



RUN FOR YOUR LIFE

Running Wild Newsletter November, 2007

Running Wild is now occupying two spaces in the Marketplace Shopping Centre!

The new class area is up and running if you haven't tried a class, don't delay. No need to book for a class, just turn up!

On offer are:

AEROBICS - step, hi lo, fitball, activate, mitts & pads boxing, boxing circuit, butt, abs & thighs, jazz/dance aerobics.

MIND & BODY - pilates, (yoga, tai chi Jan 2008)

SPECIALIST CLASSES - strength training, falls prevention, HeartMoves.

TWO TIMETABLES

There are now two separate timetables, one for classes and one for the gym.

Check the website for a copy of the timetables - www.runningwildfitness.com.au

Or ask for a copy at the gym.

TWO FOR ONE OFFER ends 30th November.

If you bring a friend to a class, both of you pay half price. (Of course the friend would be someone who has not been to Running Wild before!) This is a limited offer for a limited time so if you can find a friend, bring them along and we will make them welcome.

A NEW TREADMILL is arriving soon - the order has been placed and the a new heavy duty machine will be in the gym in the next week or so!

PRICE RISE

Our casual rate has increased to \$15 for gym use or class. Our 10 visit pass is \$135 and 20 visit pass \$260. Passes are valid for 6 months.

The pensioner/student rate will remain the same, but please show your concession card.

GIFT VOUCHERS

Fitness assessments and 10 visit passes make great Christmas presents. Let Jenny or Merridy know if you would like to purchase one..... what a great gift!!

MURRAY RAFFLE

Please buy some raffle tickets at the gym to support Merridy & Warren in the Murray Marathon (a 5 day, 404km race from Yarrowonga to Swan Hill in Victoria) Prizes include wine, remedial massage, kayak tour for 2, hair care hamper, Running Wild Fitness 10 visit pass.

Tickets are \$2 each or 3 for \$5 or 6 for \$10. The raffle is to raise the compulsory sponsorship & is in aid of Red Cross. The raffle will be drawn Saturday 22nd December at the gym.

Merridy and Jenny