY</b> SWIM, BIKE, RUN TECHNIQUE & FITNESS TRIATHLON	From £50 / hour (1:1)	Solo, Duo, Small Groups Family Groups
Bespoke training plan	From £60 / month	Single or Multisport

### **TERMS & CONDITIONS**

Before joining your first ever session with Strive Coaching & Development, you are required to complete our Medical & Consent Form which will be emailed to you on request.

ALL payments must be received PRIOR to your first session via bank transfer and for all drop in sessions.

Sorry, Strive no longer accepts cash.

#### Refunds - subscriptions

If you need to cancel your subscription before the training block commences a full refund (minus a 10% admin fee) will be given. Any cancellations must be made 5 working days before your FIRST session to receive your refund.

If you need to cancel your subscription DURING the training period due to extenuating circumstances, a 50% refund of the remaining portion of the block (minus 10% admin fee) will be given.

Any sessions missed within the block will not be carried forward or offered as credit within following training blocks.

#### Session cancellations

In the event of your session being cancelled due to unforeseeable circumstances (facility closure, staff illness) we will endeavour to offer a 'make up' session.