



Please complete and send/scan to [admin@trenchhealth.com.au](mailto:admin@trenchhealth.com.au)

NAME	
CONTACT #	
EMAIL	
EMERGENCY CONTACT #	

CARD (debit or credit)

I \_\_\_\_\_ authorise **Trench Health and Fitness** to deduct (tick box below) from my card in payment for this 4 week program.

- 3 Road Sessions per week \$185 - per month (includes free gym)
- 2 Road session per week \$125 - per month
- Personal Training to work on cycling specific strength additional \$60 per week
- Wattbike additional \$45 per week (improve pedalling efficiency and power)

NB. Weekly PT session gives you additional access to the gym throughout the week

Mastercard

VISA

*We do not accept AMEX (sorry)*

NAME ON CARD:			
CARD NUMBER:			
EXPIRY DATE:		CCV:	
SIGNATURE :		DATE:	

**Any issues please call our office on 9382 2663**

OFFICE USE ONLY

Date payment processed: \_\_\_\_\_ By Whom: \_\_\_\_\_