



RUN FOR YOUR LIFE

Running Wild Newsletter March, 2009.

It's autumn time, but the humidity is tough. Don't let that put you off coming to the gym, it's cool there, the fans are on and you will feel invigorated after your workout!

THE NEW VIBRATING PLATFORM is now in place, though we are still hoping for a miracle cure for the old machine. Please ask for help with getting it going. Great for a warm up or cool down or just a jiggle in between!

Later in the month another cross trainer will arrive in the gym - Merridy is looking forward to that.

COME & TRY KAYAKING will be held on Sunday, 22nd March at Crosslands, near Hornsby Heights. Two timeslots: 8am to 10am or 10.30am to 12.30. Come and have two hours of fun & instruction, kayaks, paddles & PFDs supplied. Cost is \$40 per person. Places are limited and must be pre booked by phoning the gym on 9456 3242 or email merridy@runningwildfitness.com.au

OSTEOPOROSIS PRESENTATION

Jenny has been busy organising a presentation & afternoon tea with lucky door prizes at Running Wild on Tuesday 31st March at 2pm. Janine Dawson from Osteoporosis Australia will speak. Please come along and also invite anyone you may think would be interested.

NEW STAFF

Martin is now at the gym Monday evening and for Mitts & Pads Boxing, for Saturday Boxing circuit and some Wednesday evenings.

Julia Macpherson, another newly graduated Exercise Physiologist has taken Kaitlin's place on Monday mornings. Please make her feel welcome!

FITNESS INDUSTRY UNDER ATTACK

PPCA is in court with Fitness Australia at the moment in an attempt to make fitness centres pay a 4000% increase in fees to play music!! They have targeted the fitness industry & nightclubs to try & make up for falling music sales. Stay tuned for the outcome.....

PROFESSIONAL TRAINING

Merridy will be away for two weekends in March/April doing a course called Rehab Trainer. In April both Merridy & Jenny will be attending the annual Fitness Conference at Darling Harbour to keep up with all the latest equipment, ideas and research in fitness.

PILATES with Allida on Weds evenings at 8pm, YOGA with Sara on Tues evenings at 8pm & TAI CHI with Pat on Weds morning at 9.30am

These classes are all going well, there are a few places still available if anyone wishes to join.

SUPER CIRCUIT

Craig's Thursday night super circuit is a great way to spend an hour on a Thursday night! Forget the shopping and come and meet the master - he is always full of surprises and has many tips and good advice for all. Join the small & dedicated group who will welcome you into Running Wild's best kept secret.

EASTER OPENING TIMES

Running Wild will be closed on Good Friday, but will open Easter Saturday 8am - 12.30pm only, and then Easter Monday 8am to 10am and 6pm to 8pm only.

ACACIA LIVING LIFE

ACACIA Living Life is an active ageing and wellness centre-based community service for senior residents living in the Berowra area comprising a stimulating activity program, transport, morning tea and lunch plus day programs and support for families. For details contact Berowra Uniting Church 94567103.

MEDICAL CONDITIONS

If you have recently been diagnosed with a medical condition, eg high blood pressure, high cholesterol, diabetes etc. or you've had a change in your medication it should be noted on your medical questionnaire. Please keep us informed.

FEEDBACK

We have yet to master mind reading.... so please let us know your thoughts for classes, opening hours, equipment or anything else either in person or via email to jenny@runningwildfitness.com.au or merridy@runningwildfitness.com.au

Yours in fitness,
Merridy & Jenny