



RUN FOR YOUR LIFE

Running Wild Newsletter September, 2009

Yay! The weather is finally starting to get warmer so if you have been hibernating over the cooler months, and the thought of putting on your summer clothes is getting you down, come on in and we'll work on a new program for you. Remember, the gym is now open from 7am to 1pm from Monday to Saturday. We will also continue to open at 6am on Tuesday and Thursday mornings.

The afternoon/evening gym timetable will remain the same, 4pm to 8pm from Monday to Thursday and Saturday 3pm to 5pm. Check the website at www.runningwildfitness.com.au for the full timetable of opening hours and classes or phone the gym on 9456 3242.

Read on for new classes, come & try kayaking etc.....

YOGA

Running Wild Fitness would like to welcome Shelagh Hayman to our staff. Shelagh has been practising yoga for 30 years and is a qualified yoga instructor. She teaches all the classic Yoga poses to stretch and strengthen the whole body, some breath awareness and exercises to increase energy and reduce stress and finish off with a peaceful relaxation to bring harmony to the mind. Shelagh believes Yoga can benefit everyone - you don't need to be flexible as we are all a work in progress. Yoga is on Tuesday evenings at 7.30pm to 9pm and there are places available.

SPIN CIRCUIT SPIN CIRCUIT SPIN CIRCUIT SPIN CIRCUIT SPIN CIRCUIT

A new Spin Circuit will start on Monday 7th September at 6pm, with the other timeslot remaining at Tuesday 8am. It's a fairly intense workout but it is possible to work at your own pace by varying the amount of resistance. Try it out soon!

This class will be predominantly on the bikes with a warm up & cool down and a series of changing resistance exercises. Please reserve a bike prior to the class by phoning 9456 3242.

STEP CLASS (beginners) - Tuesdays at 6pm. Jenny says the step class is going fantastically! The routine is repeated for four weeks to ensure maximum aerobic benefit is gained. A new routine will be introduced Tues 8th September so if you have never done step before come and learn a new skill. It's a great class to move to the music!!

KAYAKING

Come and try on Saturday 12th September - 10:30am-12.30pm. We will be available from 10.30am - 12.30 at Crosslands with a variety of kayaks and lots of instruction/assistance, enthusiasm and fun.

The cost is \$40 per person for two hours. If you are interested you need to book in and pay a \$10 deposit at the gym to reserve your kayak seat.

COMMIT, ENDURE, ACHIEVE

That's the Trailwalker motto,it could well be our motto at the gym.

COMMIT to becoming fitter & healthier

ENDURE by putting in the time & effort to exercise

ACHIEVE and see the results of the hard work!

TRAILWALKER

Congratulations to all who participated and all who completed the 100km event. It was great to see a victorious Berowra Bushrunners team in first place. Linda McNay (& the Lads) also came in under 24 hours which was a great effort.

The City to Surf Team had a fantastic day out with all finishing in good time. We will be fielding a team again next year, so keep it in mind.

ARTHRITIS PRESENTATION

Tuesday 26th September at 2pm, Jackie Louth from Arthritis Australia will be coming to Running Wild to present on Arthritis. This will be a valuable session with Jackie giving us the current information in arthritis and how exercise can benefit. Please put the date in your diary. The cost for this will be \$5, which includes the guest speaker, afternoon tea and lucky door prizes & vouchers.

If you know anyone who would like to try any of our classes, we currently have a promotion for new folk to try a class and then get the next class free. We are in the process of doing a letterbox drop promoting such classes as pilates, tai chi, yoga, spin circuit, step for beginners, B.A.T (butt, abs & thighs), HeartMoves, Active Balance and more.

We hope to see you in the gym or aerobic room soon!

Merridy & Jenny