

January is almost over and a lot of people have made a return to the gym.....but there are some faces missing!!! We know who you are.....hope you get here soon!

We have revved up the air conditioner for the summer heat. As well there are wall fans to create a breeze while you work out.

New Rowing Machine

Merridy has finally got her wish and we have a brand new Concept Two Rower, which is an absolute delight to use. Come in and have a go!

Timetable Changes

The ever evolving timetable has just undergone another change - we are now open on Monday mornings from 9am to 1pm, in addition to the early session of 6am to 7.30am. Renae Godden will be working in the 9-1pm timeslot. Renae has a degree in Exercise Science.

****Our Star Client****

Judith Ellis has been with us from July 2006 when we reopened Running Wild and a more dedicated and determined lady you will not find! So far, Judith has lost 15kg and is well on the way to her goal weight. Judith is one of the early birds who keep Merridy on her toes four mornings a week at 6am. Judith we salute you!! Keep up the good work!!

Falls Prevention

Jenny does an awesome job with the elderly folk, working with small weights & equipment and lots of practical work to ensure their balance & coordination is kept up to speed. If you know anyone who may benefit from this type of exercise please let them know about it.

Kayaking Days

Two days have been put aside for you to come and try kayaking in Berowra Creek, Crosslands. Kayaks, paddles, PFDs (personal flotation device) as well as lots of tuition and encouragement will be supplied.

If you are interested please email or let Jenny or Merridy know. The cost will be \$25/person for 2 hours of fun and fitness. Bookings are essential. The dates are Saturday 24th February and Sunday 4th March, between 9am and 1pm. Fun & fitness with a difference!

Feedback

Please let us know if you are happy with your visits to Running Wild. We need to know your concernsconstructive feedback always welcome!

Yours in health & fitness, Merridy & Jenny

www.runningwildfitness.com.au

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