
KAYAKING

Sunday 1 Feb 9:30 Come and try - starting from Berowra Waters, scenic tour in a kayak. Two hours including kayak, paddle & PFD plus tuition/guide for \$40 per person.

Adventure Paddle, limited to 4 people, 3 hours of sea kayaking leaving from Parsley Bay, Brooklyn. Cost is \$50 per person and includes use of sea kayak, paddle & PFD, plus tuition/guide. To book please email

merridy@runningwildfitness.com.au

NEW STAFF MEMBER

Martin Warren has joined our talented team. Martin has a degree in Exercise Physiology and currently works for Sydney FC (soccer) as one of their strength and conditioning coaches. Please introduce yourselves and make him feel welcome - we are very fortunate to have him working at Running Wild.

Heartmoves is currently running on Tuesdays & Thursdays at 1pm. Casual classes as of 3rd February will increase to \$8 and a 10 visit pass will be \$70. (This is due to increased costs associated with offering this very special program.)

Heartmoves is designed for people with stable long term health conditions such as cardiac or diabetic conditions.

Please call in or phone with any suggestions, ideas or thoughts on how we can improve our service!

NB Limited tickets are still available for the Flying Fruit Fly's world premiere of The Promise. Available through Ticketek or Riverside Theatre Parramatta. \$25.

http://www.sydneyfestival.org.au/2009/Family/_item/event/THE_PROMISE

6 shows Jan 28-31

Yours in fitness,
Merridy & Jenny

PS Please tell us if you do not wish to receive our newsletter.