

Great to see so many people at the gym, all getting fitter and stronger and aiming for their goals!

At the moment there is no permanent trend on which days are busier than others. However, as a guide, **quieter times at the gym** are as follows:

Monday	9am to 1pm	Saturday 9.30 to 12.30
Tuesday to Thursday	1pm to 3pm	Thurs 7.30am to 9am
Friday	7am to 9.30am,	12 noon to 2pm

The **Kayaking** day was fun!! It was a perfect day-calm, sunny, full tide as our small group made its way up Berowra Creek. Those that came enjoyed the morning and used a few muscles that hadn't been called on for a while.

Thanks to Warren Huxley for assisting with getting kayaks set up and instruction on the water and Pat Raisin for keeping an eye on the vehicles and gear while we were on the water. Merridy hopes to have another day soon, if interested let us know.

You may have heard rumours that **Curves** are coming to Berowra!

We hope you will continue to support us.....please keep the following in mind and maybe even tell your friends about us.

** Staff at Running Wild are qualified and recognised by the national Fitness body.

** We are passionate about what we do and our aim is to guide, assist and motivate you in reaching your goals

** We will continue to offer great value for money in a small, friendly environment.

** We recognise individual needs and tailor a fitness programme to suit, one size definitely does not fit everyone.

**You are fully supervised and instructed while exercising at Running Wild.

**Maintaining health & fitness is a way of life that takes time & dedication and requires more than a 30 minute quick fix.

Kit Waller celebrated her 94th Birthday at the gym on Friday 9th March.

What an inspiration! Can you imagine going to the gym at that age?!!

Kit has been one of Jenny's regular participants in the Falls Prevention class for quite a few years.

See You Soon, Yours in health & fitness, Merridy & Jenny

