



# RUN FOR YOUR LIFE

Running Wild Newsletter, July II, 2011.

It is often said 'all good things must come to an end'. Jenny is moving to Singapore, where John will be working for the next 12 months.

Jenny & Merridy have been business partners for 5 years now and we have seen Running Wild Fitness grow into a friendly, productive gym where people of all ages & abilities can exercise in a safe & fun environment. Jenny's talents will certainly be missed, however be assured that we will work quickly to fill the gap and maintain the level of service you have come to expect!

JENNY'S LAST DAY AT THE GYM will be Saturday 30<sup>th</sup> July. Please come & say goodbye at the gym..... and also join us for a farewell lunch at Berowra Tavern on Friday 29<sup>th</sup> July from midday. Please join us if you are able..... Come for lunch, a drink or both.

## THE NEW TIMETABLE STARTS Monday 1<sup>st</sup> August

There will be quite a few changes to the timetable as of Monday 1<sup>st</sup> August. The new timetable is attached to this newsletter, otherwise please check our website or call in for a paper copy. Please check all timeslots of classes that you do, for any variations.

Note that our hours of opening will remain the same.

### Class Timetable Changes

Monday Beginner Strength Class will now start at 12 noon to 1pm

Tuesday Body Blitz will revert to Butt, Abs & Thighs (B.A.T) at 6pm

Weds Tai Chi, beginners at 9am, advanced at 9.30am

Weds Active Balance 11.30am - 12.30am

Weds Pilates 7pm to 8pm

Friday Spin, 9am to 10am

Due to staffing issues, the following classes will no longer be available:

Spin Monday & Wednesday 7am ( may be reintroduced in summer)

Body Express, Weds 7pm

Core Control Class Thursday 11am

Active Balance Friday 11am

**New Classes Coming Soon..... watch this space.....**

**\*\* Monday 10:00am Kim's Boot Camp - an indoor/outdoor style class with lots of variety, fun & Kim's special brand of persuasion! The introductory fee will be \$75 for a block of 6 sessions. Register your interest at the gym.**

**\*\* Wednesday 10:30am Cas's Circuit - a fun circuit to get the heart pumping & the muscles working. Work at you own pace to the beat of the music! Again, \$75 for a block of 6 sessions. Start date to be confirmed.**

Merridy, Cass, Craig, Trevor, Kim, Jeanette, Shelagh & Pat look forward to seeing you soon at Running Wild Fitness!

**CHECK OUT OUR FACEBOOK PAGE**

Search for us on facebook.....

Yours in fitness,

**Merridy & staff**

*(Please let us know if you do not wish to receive the Running Wild Newsletter)*