



## EXERCISE FOR LIFE

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Dear New Member

Welcome to our exercise class. Please join in the exercises as set out by the Instructor. Work at a pace that suits you and that you feel comfortable with. Do not try to keep up with some of the fitter members of the class if it is too strenuous for you, your fitness will improve over the coming weeks if you continue to exercise with us.

Included in this pack are the '*Self-Assessment Questionnaire & Application Form for access to a GCRA class*' and a '*Membership Application Form*' which you need to complete if you wish to join us. When completed, please give these forms to the Instructor along with £10 which is the annual membership fee. Please also find a copy of our guidelines which are printed on the back of this letter.

Finally enjoy exercising; it is the best way back to a healthy life.

Yours sincerely

*Robert Paton*

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Chairman GCRA

