



ACTIVE FITNESS AND LIFESTYLE GROUP

Adelaide Hills (War Memorial) Swimming Centre Incorporated, WOODSIDE

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MAY 2014

FROM THE COORDINATORS DESK: I hope you all had a great Easter and enjoyed the School holidays. Now it's time to get back into the exercise routine! Please support our classes if you want them to remain on the timetable. As always, please don't hesitate to forward any feedback and class suggestion. What classes would you like to see on the timetable?? We do our best to cater for everyone if there is enough interest and instructor availability.

TIME CHANGES: Monday nights *Men's Fitness* now starts at 6.30pm at the School gym.
Tuesday morning *Cardio Mix* now starts at 9am, followed by *Abs Blast* at 10am.

CLASS NAME CHANGE: Please note that *Custom Class* is now called *Group Personal training*. – same great class just a different name! Wednesday nights at 7.15pm.

BODY BAR CLASS MONDAY 5th MAY: Please note that for this night only, the class will not be a tradition bodybar class, however weights will be used as well as other equipment. Test your strength using Pilates rings for resistance. Come along for a different challenge! Class will be back to normal the following week.

INSTRUCTORS PROFILES: Wanting to know a little more about our great instructors?? This month get to know Angie and more about Men's Fitness. Do you know of anyone who could benefit from this great class? If so, please let them know about it and get them to come along and give it a go! See attachment.

FIT TIP OF THE MONTH: Skipping: 15-20 minutes of skipping will burn just as many calories as a 30 minute jog at 9kph. For a piece of exercise equipment that only costs a few dollars, it's a cheap way to improve your cardiovascular fitness.

PRICES 2014:

As usual the first pass you purchase for the year includes the annual membership fee. Please see below.

10 VISIT PASSES

General Full: 1st pass \$110, subsequent passes \$90

General Concession: 1st pass \$ 80, subsequent passes \$70

Yoga / Pilates Full: 1st pass \$140, subsequent passes \$120

Yoga / Pilates Concession: 1st pass \$110, subsequent passes \$90

Autumn Aqua: 10 block Passes: (set dates) \$120 or \$100 for 2014 members

CASUAL CLASS PRICES

General classes: \$12

Yoga / Pilates: \$16

Happy Feet walking group : 50c per week.

Hope to see you soon!

Jodie ☺