



RUN FOR YOUR LIFE

Running Wild Newsletter July, 2008.

It's easy to get lazy in the cooler months, so come and try a class or ask for a new gym program to help keep you motivated.

NEW GYM SPACE

We have been in the new, bigger gym space for three weeks now and it's great!! There are still a few jobs to be finished - last week we finally got a storeroom door, blinds & kitchen cupboard. Merridy is hoping to plant more greenery in the garden that we look out on - if anyone has any plants to donate for the garden, please let us know.

Jenny & Merridy are very happy with the new arrangement and feel it is a real bonus having the aerobic room and gym side by side with a door between.

If you haven't been in please drop by - we are around near the entrance to the Lion's Shop.

NEW EQUIPMENT

It's finally arrived!! Running Wild Fitness has a **Vibrating Platform!**

Whole Body Vibration (WBV) has been around for over 10 years, its origins were in the space programs of Russia and the USA. There has been a great deal of research on WBV, especially to do with osteoporosis and bone density.

Whole Body Vibration claims to improve circulation, reduce body fat, increase balance & coordination in elderly people, increase strength & power.

For more information and a trial please come to the gym.

At Running Wild Fitness the vibrating platform will be used in the gym as another piece of equipment. Come and try it out!!

NEW STAFF MEMBER

Toby Hallas has joined our talented team. Toby has a degree in Exercise Physiology and has been working as a volunteer in cardiac rehabilitation at The San, Wahroonga. He is currently working Saturday morning 7am to 10am (including the Boxing Circuit), Monday morning 7am to 10am and Tuesday evening 4pm to 8pm. Please make him feel welcome! Running Wild is very fortunate to have him working at Running Wild.

NEW HEARTMOVES CLASS

Next month a new Heartmoves course will be offered on Wednesdays at 1pm. It will be a MENS ONLY HEARTMOVES CLASS.

Heartmoves is currently running continuously on Tuesdays & Thursdays at 1pm with up to 10 regular members. The half hour class is \$6.

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

YOGA

Term 3 classes commence Monday 21st July at 7.30am and Wednesday 23rd July at 8pm. Please book in for the 10 week course with Sara Smyth King. There are 10 available places on each night.

TAI CHI

Come and join Pat Jeffery for Tai Chi on Wednesday mornings at 9.30am. Please let us know if you are interested.

PILATES

Not yet..... but we are still hoping to run Pilates again. Still looking for a suitable teacher, if you know a teacher who will come to Berowra please let us know.

OPENING HOURS

Would anyone be interested in coming to the gym on weekends?? If so please email merridy@runningwildfitness.com.au or let us know at the gym.

DEVELOPMENT APPLICATION

The Hornsby Council's Planning Meeting on Wednesday the 16th July has approved our DA - Hooray!!! Thanks for your support and cooperation. Please continue to park in the IGA carpark.

Yours in fitness,

Merridy & Jenny

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