



RUN FOR YOUR LIFE

Running Wild Newsletter September, 2008.

It's spring, the days are getting warmer, it's time to get moving! Daylight saving starts soon on the 5th October!

PLEASE NOTE

OPENING HOURS FOR THE OCTOBER LONG WEEKEND - Closed Saturday 4th October, open Monday 6th October only from 4pm to 8pm.

NEW HOURS For the GYM

After the October long weekend we will again be opening on Tuesday & Thursday mornings from 6am to 7.30am. This is suited to the early birds who like to do their workout before the day warms up.

As well, we will be trialling a new Friday timeslot 4pm to 6pm and an additional Saturday timeslot 3pm to 5pm. The other minor change will be on Thursday evenings the gym will be open 4pm to 8pm, (rather than 7.30pm) giving you 4 afternoons/evenings 4 - 8pm

We have been working hard to get the gym set up as we would like it. There are now 3 treadmills, 3 bikes, 2 cross trainers & the rower. (The vibrating platform is currently on holiday in Melbourne for repairs.)

We now have bright yellow chairs in the Aerobic Room to accommodate the HeartMoves, Strength Classes and Falls Prevention folk.

As part of this process we have had to rationalise the viability of the business, so that we can continue to offer quality of service, value for money and hopefully keep you on the right track to a healthier lifestyle.

As of Monday 13th October our prices will be increasing slightly. You can beat the rise by purchasing your pass prior to 13th October, by cash, cheque or direct transfer.

NEW TIMETABLE (to start Tuesday 7th October)

As well as the additional opening hours there will be a some new improvements to the timetable and some different classes to tempt you!

Off peak Seniors timeslot - this will be Monday to Friday 11.30am to 1pm for the reduced rate of \$10 per visit to the gym. Please note a senior will be considered as anyone over the age of 60 !!!

Mix & Match - a new class offering something different each week - it could be step, boxing, fitball, circuit, aerobics etc etc. This class will be on Weds at 6pm to 7pm.

Seniors Circuit - a fun circuit designed for you to work at your own pace doing resistance & cardio work with a dash of fun! This exciting new circuit will be on Wednesdays, 12noon to 1pm.

Heartmoves - is offered on Tuesday & Thursday at 1pm.

Craig's Circuit - will start at 8pm through to 9pm on Thursday evenings.

Boxing Circuit - as requested, the boxing circuit with Toby, is now on at the earlier time of 8.30am on Saturdays.

KAYAKING: Due to popular demand - Merridy & Warren will offer their 'Come & Try Kayaking' on Saturday 11th October at 8am - 10am and Sunday 9th November at 3pm at Crosslands. (\$40 per person for 2 hours of tuition & fun, kayaks, paddles & PFDs provided.) Bookings essential.

(A mid week session would also be possible, if there is interest.)

TRAILWALKER

Jenny & her husband, John, recently competed in the Oxfam Trailwalker, a 100km walk from Brooklyn to Mosman This was Jenny's first attempt (and last!!) and she completed 42kms with her knees still in good shape. The team of 4 raised \$2,800 for Oxfam.

FUNDRAISING FILM NIGHT

Merridy & Marg (Dr Himmelhoch) will again be competing in the Hawkesbury Canoe Classic (111km overnight) and the Murray Marathon (404km over 5days).

They will be in a Mixed Veteran K4, a four person kayak with Warren (Merridy's partner) and friend, Bernie Craggs. They are hoping for a fast time of under 9 hours for the Hawkesbury Classic on the 2nd November.

There will be a Film Night at the Odeon Theatre to raise the required sponsorship money for the Arrow Bone Marrow Transplant Foundation & Australian Red Cross. It will be the opening night of '**Australia**', starring Nicole Kidman and Hugh Jackman! The opening date keeps changing, at this stage it looks like **Wednesday evening, 26th November**. There will be some

excellent lucky door prizes including a 4 day Luxury Afloat Houseboat deal, wine, book vouchers, flowers, a 10 visit pass to the gym, a clock, Nutrimetics etc. Please consider coming & of course bring family & friends. We will let everyone know when the date is definite.

The cost will include the film, entry into the lucky door draw and supper in the foyer after the film.

Tickets will be \$20 per person, with additional chances at the lucky door prizes available for \$5.

RUNNING WILD T-SHIRTS

There are a few T-shirts still available for \$15, they look stunning with the cheetah on the back! We will shortly have a supply of small T-shirts as well, order one now.

POSTURE POLES

Are available at the gym for \$65. Try one at the gym, good for posture of the back, neck and shoulders.

WANTED: A Sporting team that would like to do some pre season training!! Running Wild can tailor a team pre season programme so you can be at a higher level of fitness before the comp begins.
Come and talk to us!

SURVEY -coming soon!

In order to provide the best possible service we will soon be initiating a survey. This will help plan ongoing changes to what we do at Running Wild Fitness. It will be your opportunity to give us positive, constructive (and other) feedback. I hope you will be able to assist.

Yours in fitness,
Merridy & Jenny

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