



RUN FOR YOUR LIFE

Running Wild Newsletter February, 2008.

There's quite a lot happening at the moment, so read on!

FIRST AID COURSE

Run by Vital First aid Training.

To be held Saturday 8th March in the Aerobic Room from 9am to approximately 5pm. Cost of \$120 includes workbook and first aid manual. **Bookings are essential.** We need 15 participants for this very useful and worthwhile course. Please let us know if you are interested!

SELF DEFENCE FOR WOMEN

Run by Berowra Martial Arts man, Gary James, in our Aerobic Room on 4 consecutive Wednesday nights from 6.30pm to 8pm, starting 12th March. The 4 week course is \$80 and is open to women aged 15 and over. Come and learn how to protect yourself!

Gary teaches martial arts in our aerobic room on Monday & Weds nights and is very experienced and knowledgeable.

PILATES AND TAI CHI

Think about trying the 10 week pilates or tai chi course next term. Pilates is currently on Monday mornings at 9.30am & Tuesday afternoons at 5.30pm & Weds evenings at 8pm.

Merridy is a pilates convert and is enjoying the challenging stretches Fiona has us trying.

Tai Chi is on Wednesday mornings at 9.30am, with Pat Jeffrey.

ACTIVATE

This is a new class we are trying to get up and running on Weds at 12 noon. It is a light paced aerobic class with minimal choreography. It is suitable for those who are getting back to exercise, have joint problems and who want to exercise in a fun environment. Jenny takes this class. We have two regulars but I'm sure they would welcome some company!

STEP AND FITBALL CLASS with Sue Burt. These two classes are also looking for keen participants. Come & try it out on Tuesday mornings.

NEW EQUIPMENT

We have just purchased the leg master (thigh magic) which you may have seen on TV. It is good for adductor leg muscles, gluts (bottom muscles) and abdominal muscles as well as a coordination challenge. It is only a light weight machine so we have limited its use to those

under 90kg bodyweight. Next time you come in, ask to try it.

We have also been researching VIBRATING PLATFORMS. Initially they were very expensive but they are now becoming more affordable. The research shows they are very useful for building bone density, useful for those with injuries or weight issues which limit what can be done in the gym, for rehabilitation and for general exercise in a limited time frame. Merridy & Jenny tried them at the 2007 Fitness Expo and were impressed with the applications.

(Kaitlin, is doing her honours thesis on the vibrating platform)

We will keep you posted about when we find one suitable for our needs.

CONGRATULATIONS to.....

Both Renae Godden (Monday 9am - 1pm shift) & Kaitlin O'Keefe have recently completed their Degrees in Exercise Science.

Jenny & I feel very fortunate to have two keen & knowledgeable instructors working at Running Wild Fitness.

WANTED - VACUUM CLEANER

If anyone has a vacuum cleaner that still works that they no longer want we need one for the aerobic room. Please let us know.

NEW FIVE VISIT PASS

We now offer 5, 10 & 20 visit passes. The new 5 visit pass is \$70 (student/pensioner \$55)

PARKING

In putting in our development application for the new aerobic room we have inadvertently stirred up a hornet's nest. Residents in Kita Road have taken the opportunity to complain to Hornsby Council, mainly about the parking in Kita Road. If at all possible could people visiting the gym park in the Marketplace carpark either outside or underneath depending on the time of day. The busy time appears to be around 6 - 8pm. Also, please don't park on the bend, its dangerous.

Please help us to get on with our neighbours by being considerate.

I always remember Robert De Costello, the great Australian marathon runner saying on radio that you don't have to park so close to where you want to go, consider it as a little bit of extra exercise!

NEXT KAYAKING DAY

If you are interested in coming kayaking send an email to Merridy@runningwildfitness.com

The next day hasn't been set as we send this, however it will be a Saturday in late March/early April.

Yours in fitness,

Merridy and Jenny

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