



10 Keyford Gardens  
Frome, Somerset  
BA11 1JY

## holiday booking form

m: 07905 327 634  
[sophy@sopilates.com](mailto:sophy@sopilates.com)  
[www.sopilates.com](http://www.sopilates.com)

### about your holiday

holiday location \_\_\_\_\_ booking dates from \_\_\_\_\_

duration 1 week/10 days/weekend/other \_\_\_\_\_ to \_\_\_\_\_

### about you

name \_\_\_\_\_ email address \_\_\_\_\_

address \_\_\_\_\_ date of birth \_\_\_\_\_

sex: male female \_\_\_\_\_

postcode \_\_\_\_\_ occupation \_\_\_\_\_

phone numbers \_\_\_\_\_ special dietary requirements \_\_\_\_\_

smoker non-smoker \_\_\_\_\_

(please note that all rooms are non smoking)

### your travel details

flight details (if applicable) \_\_\_\_\_ room preference: twin single other \_\_\_\_\_  
(single where available. Please specify other)

out depart arrive \_\_\_\_\_

rtn depart arrive I am travelling with \_\_\_\_\_

room type \_\_\_\_\_

### additional information

Pilates ability non / beginner / intermediate / advanced

If you have had any back/limb injuries or surgery you will need to fill in our medical form

Medical form? Yes No \_\_\_\_\_

Where did you hear about our holidays? \_\_\_\_\_

To secure your booking please sign and return this sheet with a non refundable deposit cheque for

£85.00 \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

Cheques should be made payable to sopilates and sent along with the booking form to the address above. Balances are due 4 weeks before departure. Please note that each guest should fill in separate booking forms, even those travelling as couples/groups. If you need any further info contact sopilates on 07905 327 634 or email [sophy@sopilates.com](mailto:sophy@sopilates.com)