



RUN FOR YOUR LIFE

Running Wild Newsletter December, 2008

At this time of the year its easy to slip out of the fitness routine and yet it's a time when we eat more, drink more and rush around getting stressed!

BUSINESS AWARD FOR RUNNING WILD

Recently, Running Wild Fitness was presented with the Hornsby Chamber of Commerce New Business award at their annual dinner (Yes, that was Merridy in a red dress!)

JENNY'S STAR PUPIL - YVONNE LEACH

Congratulations to Yvonne Leach, who attends HeartMoves at Running Wild Fitness, she is the patient of the year at the San Rehabilitation Unit. Jenny, her HeartMoves instructor is as proud as punch!and rightly so! Well done Yvonne!

GIFT VOUCHERS

Stuck for a Christmas present? What about a voucher for a fitness assessment or a 5/10 or 20 visit pass? We also have a few Posturepoles for \$65 in stock for an unusual gift!

PILATES, PILATES, PILATES

In late January 2009 we will again be offering Pilates on a Wednesday evening. If you are interested in attending please let us know. Also if anyone is interested in a daytime class please let us know.

2009 CLASS TIMETABLE

We are currently working on the 2009 class timetable trying to make changes, maintain interest and encourage new people and our regulars to try different classes. Stay tuned for further details.....

RUBBER MATS

There are still about 16 rubber squares if anyone is interested in buying them, 6 for \$20. Ask at the gym.

CATCHY PHRASE OR LOGO

We have been trying to think up a phrase or short sentence that captures what Running Wild is about. Any ideas? Email your ideas to merridy@runningwildfitness.com.au We will have a prize for the best!

KAYAKING

January is a great month to try kayaking. If anyone is interested in joining us we will have two hour sessions at Crosslands on Sunday 11th January at 9am or Saturday 17th January at 2pm. Cost is \$40 for two hours of fun & tuition, kayak paddle & PFD supplied. Send an email to merridy@runningwildfitness.com.au or leave a message at the gym.

HOURS FOR DECEMBER AND JANUARY

We are open as usual until 8pm Tuesday 23rd December. We will then be closed from Weds 24th Dec to Saturday 3rd January inclusive.

From Monday 5th January we are open limited hours, as follows:

Mon/Weds	7am - 11am	6pm - 8pm
Tues/Thurs	9am - 11am	6pm - 8pm
Fri	7am - 11am	
Sat 10 th Jan	8am - 12.30pm	

From Mon 12th January as per normal gym timetable

Classes restart on Monday 12th January for BAT, Beginners Strength, Active Balance, Mitts & Pads Boxing.

HeartMoves restarts on Tuesday 6th January, Tai Chi on Weds 4th Feb.

Yoga and Pilates to be advised.

MOVIE FUNDRAISER NIGHT

Thank you to all the folk who supported us, 395 people came to see 'Australia' last week and many won lucky door prizes. We have raised over \$3,800 for the Arrow Bone Marrow Foundation & Red Cross!

We still have the RAFFLE going with another great prize added - Bernie has made a kayak, suitable for a beginner as third prize. So,

1st prize is the Luxury Houseboat hire for 4 days for up to 10 people.

2nd prize is a BridgeClimb for 2 people,

3rd prize is a kayak & paddle.

Tickets for the raffle are still available at Running Wild - \$2 each, 3 for \$5, 8 for \$10. The raffle will be drawn on Saturday 20th December at approx. 11am. Winners will be notified immediately.

Murray Marathon

Merridy, Warren, Marg & Bernie leave early Boxing Day to travel to Tocumwal ready to start the marathon on the 27th December at Yarrawonga. Apparently the water level is quite high at the moment. Day 1 is 96kms, day 2 is 92kms and if you've managed that there are only 216kms spread over the last 3 days finishing at Swan Hill on New Years Eve!

Merridy has raced the last 5 Murray Marathons and says its great fun!!!

Thank you for your patronage in 2008 and we look forward to seeing you and helping with your health & fitness in 2009.

All the best for the festive season!

Merridy, Jenny & the team.

