



RUN FOR YOUR LIFE

Running Wild Newsletter January, 2008.

Hi all,

Hope you are all over the silly season now and starting to get back into the swing of the New Year and normal routine. With our band of talented instructors Jenny and I would like you to consider a mix of gym work and classes. Of course some people will find they prefer one or the other but consider a combination! As an ongoing offer please bring a friend for a free introductory class.

I am just back from a tremendous rugged 12 day bushwalk in Tasmania - Warren & I did the Port Davey - South Coast walk. And that was almost straight after the Murray Marathon, 404km kayaking over 5 days! So I'm back to the gym for a rest..... Although with Jenny away until Feb 4, I could be busy!

In case you don't get to page two of this newsletter, there will be another kayaking day on Sunday 3rd Feb. For Details - see page 2!!!

THE TIMETABLE

There have been a few changes and additions. Please ask for a copy or check our website at www.runningwildfitness.com.au Don't forget if it's on your favourites list, be sure and refresh the site to make sure you get updated information.

TAI CHI

We are pleased to announce that there will be a Tai Chi class starting Feb 6, Wednesday mornings. Please note that Tai Chi will be a term commitment - you must enrol for a 10 week course. The cost of the course will be \$150 for 10 weeks, pensioner/student is \$135.

This will be a popular class so let us know if you are interested.

PILATES

Pilates with Fiona is on again, Monday mornings at 9.30am, Wednesday evenings at 8pm and Tuesday afternoon at 5.30pm. Please note the Thursday morning class is no longer available. As with Tai Chi, we will be asking people to commit to regular attendance. This will allow a progression of skills/learning to take place. A 10 week term will be offered, starting the week, February 4. The cost for this course will be \$150 for 10 weeks, pensioner/student \$135, payable at the start of the course.

JAZZ/DANCE CLASS

This class has been put on hold for the moment and will not be offered until another instructor is found. Unfortunately Laura is unable to continue with this popular Monday

evening class due to study commitments.

YOGA

Unfortunately we have yet to find a Yoga teacher for 2008, but we will keep looking.

NEXT KAYAKING DAY

The next Come & Try Kayaking Day will be held on Berowra Creek, Crosslands at 9.30am on Sunday 3rd February. If there are enough people interested there will be a second session at 11.30am. Cost is \$40 for two hours of tuition, lots of fun & encouragement and use of all equipment - kayaks, paddles & PFDs (personal floatation device).

Bookings are essential. Please let Merridy know at the gym if you are interested.

PRICE RISE

The pensioner/student casual rate will increase from \$11 to \$12 as of the 4th February, 2008. All other rates will remain the same. If you are a regular please consider purchasing a multiple visit pass to keep the cost down. A ten visit pass for pensioner/student remains at \$105, and a 20 visit pass \$200. (Full rate passes are 10 visit \$135 and 20 visit \$260.) Or a 12 week unlimited pass is \$360 or \$280 for pensioner/student.

We hope you agree that Running Wild Fitness offers good value - personalised programmes changed regularly, supervision in the gym, a variety of classes - all in a small friendly gym. Please let us know if you have any concerns or issues and we will always try to rectify them or help in any way we can.

We look forward to seeing you again in 2008!

Regards,

Merridy and Jenny

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