



RUN FOR YOUR LIFE

Running Wild Newsletter July, 2009

The weather is cool, ideal for exercise, far better than when it's hot! So come and warm up with us soon!

Please find attached a copy of the new timetable for the gym & aerobic room. The new timetable starts on Monday 27th July.

CHANGE/EXTENSION OF HOURS FOR GYM

As of the week beginning 27th July the gym will be open from 7am to 1pm from Monday to Saturday. This will make it easier to remember our hours. We will also continue to open at 6am on Tuesday and Thursday mornings.

The afternoon/evening gym timetable will remain the same, 4pm to 8pm from Monday to Thursday.

YOGA, TAI CHI & PILATES, YOGA, TAI CHI, PILATES

The new term begins on Monday 27th July. Enrol now for these classes.

*******NEW CLASSES AT RUNNING WILD*******

These classes will start from Monday 27th July.....

Spin Circuit - Our aerobic room now has four spin bikes. This class will be predominantly on the bikes with a warm up & cool down and a series of changing resistance exercises. A fairly intense class, though you can work at your own pace. Initially this class will be held Tuesday mornings at 8am. Please reserve a bike prior to the class by phoning 9456 3242.

Step Class (beginners) - Jenny is very excited to offer a step class for beginners. A great class to move to the music! Come and join the Queen of Step on Tuesdays at 6.30pm.

Spin Class - is proposed for later in the year - stay tuned!

It will be a great workout on the bike to music.

SENIOR OFF PEAK RATE NOW AVAILABLE ON SATURDAYS

The Seniors off peak rate, available on weekdays and has now been extended to include Saturdays. Seniors, over 60 years, can come in between 11.30am and 1pm and pay only \$10 for their gym workout.

The City to Surf Team is out training and preparing for the 14km event on Sunday 9th August. It's not too late to join the Running Wild team! Speak to Jenny.

BOXING GLOVES FOR SALE Excellent condition, see Merridy

Price increase for Active Balance (formally Falls Prevention)

The cost for the Active Balance class will increase from \$12 to \$14 as of Monday 3rd August.

Healthy Bones Week - 1st -8th August - Running Wild Fitness will be having an information stall outside IGA on Tues 4th August from 9am-1pm. If you have a half hour to spare it'd be lovely if you'd like to drop by and give us a hand promoting exercise and bone health. See Jenny for details.

ARTHRITIS PRESENTATION

Jacqui Louth from the Arthritis Foundation will present up to date information on Arthritis on Tuesday 29th September. The presentation will be followed by afternoon tea. Free vouchers and lucky door prizes will be on offer. Please put the date in your diary.

NEW STAFF

Kate van Beek has joined the Running Wild team. Kate is a dynamic 20 year old studying Psychology at Uni. Please introduce yourself to her and make her welcome.

IRON

Iron is important for many essential bodily functions, including transporting oxygen around the body. Without sufficient iron you'll be left feeling tired, irritable and lethargic. Iron-rich foods such as meat, chicken, fish or legumes such as lentils, chickpeas or kidney beans should be eaten but if you're still feeling a bit low and think your diet may not include enough iron, you may want to speak to your doctor about iron supplements.

Please let us know by email, phone or in person if we can assist you in any way with your health & fitness needs.

Stay healthy,

Merridy, Jenny & the team at Running Wild