



ACTIVE FITNESS AND LIFESTYLE GROUP

Adelaide Hills (War Memorial) Swimming Centre Incorporated, WOODSIDE

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FEBRUARY 2019

FROM THE CO-ORDINATORS DESK:

MEDICAL FORMS: We will require new medical forms to be completed for everyone for the year. Please see your friendly instructor for these. Thank you.

CLASS PRICES:

The first pass you purchase in 2019 includes the annual membership fee. Please see below. Passes are valid for 12 months from date of purchase.

10 VISIT PASSES

General Full: 1st pass \$120, subsequent passes \$100
General Concession: 1st pass \$100, subsequent passes \$80
Yoga / Pilates Full: 1st pass \$160, subsequent passes \$140
Yoga / Pilates Concession: 1st pass \$130, subsequent passes \$110

CASUAL CLASS PRICES

General classes: \$14
Yoga / Pilates: \$18
Happy Feet walking group: 50c per week.

AQUA FITNESS:

Thank you for your understanding about our new policy regarding Aqua classes on extremely hot nights. This is due to the pool being very busy as it is open to the general public.

We have reviewed this with the Pool management and changed the temperature slightly. If weather forecast is 37 degrees or higher, there will be no evening class (according to Mount Barker weather forecast the night before).

A recap on our Aqua classes:

Aqua Zumba: Monday nights at 6.45pm with Denise.

Aqua Fitness: Tuesday and Thursday mornings at 7am with Kerry.

Aqua Zumba: Wednesday mornings at 7am **Please NOTE NO CLASS 6TH, 13TH and 20TH Feb.**

Aqua Fitness: Thursday nights at 7pm with Jess.

Aqua Kids Dance: Thursdays' at 6.15pm, 30 minute class. Cost is \$10. The class combines exercises and dance moves to music in the water. LOTS of FUN!

BOOTCAMP: Kick start the year with 6 weeks of Bootcamp training. 2 sessions per week held on Monday and Wednesday mornings at 6am, commencing Monday 11th February. Sessions are held at the Woodside Primary School (top oval). 45 minute sessions. Cost is \$145 and to be paid upfront. **BOOKINGS ESSENTIAL BY 7TH February.**

While Bootcamp is on, there will be no Thursday 6am class at the hall, but Tuesdays 6am will continue.

ACTIVE KIDS: Once again we will be offering this program for 6 sessions. Class is held at the Woodside Primary School (top oval) on Tuesdays at 3.45pm. (Unless weather too hot then the class is held at the Uniting Church hall). This will commence Tuesday 12th February. Cost is \$60 for the 6 sessions and is to be paid up front. Dates as follows: 12th Feb, 19th Feb, 26th Feb, 5th March, 12th March, 19th March. **Bookings essential by 6th Feb.**

EXPRESSIONS OF INTEREST YOGA: We are looking at possibly adding another yoga class to the timetable which would be Mondays at 11.30am. Please let me know asap if this is a time that would interest you to attend and if there is enough interest, we will trial it.

CLASS LOCATIONS:

All classes are held in the Woodside Uniting Church Hall on Nairne Road apart from:

Mens Fitness – held at the Woodside Pool grounds

Walking Group – meets in the pool car park.

Bootcamp – Woodside Primary School (top oval)

Aqua – at the Woodside pool!

See you soon, Jodie ☺