

PEP TIME FOR RESULTS

personal exercise programme

if you want to book a **PEP** you need to fill out one of these enquiry forms and hand it in to reception. a **PEP** instructor will contact you to arrange the time(s) and date(s) of your session(s). you'll need to pay for your **PEP(s)** at reception before the first session begins.

first name:

last name:

contact number:

email address:

i want to book a (please tick box)

30 minute **ignition** session
(for swimming lessons only)

£15

60 minute
ignition session

£30

3 x 60 minute
acceleration sessions

£60

10 x 60 minute
full throttle sessions

£180

what is your main goal?

preferred instructor:

(find out more about our **PEP** instructors on our posters or go to our website)

ask at reception for more information or visit www.dundee.ac.uk/ise