



RUN FOR YOUR LIFE

Running Wild Newsletter June, 2008.

Never a dull moment at Running Wild Fitness !!!

With the cooler weather don't be tempted to do less exercise, you will feel better if you keep active.

CHANGE OF VENUE

We will soon be moving around the corner to take over the empty shop next to our existing aerobic room. It's larger and we will be able to properly administer both rooms without running frantically back and forth between the two!

JUNE LONG WEEKEND

We will be closed on Saturday of the long weekend, open on Tuesday 3rd June at 9am.

CHANGE OF HOURS

Effective from Monday 2nd June we will open at 7am on Monday, Wednesday & Friday mornings, instead of 6am.

HEARTMOVES with Jenny. We launched Heartmoves two weeks ago and the initial response has been very encouraging. Heartmoves is suitable for those with chronic stable conditions such as diabetes, heart disease, arthritis etc. The class is structured around self-monitoring by participants to ensure that they are exercising at an appropriate pace. It is a very social class where there is lots of fun and laughter as well as exercise.

Heartmoves is on Tuesdays & Thursdays at 1pm, cost is \$6 per session or \$60 for a ten visit card.

YOGA

Is now up and running with Sara Smyth King on Wednesday evenings at 8pm and Monday afternoon at 5.30pm. We are looking at running another evening class, starting soon, please let us know if you are interested.

ACTIVATE

This is a new class we are trying to get up and running on Weds at 12 noon. It is a light paced aerobic class with minimal choreography. It is suitable for those who are getting back to exercise, have joint problems and who want to exercise in a fun environment. Jenny takes this class. We have two regulars but I'm sure they would welcome some company!

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STEP AND FITBALL CLASS with Sue Burt. These two classes have been taken off the timetable due to lack of numbers. We are looking at what else we can tempt you with! Suggestions are always welcome, send us an email or talk to us at the gym.

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LATEST ON OUR DEVELOPMENT APPLICATION

Last Wednesday night Jenny, Merridy and supporters fronted up to the Council planning meeting. Thankfully the decision was deferred to enable us to produce information to support our case.

It will be another 4-6 weeks but hopefully it will go through this time and our aerobic room will be approved. Thanks to those who supported us, especially Rod Johnston, Greg Bepper and Kathy Comb. Dr Scriven at Berowra Medical Centre and Jackie Walford from Berowra Physiotherapy also gave us letters of support. Our petition was tabled at the meeting with 206 signatures which was a great help.

PARKING

Please continue to park in the Marketplace car park either underneath or outside depending on the time of day. For those less mobile or anxious in the dark, please park in Kita Road if necessary. Please help us to get on with our neighbours by being considerate. Don't park near the bend in Kita Road, too close to or opposite driveways or in front of bins on garbage day. Think about walking to the gym or riding a bike!

NEXT KAYAKING DAY

I know the weather is cooling down, but if there is anyone out there who still wants to go kayaking, please let me know and even nominate when.....

send an email to merridy@runningwildfitness.com.au

Yours in fitness,

Merridy and Jenny

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