**Pilates for Runners with Frankie**

Following the very successful trial of, “Pilates for Runners” we are running it throughout 2022 Again!!

We have been lucky with Frankie’s ongoing supporting and have been able to provide the sessions most weeks last year. To minimise admin we have tweaked a couple of the conditions.

The “Live” Event will continue to be from **18:30 on Mondays**, unless circumstance require another day. The “recording” can still be available if you have paid and can’t make the “live” session. We will hold the recording available for two weeks.

Access is by payment only so as to cover the costs of the activity and potentially raise some funds for the club.

**The fee is the same for each block of sessions to cover the calendar month.** Payment needs to be by **9am** on the day of the session. It’s a fixed fee, we will try to provide the service each week but occasionally it won’t be available so the past recordings will be made available to those that have paid.

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The basic rules /expectations are

• That we run Pilates for runners as a fee per connection.

• Access will be to ERR paid up members (All Club runners and Social /Second claim members).

• Non-Members can participate by contacting Marina on the club email address (fee higher)

• The fee assumes only people from the **same household** will use each connection.

• Marina will email the zoom invite link to the members on the paid list Monday morning. So, your zoom name needs to match who we know you are!!

• Payment needs to be made via your online bank account **by 9am** on the morning of the first block or session

If buying a single session, you need to tell us the date of that session

• If you haven’t paid in time than you can’t join that evening’s session.

• The access details and the recording link will be emailed to all on the paid list but **it is not** to be shared outside that group.

• Frankie needs your details and emergency contact on her [**form**](http://www.eynshamroadrunners.org.uk/wp-content/uploads/2020/08/Eynshamroadrunnerspilatesregistrationform.docx)

**How much will it be**

So, to simplify the admin, we need to charge in blocks (per calendar month) but we are equalising the fee to be the same each month irrespective of if there are 4 or 5 sessions planned in each month.

We are retaining the fee at 2021 levels and picking up the extra costs of providing “Pilates” from within that fee, so if sessions are cancelled this year we will not be able to give refunds.

The fee for non-club members remains unchanged too.

Please pay into the ERR EVENTS account at Lloyds Bank

**30-19-83** **14040668** - quote “**PIL/name**”

Members

Calendar Monthly fee **is £13** from January 1st

or the odd single session would be **£5**.

Non-Members

Calendar Monthly fee **= £15** for the month

A single session would be **£5**.

(You can always join up as a social member!!)

**One off booking**

As some people may want to do an odd session, so to reflect the hassle factor for the user list management, the fee is £5. But this only available for odd sessions not for regular usage, i.e. once a month.

Again, to be paid before 9am on the day of the session when the bank account will be checked.

You can become a member [**here**](http://www.eynshamroadrunners.org.uk/membership/)

As mentioned, Frankie will need, from time to time, some holidays and time off, we may be able to find a substitute instructor, but that can’t be guaranteed. And as above Frankie needs your details on her form sent to her by you.