



01582 658569

**Train Outside...
Feel Great Inside**

Refer a Friend to Regiment Fitness

Refer a friend to Regiment Fitness and receive a **FREE Training T-shirt!**

**Your friend must sign up on the night with this paperwork for you to claim the t-shirt.*

Keep referring friends and be entered every time into a prize draw to win a luxury holiday in November 2013.

Please hand in paperwork to your instructor at a session.

Terms & Conditions

- Offer only valid for friends at their first Regiment Fitness session.
- Offer not valid if member signs up with a voucher offer.
- Hand in referral paperwork at the session when your friend signs up. Your t-shirt will then be posted to you.
- Luxury holiday for two will be drawn at random in November 2013.

| Member Details | Friend's Details |
|-----------------------|------------------|
| Full Name: | Full Name: |
| RF Site: | RF Site: |
| Phone: | Phone: |
| T-Shirt Size (S/M/L): | Date Signed Up: |
| Address: | |

Thank you for supporting Regiment Fitness!