



RUN FOR YOUR LIFE

Running Wild Newsletter March, 2010.

It's almost autumn time, though the humidity is tough. Don't let that put you off coming to the gym, it's a cool there (constant temperature of 23 degrees), the fans are on and you will feel invigorated after your workout! Speaking of fans, the aerobic room is sporting a very large industrial size fan !!

RECENT CHANGES AT RUNNING WILD FITNESS

CRAIG IS BACK, yes, Craig is back!! - he will be at the gym from 4pm to 8pm on Thursdays and will take the new beginners Spin class at 5.30pm and the 7pm Circuit. Come and work out with the Master!

TWO VIBRATING PLATFORMS

Great for a warm up or cool down or just a jiggle in between!

TWO ROWERS

The most complete, all round cardio exercise available according to Merridy!

NEW DUMBELLS

We now have pairs of dumbbells from 1kg to 10kg, in a great compact stand.

MORE SPIN CLASSES

We have added two more classes and made some rules about attending these classes..... read on for detailed information.

IMPORTANT INFORMATION REGARDING SPIN CLASSES

Due to the overwhelming popularity of the Spin classes we would like to announce the following.

1. Bookings are essential and can only be made 7 days in advance.
2. There will be a Spin Bike diary, so that you can write your name down to book a bike on a particular date.

3. Bookings will also be taken on the gym phone 94563242. Please remember that there is often a lot going on in the gym and we will attempt to write your name in the correct slot, but sometimes we get it wrong. (Also don't phone our mobiles as if we are away from the gym we are not aware of vacancies.)

4. As a courtesy to others, please let us know if your plans change and you cannot make the class, so the bike can be reallocated.

5. Additional classes have been added and classes classified as Combo Spin, Beginners or Suitable for Beginners to Advanced.

6. Please check with Jenny or Merridy regarding participation in any Spin class if you are unsure.

SPIN TIMETABLE as of Monday 1st March:

Monday: 5.30-6.30pm - this class is a Combo Spin class -suitable for advanced riders only. Participants will have 30 mins on the bike and 30 mins doing advanced exercises.

Tuesday: 9am to 10am. (Note change of time from 8am) Suitable for beginners to advanced.

Tuesday: 5pm to 6pm, suitable for beginners to advanced. (NEW CLASS)

Wednesday: 6pm-7pm. Suitable for beginners to advanced.

Thursday: 9am-10am. Suitable for beginners to advanced.

Thursday: 5.30pm-6.30pm. Suitable for beginners. (NEW CLASS)

Friday: 9:30-10:30am. Suitable for beginners to advanced.

Saturday: 9:30-10:30am. Suitable for beginners to advanced.

TAI CHI, YOGA and PILATES

Term bookings were well received by participants & instructors - classes are going well. If you are keen to start in Term 2 it's never too early to register your interest.

MEDICAL CONDITIONS

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

Yours in fitness,

Merridy & Jenny