



RUN FOR YOUR LIFE

Running Wild Newsletter February, 2010

Time to get moving and shake off January/February lethargy!

The gym and aerobic room are up and moving into 2010.....

If you are up at 6am on Tuesday or Thursday mornings you are welcome to join Merridy for an early workout. Otherwise it's a 7am start for Monday, Wednesday, Friday & Saturday mornings.

Check the website at www.runningwildfitness.com.au for the full timetable of opening hours and classes or phone the gym on 9456 3242 or collect a timetable next time you are in.

Read on for new classes, come & try kayaking etc.....

YOGA/PILATES AND TAI CHI have all restarted for Term 1.. This year we need you to commit to a 10 week term for these classes. We are unable to continue being as flexible as we were in 2009. The term fee is due on or by the first class.

SPIN CIRCUIT SPIN CIRCUIT SPIN CIRCUIT SPIN CIRCUIT SPIN CIRCUIT

Due to popular demand there will be a Spin class at 9.30am on Friday morning, this will replace the Butt, Abs & Thigh (BAT) class.

There is now a spin class on Monday at 5.30pm, Tuesday at 8am, Wednesday at 6pm, Friday & Saturday at 9.30am. It's a fairly intense workout but it is possible to work at your own pace by varying the amount of resistance. Try it out soon! Current participants are finding it to be a great 'fat burner'. Research has shown that a 45 minute spin class will burn between 600 and 700 calories. Post exercise recovery will result in an increased resting metabolism, which will increase further as lean muscle mass grows. In short, spin burns calories and keeps burning them after the class has finished. Many regular spin participants notice improved definition when they take part in classes regularly. This is due to an increase in lean muscle mass and a drop in overall body fat.

This class is predominantly on the bikes with a warm up & cool down and a series of changing resistance exercises. Please reserve a bike prior to the class by phoning 9456 3242.

FEES

Our senior off peak rate & combo deal have ended effective now.

KAYAKING

Come and try on Sunday 28th February! Merridy & Warren will be available at Crosslands from 9am with a variety of kayaks and lots of instruction/assistance, enthusiasm and fun.

The cost is \$40 per person for two hours. If you are interested you need to book

and pay a \$10 deposit at the gym to reserve your kayak seat.

HOW MUCH SUN DO WE NEED FOR HEALTHY BONES?

The majority of Australians achieve adequate vitamin D levels through the sun exposure they receive during typical day-to-day outdoor activities. During summer the majority of people can maintain adequate vitamin D levels from a few minutes of exposure to sunlight on their face, arms and hands or the equivalent area of skin on either side of the peak UV periods (10 am to 3 pm) on most days of the week. In winter in the southern parts of Australia, where UV radiation levels are less intense, people may need about two to three hours of sunlight to the face, arms and hands, or equivalent area of skin, spread over a week to maintain adequate vitamin D levels. For further information see your doctor or check out <http://www.osteoporosis.org.au/files/internal/howmuchsun.pdf>

We hope to see you in the gym or aerobic room soon!

Merridy & Jenny