



# RUN FOR YOUR LIFE

Running Wild Newsletter April, 2010.

## ANZAC WEEKEND ARRANGEMENTS

### Saturday 24<sup>th</sup> April

The gym will be open as usual from 7am to 1pm and classes on as usual - Boxing Circuit 8.30am to 9.30am and Spin 9.30am to 10.30am.

Please note the gym will NOT be open from 3 to 5pm.

### Monday 26<sup>th</sup> April

The gym will be open from 4pm to 8pm only. Classes as usual - Beginners Strength Class 1pm to 2pm and Advanced Spin Combo 5.30pm to 6.30pm.

## NEW BOXING CIRCUIT

Starting on Monday 3<sup>rd</sup> May, Kate will be taking a Boxing Circuit from 7pm to 8pm. A hard workout combining mitts & pads boxing with a variety of other exercises to keep you moving!

## SPIN CLASSES

Jenny will be participating in a number of spin workshops at the Filex Fitness Industry Convention next weekend. When she returns Spin will be advertised widely throughout the community so please ensure that you book your bike seat. Don't assume that there is a bike available. Please note more experienced spinners should not attend the Thursday beginners class as we would like to make sure there are enough bikes available for beginners.

## HEARTMOVES

As of Tuesday 4<sup>th</sup> May Heartmoves will have a permanent new timeslot on Tuesdays and Thursdays of 12 noon.

## SATURDAY MORNING YOGA - ANY TAKERS !?!?!?

Our current Yoga teacher, Shelagh Hayman is able to teach a Saturday class if there is enough interest. The class would possibly start at 8am through to 9.30am. Please register your interest at the gym with Merridy or Jenny.

## TAI CHI and PILATES

There are still a few vacancies for Term II - please phone the gym.

Tai Chi is on Wednesday mornings, beginners 9.30 to 10.30am and advanced 10am to 11am.

Pilates is on Weds evenings from 8pm to 9.15pm.

## SATURDAY AFTERNOON GYM

Until further notice the gym will be closed Saturday afternoons from 3pm to 5pm. Apologies for any inconvenience.

ANYONE FOR KAYAKING - Talk to Merridy at the gym.....

## BOOK EXTRACT

There is a new book just out by Jennifer Flemming & Anna-Louise Bouvier called 'The Feel Good Body', (Harper Collins \$24.99). Anna Louise is an internationally known physiotherapist practicing in Sydney.

This edited extract gives you some great tips.

The act of walking might seem as simple as putting one foot in front of the other, but to do it well requires what we call "brain" walking. Your scaffolding needs to be assembled in order for you to breathe properly and really get your engine revving.

### **Habit One: Float Your Tray**

When you walk imagine a tray is sitting in your pelvis balancing a full glass. Float the tray and allow your legs to glide underneath. Don't sway your hips from side to side.

### **Habit Two: Lead With Your Heels**

Lead with your heels and roll to the ball of your foot while keeping your pelvis even. Stay tall on the hip of the heel striking leg to activate the buttock and trunk muscles.

We are always open to constructive comments/suggestions or ideas so please let us know your thoughts.....

Yours in fitness,

*Merridy & Jenny*