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Ashdown House, Russell Drive, Willington, Bedfordshire, MK44 3QX

**Please supply the following DVDs (Tick as required)**

- |                                    |                          |                          |                          |
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| The 3 Day Workout                  | <input type="checkbox"/> | Full Body Massage        | <input type="checkbox"/> |
| The Official System 84 ABS Workout | <input type="checkbox"/> | Pilates for Beginners    | <input type="checkbox"/> |
| The Stretch Workout for Back Pain  | <input type="checkbox"/> | Pilates for Men          | <input type="checkbox"/> |
| Luxury Facial Massage              | <input type="checkbox"/> | Pilates for Intermediate | <input type="checkbox"/> |
| Back & Neck Massage                | <input type="checkbox"/> | Pilates for Back Pain    | <input type="checkbox"/> |
| Indian Head Massage                | <input type="checkbox"/> | Pilates for Advanced DVD | <input type="checkbox"/> |

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| 3 | <input type="checkbox"/> | (2+1 FREE) | 6 | <input type="checkbox"/> | (5+1 FREE) | 9 | <input type="checkbox"/> | (8+1 FREE) | 12 | <input type="checkbox"/> | (11+1 FREE) |

**DVD cost as above** £

**Less promotion discount [Code = \_\_\_\_\_]** £

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*By signing this form I confirm I am over 18 years of age*