



# RUN FOR YOUR LIFE

Running Wild Newsletter mid March, 2010.

Here we are waiting for EB (that's Easter Bunny) to arrive. What a great time of the year! Make sure you keep up your exercise regime. Remember you should be doing at least 30 minutes of exercise at least three times a week and you need to be huffing & puffing! If you are trying to lose weight you should be exercising every day to get your metabolism ticking over faster. You also need to be eating a healthy balanced diet.

Balance is a vital ingredient for healthy daily living.- you need the right amounts of food, rest and exercise. Please have a balanced approach to regular exercise. Variety is an important ingredient to continue fitness improvement or weight loss, otherwise the body becomes used to the same regime.

Cross training is a great way to condition different muscle groups, develop a new set of skills, and reduce boredom that creeps in after months of the same exercise routines. Cross training also allows you the ability to vary the stress placed on specific muscles or even your cardiovascular system.

A mixture of strength training and cardio work in the gym, a class or two and then maybe a walk / swim /kayak/cycle.....

## EASTER HOURS

Running Wild will be open limited hours on:

Good Friday	Gym 8am to 11am,	Spin 8am -8.45am
Easter Saturday	Gym 8am - 11am	Boxing circuit 8.30- 9.30am
		Spin 9.30am - 10.30am
Easter Monday	Gym 8am - 11am	Spin 8am-9am
	Gym 4pm - 8pm	Spin 5.30-6.30pm

SPIN      SPIN      SPIN      SPIN      SPIN      SPIN  
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It's the latest craze at Running Wild Fitness, there is a class or two on every day now. STOP PRESS We have just purchased two more bikes, making a class of six possible!!

Please note: You do need to book a bike for Spin by writing your name in the Spin diary or phoning the gym. There is a beginners Spin class on Thursday at 5.30pm if you would like to try it!

Please refer to our timetable on our website at [www.runningwildfitness.com.au](http://www.runningwildfitness.com.au) or ask for a copy at the gym.

### TERM TWO - YOGA, PILATES & TAI CHI

Second Term begins on Monday 19<sup>th</sup> April for 11 weeks, ending on Friday 2<sup>nd</sup> July. Please book in for the term, again a term fee will apply, \$165/\$132 (senior over 60/full time student), payable before the term commences. Please indicate your intention to continue or interest to start.

YOGA	Tues	7.30pm-9pm
TAI CHI	Weds	9.30am - 10.30am beginner 10am - 11am advanced
PILATES	Weds	8pm - 9pm

### OTHER CLASSES AT RUNNING WILD

No need to book, you may just turn up for **Circuits, Step, Butt, Abs & Thighs.**

**Craig's Thursday night circuit** is up and running again on Thursday nights at 7pm -8pm.

### EASTER OFFER EASTER OFFER EASTER OFFER EASTER OFFER

Please tell your family and friends about this offer.....

Book in for a fitness assessment and buy a 20 visit pass and we will give you the assessment for free - save \$50! Conditions apply.

This is for new clients or those who only do classes at Running Wild.

**This offer is available from 6<sup>th</sup> April to 19<sup>th</sup> April, 2010.**

Yours in health & fitness,

Merridy & Jenny