



# RUN FOR YOUR LIFE

---

Running Wild Newsletter June 2007

---

## **New Space**

Running Wild Fitness is pleased to announce that we will be opening up a second space for the purpose of expanding our floor classes. That way we can offer you a greater variety of classes (such as step, tai-chi, yoga, pilates, aerobics etc) thereby freeing up the gym room in terms of space and time availability. It is anticipated that this will happen within the next 2 months. Jenny is an accredited freestyle aerobics instructor and if you thought she was tough in the gym, wait until you face her in an aerobic class.

## **Survey for new classes in New space**

If you haven't been in to the studio for a while, we've been running a survey in relation to class types, times and days so please drop by if you're passing and fill in your preferences. Or, if you'd prefer, just hit reply to this email and give us an idea of what sort of classes you'd like to see timetabled.

## **Education**

Merridy and Jenny spent 3 days in late April attending Flex, the Fitness Industry Convention where just published research relating to health and fitness were presented by international key note speakers. Remember - exercise is an ever changing science and guidelines and parameters can change. What was relevant even 1 year ago, may not be today. Why not make an appointment to have your program looked at and necessary changes made to it. A fitness re-assessment which includes girth measurements, aerobic, flexibility, strength and endurance tests, body fat, blood pressure and a program re-write will cost you \$30. A small investment where your health is concerned.

## **Kayaking Day**

Merridy and six keen would be kayakers enjoyed two hours of fun at Crosslands last Sunday. There will be another come and try kayak day planned soon, so if you're interested please let Merridy know.

## **Falls Prevention Fees**

There will be an increase in charges for the Falls Prevention and Balance class and for one on one sessions with Jenny. Effective 1 June, Falls and Balance classes will now be \$11 and a personal session with Jenny will be \$22.

---

## Qualifications

Fitness Australia requires ongoing education and courses every year including Senior First Aid and CPR in order to provide you, our clientele, with cutting edge programs. The Fitness Australia registration scheme is based on the National Fitness Industry Training Package, a set of nationally-endorsed standards and qualifications for recognising and assessing the skills of people in the fitness industry. The qualifications are aligned with the Federal Government Australian Qualifications Framework and the Training Package is endorsed by the National Training Quality Council. Fitness Australia actively contributes to the development and review of these standards. Furthermore registration with Fitness Australia is the benchmark of fitness industry standards across Australia and internationally. In fact, Australia has the toughest criteria worldwide to meet to be endorsed and registered as a fitness professional.

Jenny, Merridy and all our staff are qualified and registered with this National body. We strive to offer you the most current training methods which are suitable to YOU. We thank you for your continued support of us and if we haven't seen you for a while, we look forward to welcoming you to our new space.

Stay tuned by watching the Bush Telegraph or our newsletters for our grand opening.

Yours in good health

## *Jenny and Merridy*

Ps: if you haven't been in for a while, please don't hide from us in the supermarket or street . If you choose not to attend sessions, then that is your choice. We will NEVER question your whereabouts if we see you in a public space. Just smile and say HI and we'll be happy.