



RUN FOR YOUR LIFE

Running Wild Newsletter October, 2008.

It's about ten weeks to Christmas and the year is zooming by.....

The Hawkesbury Canoe Classic is only a few weeks away, the K4 team are fit & strong & hoping for a calm, clear night on 1st November.

Read on to join Merridy (& Warren, Marg & Bernie) for a night at the movies to see 'Australia' on Weds 3rd December to raise funds for the Arrow Bone Marrow Transplant Foundation & Australian Red Cross.

OPENING HOURS

The gym is now open on Tuesday & Thursday mornings 6am to 7.30am. We have also added Friday afternoon 4 - 6pm and Saturday afternoon 3 - 5pm.

There is also a senior off peak time Monday to Friday 11 - 1pm, for a flat casual rate of \$10. Please note a senior is any one over 60.

NEW CLASSES

Call in for a copy of the **new timetable**, tai chi & yoga is underway for a new term but there is room for a few more participants. There is a new class on Weds night called Mix & Match, a different class each week - could be circuit, step, stretching, aerobics, boxing!

Also Seniors Circuit, to extend those who want to do a bit more & have some fun.

FIT BLITZ

Tell your family & friends - we have a special package deal for the remainder of the year, Fitblitz must be purchased before 6th November - an assessment, 10 visits to the gym or classes & a Running Wild T-shirt for \$165 (normal value \$215) or \$135 for seniors (over 60) and students. Great value!

CPR COURSE

We are running a CPR course on Weds night 12th November 6-8pm. Cost is \$30. Come & hear about the latest methods & practice your cardiopulmonary resuscitation on the manikins.

FLOOR MATS FOR SALE

Since upgrading our gym floor we have a stack of interlocking rubber floor tiles for sale, almost brand new - 6 for \$20 or make an offer!

COME KAYAKING

Merridy & Warren have another of their Come & Try Kayaking days scheduled for Sunday 9th November at 3pm. Two hours of fun & fitness for \$40 - kayak,

PFD and tuition all included. Bookings are essential. Let Merridy know at the gym or by email mhux3198@bigpond.net.au

FREE WEEK AT RUNNING WILD FITNESS

That got your attention!!

Come to the gym on Friday 19th December to Weds 24th December and exercise for free! It's our way of saying thank you for coming to Running Wild Fitness during 2008.

GIFT VOUCHERS & POSTUREPOLES

Consider giving a Running Wild gift voucher for Christmas. Posturepoles are also a great gift, \$65. All the staff at Running Wild use one regularly.

CHRISTMAS to NEW YEAR HOURS

We will be closed from 1pm 24th December to Sunday 4th January, reopening Monday 5th January. (Merridy will be away on the Murray River, racing 404kms, while Jenny will probably have a rest or visit her soon to her famous circus son in Albury!) The first two weeks of January will be limited hours - we will notify you of the hours in early December. From Monday 19th January it will be business as usual.

FEDERAL GOVERNMENT - MEASURE UP Campaign

You may have read in the weekend Herald that the Health Department is distributing coded tape measures - green for lean & red for spread. For most Australians a waist measure of more than 94cms for men and 80 for women means a risk of developing a lifestyle related chronic disease such as diabetes or cardiovascular problems. Visit their web site at www.australia.gov.au/measureup.

AUSTRALIA, The Movie

On Weds 3rd December there is a fun night at the movies planned. (Please note it is opening on 26th November but we hope you will come on our night!) The venue is the **Greater Union Theatre at Westfield Hornsby** with a 6.30pm start.

Tickets are \$20 per person and must be pre-purchased from Running Wild Fitness or Berowra Medical Centre. So collect up family, friends, workmates, neighbours for a great night out! Funds raised are for the Arrow Foundation & Red Cross for the two big marathon kayaking events.

Included in the ticket price is supper and a chance at 20 lucky door prizes which include 5 visit gym passes, wine, book vouchers, a photo clock, a Running Wild Fitness T-shirt & pedometer, a posturepole, a Blue Earth voucher, Nutrimetic picnic bag, shower gel etc.

GUESSING COMPETITION (err raffle)

Tickets are also available for a raffle, \$2 each or 3 for \$5 to win a 4 day houseboat hire with Luxury Afloat at Brooklyn or a BridgeClimb for 2 people. These can also be purchased at Running Wild Fitness or the Berowra Medical Centre.

Yours in fitness,

Merridy & Jenny

PS Please let us know if you do not wish to receive our newsletter!



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”