



RUN FOR YOUR LIFE

Running Wild Newsletter October, 2007.

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THE NEW SPACE (Note the Change of Starting Date)

Finally, Jenny & I would like to announce with great excitement that the new dedicated room for classes will commence operation on **Monday, 5th November!!**

You may already have put this in your diary as 29th October but due to problems with the freight of the new floor we have had to delay a further week.)

We will be offering a range of classes:

AEROBICS - step, hi lo, fitball, activate, mitts & pads boxing, boxing circuit, butt, abs & thighs, jazz/dance aerobics.

MIND & BODY - pilates, (yoga, tai chi Jan 2008)

SPECIALIST CLASSES - strength training, falls prevention, heart moves

THE PARTY (Note the change of date)

Jenny is not one to let an opportunity go past for a party!

With the floor not being ready for our initial date the party will now be on **Sunday 4th November at 4pm**. Please bring a plate of "nibbly" food to share and **BYO** if you dare!

All our new staff will be attending, ready to get to know some of you.

Hope you can attend and help us celebrate/launch or 'wet' the new floor!

THE GYM

With the opening of the new space, (which is right next door, but with entry from just past the Lions Shop door) the gym will be opening different, longer hours.

We will revert to four early starts at 6am starting from Monday

5th November. So get the day off to a great start by coming in early!!!

NEW STAFF

I am sure you will help make our new staff welcome - Fiona (Pilates), Laura (Jazz/Dance Aerobics), Sue (Step & Fitball Class), Craig (Hi Lo - Aerobics + Thursday night Circuit), Sam (Boxing Circuit) and Mel (HeartMoves & Activate.)

To help in the gym, Jenny, Merridy & Renae will be joined by Kaitlin & Sam.

Jenny will also be having arthroscopy surgery on her left knee on Friday 26th October & I am sure you will join with me in wishing her a speedy recovery. Of course I will require your vigilance in ensuring she doesn't demonstrate any squats, lunges etc during said recovery!!!!

TWO TIMETABLES

There will be two separate timetables, one for classes and one for the gym.

Check the website for the proposed timetables - www.runningwildfitness.com.au

Of course, the timetable for each space may need further adjustment and we are open to suggestions.

TWO FOR ONE OFFER

If you bring a friend to a class, both of you pay half price. (The friend would need to be someone who has not been to Running Wild before!) This is a limited offer for a limited time so if you can find a friend, bring them along and we will make them welcome.

PRICE RISE

Our casual rate will increase from \$14 to \$15, as of the week commencing, Monday, 5th November, 2007.

The pensioner/student rate will remain the same, but please show your concession card.

All other rates will remain the same for the time being.

HAWKESBURY CANOE CLASSIC

Merridy will be attempting her 10th Hawkesbury Classic on the 27 - 28th October. This is a 111km overnight race from Windsor to Brooklyn. She will be racing with Warren, her husband in a double kayak. The race is in aid of the Arrow Bone Marrow Foundation - please buy a raffle ticket at the gym to help the effort become more worthwhile.

Yours in good health and apologies for the alterations, as they say "the best laid plans do go astray" or something like that!

Merridy and Jenny