

## BACPR Exercise Instructor Network Study Day

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#### Topics to include:

- *Monitoring Exercise Intensity*
- *Resistance Training*
- *Exercise programming for Higher Level Clients including HIIT*
- *Setting up a Cardiac Rehabilitation Programme*

**This is a great opportunity to network with fellow BACPR exercise instructors**

Please contact Vivienne Stockley for further information and an application form  
[vstockley@bacpr.com](mailto:vstockley@bacpr.com) / 01252 854510



**BACPR Exercise Instructor Network Study Day**

**INVOICE**

If invoice

is

required please complete the following details and submit with the application.

Order number if applicable:.....

Name and address to which you require the invoice to be sent (please print clearly):

.....  
.....  
.....  
.....

Postcode.....

Email contact.....:  
(to which invoice can be emailed)

Tel:.....

**PAYMENT METHODS**

To pay by credit or debit card please call 01252 854510  
(NB there will be a 2% fee for credit card payments)

**CHEQUE**

Please ensure that the application is enclosed with the cheque

Please make cheques payable to **BACPR EDUCATION** and return **application and payment** to:  
**Vivienne Stockley Suite 8, The Granary, 1 Waverley Lane, Farnham, Surrey GU9 8BB**  
For any queries please email Vivienne Stockley: [vstockley@bacpr.com](mailto:vstockley@bacpr.com)

**BACS**

If paying by BACS please submit the application and request an invoice in order to receive a reference to quote with the BACS payment. Please **do not** make a BACS payment without first receiving a reference number.

Name of account: **BACPR Education**  
Bank Address: **Lloyds TSB, 45 High Street, Maidenhead, Berkshire SL6 1JS**  
Sort code: **30 95 36**  
Account number: **03591970**  
**BIC (Swift): LOYDGB21030 IBAN: GB73 LOYD 3095 3603 5919 70**

**Cancellations:** No place can be secured until full payment is received. All cancellations will be subject to a 25% admin fee and for any cancellations received within 4 weeks of the course commencing BACPR reserve the right to charge the full fee. Should the course be cancelled BACPR are not liable for any expenses incurred.

BACPR will only use your personal information to process your application and provide the training you have requested. Your information will be stored securely and only be accessed by BACPR employees and BACPR tutors.

From time to time we would like to contact you via email with details of other courses/conferences we provide. If you do not wish us to contact you please tick this box