



RUN FOR YOUR LIFE

Running Wild Newsletter September, 2010

zZumba zZumba zZumba zZumbais here !!

The first zZumba class was on Monday night the 16th August..... lots of people having a lot of fun..... age range was 16 to about 69, all women, all levels of fitness & coordination.

No need to book, tell your friends:

Monday night 7 - 8pm

Tuesday morning 10am - 11am

Friday night 7 - 8pm

For the uninitiated, zZumba is a mixture of different dance styles - salsa, latin American, jazz, ballroom to name a few. We have our own version of zZumba..... the routines are fun, featuring fast & slow rhythms, sometimes challenging if you are uncoordinated, movement to tone & sculpt your body while burning fat. Come & join Cass for an hour of laughter, music, movement which is refreshingly different! Please be aware that this is not a technical class & should be approached in a light hearted manner.

OCTOBER LONG WEEKEND

The gym will be open as usual on Saturday 2nd October 7am to 1pm with Spin and Boxing Circuit as usual.

On Monday 4th October the gym will be open 4-8pm and spin & zZumba will also be on.

BACK CARE CLASS

Always wanted to know how to take better care of your back and what stretches are really useful? Jenny will be initiating this class on Thursday 16th September at 11am. Places are limited so please register your interest with Jenny or Merridy.

SPECIAL THURSDAY OFFER

From Thursday 9th September come & make the most of our half price deal. **Come to the gym on a Thursday between 9am and 1pm for your second visit for the week and pay half price.** Conditions for this offer are strict: payment for this must be in cash, a half visit from a card is not accepted. The amount is calculated on the full adult price of \$16 - concessions not available. The 2nd or subsequent visit is calculated on attendance in the gym on a Monday, Tuesday or Wednesday. The offer is not valid for classes and will run until 28th October.

ROWING AT THE GYM

Merridy is often asked which is the best machine in the gym ? Without a doubt, for the all over body workout, it would have to be the Concept II Rower ! More next newsletter.....

HEARTMOVES

The Thursday Heartmoves class is no longer.... Tuesday class remains the same.

PARKING ISSUES

When attending the gym, please park in the IGA car park if at all possible. This will enable us to maintain positive relations with the Kita Road residents. The car park is open until 9.30pm at night.

NEW BEGINNERS SPIN CLASS

Feel the wind in your hair..... clear the mind and get ready for the weekend.....

Join Kate on a Friday afternoon at 5.30pm for a workout on the spin bike, followed by floor exercises to complement/complete the workout! Please remember to book your bike.

GYM OPEN ON A FRIDAY AFTERNOON

Come and squeeze in that workout before the weekend. The gym will be open from 4pm to 7pm for a trial period.

Merridy is often talking about what training shoes to wear, here is some more information on the subject:

Your choice of shoe won't make or break your training session but the right footwear can leave you more comfortable and may prevent injury.

HOW TO CHOOSE A SHOE

1. A well fitting shoe is snug but not tight around the heel, arch & mid foot (where the laces usually sit) but roomy around the toes so they don't cause blisters and pinched toes.
2. The best time to shop for shoes is in the afternoon because your feet swell slightly during the day and it's best to have shoes that take this into account.
3. Try your shoes on before you buy, walk & jog around the store in them. Even do a few squatting movements and stand on one leg to see how stable they feel.

Good Training Shoes Should Be:

1. **Designed for cross training**, unless you are doing a lot of running before or during your session - if so wear running shoes.
2. **Stable** - shoes with a narrow sole, a built up heel, or a curved shape are less stable and could leave you at risk of a sprained ankle.
3. **Strong** - although nothing short of steel toecaps will protect your toes if you drop a weight on them, good shoes won't tear, unglue or crack after a month's hard training.
4. **Firm** - shoes with soles that make you feel as if you're walking on pillows may be comfortable, but they may be unstable as a result. Choose training shoes with firmly cushioned soles instead.
5. **Simple** - the shoes you train in are going to get worn out eventually, so it's not worth wearing something flashy or overly expensive.
6. **Laced Up** - shoes that are loose are unstable, and dangling laces can trip you up. Lace your shoes up securely and even cut the laces down if necessary.
7. **Machine Washable** - training shoes get dirty, sweaty & smelly so it's a good idea to buy a pair that you can machine wash, using a cold wash cycle.

RUNNING WILD AT THE WOODCHOP

A very big thank you to all our volunteers at the Woodchop. We had many enquires regarding spin & Boxing after our wonderful display.

A huge thank you to Rachael who was the cutest cheetah I have ever seen, handing out information to the crowd and also to Rosalynd her side kick who also gave up a few hours to give out brochures.

RUNNING WILD T-SHIRTS

Are proving popular. Plenty of gold & black T-shirts left at a bargain price of \$12, in a range of men's & women's sizes.

OXFAM TRAILWALKER

Congratulations to Renate McDermott and to Linda McNay who were in teams that completed the 100km walk from Brooklyn to Manly on the weekend. It was Renate's 1st Trailwalker and Linda's 5th.

We hope you recover quickly so we can hear about your adventures at the gym!

THE HAWKESBURY CANOE CLASSIC

Is only 7 weeks away and Merridy is in the K4 with husband Warren, & Marg (alias Dr Himmelhoch) & Rob Cook. Yes, the four person 12 metre kayak will be in the 111km overnight race from Windsor to Brooklyn on the 24th October !

(This will be Merridy's 14th Hawkesbury Classic & for the record she is delighted to be back in the boat with Margaret). Just organising some fundraising in the form of a raffle which will include some great prizes..... tickets will be available shortly at the gym.

Help us to raise funds for the Arrow Bone Marrow Transplant Foundation.

Stay well & See you soon at Running Wild Fitness,

Yours in fitness,

Merridy & Jenny