

Forever Active Scheme
Equipment, DVD, Class pass and Polo Shirt Order Form 2011



Name: _____

Address: _____

Forever Active membership number (If applicable) _____

Telephone Number: _____

Email Address: _____

Equipment Orders:

Equipment	Number required	Total Cost
Pink Dyna Band (£3.00 each) (Light resistance)		
Purple Dyna Band (£3.00 each) (Medium resistance)		
Green Dyna Band (£3.00 each) (Strong resistance)		
Exercise Booklet (£5 each) Chair based exercises		
Exercise Booklet Active 50+ exercises A5 size booklet (£5 each) A4 size booklet (£7.50 each)		
Stress balls: £3.50 each		
Please Note: The colour / resistance coding of the bands varies upon the manufacturer. The bands purchased from the Forever Active Forum will be consistent with the descriptions detailed above.		
TOTAL COST		

12 session Class passes:

Pass	Cost	Quantity
Mobility Classes	£25	
Active 50 + Classes (Excluding classes at Chesterton Sports Centre)	£30	
TOTAL COST		

(Excluding classes at Chesterton Sports Centre, ETM at Cherry Hinton, Aqua at Abbey, Wednesday Pilates at Abbey, ETM at the Leys and any sport specific sessions.

You must be a Forever Active member to purchase a pass)

Please see reverse side of this form for DVD and Polo shirt orders, and for information on payment and delivery of your item/s

Forever Active Polo Shirt Orders:

The Forever Active Polo Shirts are **£12.99** each including postage.

These excellent quality polo shirts come in raspberry pink or black. The Forever Active logo is embroidered on the chest in the Forever Active logo colours. 'Forever Active' is written across the shoulder blades in black or pink font.

The polo shirts are ordered with the supplier at the end of every month and then will be dispatched to you the following month.

Female sizes:

Dress size:	8	10	12	14	16	18
Bust:	30	32	34	36	38	40

Men's Sizes:

Size:	S	M	L	XL	2XL	3XL
To fit (ins)	38	40	42	44	46-48	50-52

T-shirt Quantity	Colour required (Raspberry pink / black)	Size (See above)	Male or Female	Total Cost (£12.99 each)

Forever Active DVD

The Forever Active DVDs are £6 each or £10 for both.

Strength and Balance DVD – Sections include: Warm Up, Seated Strength, Standing Strength, Balance, Cool Down, T'ai Chi and Pelvic Floor.

Total Body Workout DVD – Sections include: Warm Up, Aerobics, Standing Strength and Toning, Pilates, Cool Down, Pelvic Floor.

DVD	Quantities
Strength and Balance DVD (£6)	
Total Body Workout DVD (£6)	
DVD Box Set (£10)	
TOTAL COST	

TOTAL ORDER COST: £ _____	CASH OR CHEQUE? _____
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Please enclose a cheque for the total amount made payable to the 'Forever Active Forum'. We will aim to process and dispatch your equipment order within 14 days and Polo Shirt order within 4 weeks (depending on when in the month you place your order – orders are sent to the supplier at the end of each month and will take approx one month)

Please return the order form with payment to Forever Active, Sports Development, Hobson House, 44 St Andrews Street, Cambridge CB2 3AS

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Office Use Only:

Forever Active Payment Receipt

£.....Cash/Cheque received from

Taken by:Date:.....

Date item dispatched:Signed:.....