



RUN FOR YOUR LIFE

Running Wild Newsletter April, 2008.

March was a busy month at the gym with a number of new programs being offered.....
The Self Defence for Women course was well received by the participants. We hope to run a shorter version again in the near future, perhaps on a Saturday afternoon?! Please let us know if you are interested. Classes in Step, BAT, Beginners Strength, Tai Chi, Activate continue to grow. Classes offer fun & variety and complement your gym work.
Unfortunately, Fiona our Pilates teacher will not be with us in term 2. We are still searching for a replacement.

DAYLIGHT SAVING AND WINTER HOURS

As of next week, 14th April, we will only open at 6am on Monday & Friday mornings & Wednesday morning at 7am. **We will not open on Tuesday & Thursday mornings at 6am until after winter.** However, we will extend Monday morning hours and be open from 6am through until 1pm, this will allow use of the gym between 7.30am - 9am.

YOGA

We are excited to announce that Yoga will be offered at Running Wild on Wednesday evenings at 8pm. A talented Berowra lady, Sara Smyth King will be conducting the 75 minute class. Sara is very experienced Hatha Yoga teacher. Classes will commence 30 April for a 10 week term, bookings are now being taken. The class will have a limit of 12 participants. If you are interested in a daytime Yoga class please let us know.

TAI CHI

Pat Jeffrey will be taking a new class on Monday afternoons from 5 to 6pm. As well the class on Wednesday mornings at 9.30am. Both classes will commence the week 28th April, for a 10 week term. Tai Chi is a wonderfully gentle workout and is excellent for all round fitness.

HEARTMOVES

Jenny has recently completed the Heartmoves course, through the Heart Foundation. She is currently negotiating with the local doctors. We anticipate starting up the course again in May, with a launch during Heart Week.

THE GREAT ESCAPE

Merridy has just returned from an 8 day bicycling trip from Lithgow to Scone via Mudgee. It was very cold camping, very pretty countryside, the ride was very hilly and the final day into Scone with a headwind was tough, 107kms and peddling to go down the hills!! And always inspirational, there are a lot of fit people out there..... 900 riders, average age 53, oldest rider age 85!

RUNNING WILD FITNESS & HORNSBY COUNCIL DEVELOPMENT APPLICATION

As yet no progress with our D.A for the new aerobic room. It will be going to a full Council meeting in the next few weeks. We will be gathering signatures on a petition to support our application and Jenny and Merridy hope you will support them by signing!

Please continue to park in the Marketplace car park whenever possible. Kita Road is narrow and does become congested at certain times with locals, Lions Club shoppers and our clients. Please consider the people who live in the street and don't park too close to driveways and/or on the bend.

NEXT KAYAKING DAY

Is this Saturday, 12th April at Bobbin Head. The 1pm timeslot is booked but there are a few places at 3pm if anyone is still interested. Don't just turn up, you must book a place, phone the gym on 94563242 or send an email to merridy@runningwildfitness.com.au.

RECOMMENDED READING

'Get in Shape', A complete workout for strength, health & vitality by Ita Buttrose & Lee Campbell, published 2007 by Penguin. Ita Buttrose is 65 years old & together with Lee Campbell, a personal trainer have put together an excellent book with lots of fitness ideas aimed at everyday folk, (not fitness professionals).

We are always happy to hear your ideas for classes or any ways you think we may be able to improve our service. Please let us know what you want, when you want it etc
- mind reading isn't on our resumes!!

Yours in fitness,

Merridy and Jenny

NOTE: If you no longer wish to be on our email list, please let us know.