



RUN FOR YOUR LIFE

Running Wild Newsletter II September, 2009

Our aim is to give you great value, great service and help you reach your goals.....

Like all small businesses we are struggling in the current economic conditions.

It helps us greatly if you can pay on time by cash, cheque or bank transfer.

Also, to aid us in maintaining excellent hygiene in the gym & aerobic room, please bring a towel to wipe yourself & the equipment after use. As the weather warms up, remember to bring some water, to stay hydrated.

****ARTHRITIS PRESENTATION** *This Tuesday at 2pm in the aerobic room****

Jackie Louth from Arthritis Australia will be coming to Running Wild to present on Arthritis - the how, why & how to manage. This will be a valuable session with Jackie giving us the current information in arthritis and how exercise can benefit. Please phone or call 9456 3242 to RSVP. The cost for the presentation will be \$5, which includes the guest speaker, afternoon tea and lucky door prizes & vouchers. That's this Tuesday 26th September at 2pm! See you there!!

OCTOBER LONG WEEKEND

The gym will be closed from 1pm Friday 2nd October to 4pm Monday 5th October. During this time the floor of the gym will be painted with a clear lacquer to try and get rid of the rubber odour and allow for increased ease of cleaning.

The gym will be open again at 4pm through to 8pm on Monday 5th October. Classes will be as per normal Monday evening.

HAWKESBURY CANOE CLASSIC

This year Merridy is teaming up with her husband Warren to race the 111km overnight event, from Windsor to Brooklyn in their Supersonic. Their goals are to finish the race and clock up 10 completed finishes for Warren (13 for Merridy), for Merridy to complete the race in the front of the kayak and to raise funds for the Arrow Bone Marrow Foundation.

If you could help by buying a raffle ticket for \$2 or sponsoring them they would be eternally grateful. Raffle prizes are 1st: \$2,500 travel voucher, 2nd: 4 day Houseboat prize and 3rd: a \$500 Bunnings voucher.

*****As well, anyone who buys 5 or more tickets goes into a separate draw for two x 5 visit passes to Running Wild Fitness and two bottles of wine (and a set of steak knives - only kidding!). Tickets are available at the gym until October 23rd.*****

READ ON - Come & Try Kayaking, new Spin Circuits, New Combo deal offer, HeartMoves.....

COME & TRY KAYAKING

Come and try on Sunday 4th October. We will be available at Crosslands from 10am to 12 noon with a variety of kayaks and lots of instruction/assistance, enthusiasm and fun. The cost is \$40 per person for two hours. This covers instruction & all equipment - kayak, paddle & PFD. If you are interested please book in and pay a \$10 deposit at the gym to reserve your kayak seat.

SPIN CIRCUIT SPIN CIRCUIT SPIN CIRCUIT SPIN CIRCUIT

Come and try the SPIN CLASS

Now offered on Monday 6pm, Tuesday 8am, and the new time of Thursday 9am

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, some of our regulars are really enjoying something different! This class is 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.

HEARTMOVES

As of 6th October there will be an increase in the cost to \$10 per class for HeartMoves, and \$90 for a 10 visit pass. We are reluctantly passing on the increase as our insurance costs have doubled this year and the Heart Foundation has also introduced a licensing fee.

COMBO DEAL

From now until Christmas we are offering a gym session & class for \$25 per week, payable on the initial visit. Come and try out our different classes - beginners strength training, tai chi, pilates, yoga, Butt, Abs & Thighs (BAT), spin, circuits, etc.

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