



ACTIVE FITNESS AND LIFESTYLE GROUP

Adelaide Hills (War Memorial) Swimming Centre Incorporated, WOODSIDE

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APRIL 2019

FROM THE CO-ORDINATORS DESK: What a great aqua season we had! Thanks to our amazing instructors Kerry, Jess and Denise and to the Woodside Pool staff for once again providing us with a great pool to use over the summer. If you are still wanting to do aqua see the post below and book in!

AQUA FITNESS IN AUTUMN:

Aqua Zumba has just commenced at Forest Range with Denise. Dates are as follows and bookings **are essential. We have a couple of spots left.**

Cost is \$80 for the 5 classes and to be paid up front.

1st April, 8th April, 15th April, 29th April, 6th May.

PILATES: NEW INSTRUCTOR: We welcome Kylie to our team of Instructors who will be taking over the 6pm Monday Pilates class from Sue. Thank you Sue for all your efforts and we wish you all the best.

BOOTCAMP: It's a wrap! Another great round of Bootcamp and Jess is so proud of everyone and the results they achieved. We hope to offer this program again when the weather is warmer but for now we will continue with 6am classes in the hall, Tuesday and Thursday mornings.

YOGA MONDAYS AT 11.45am: We are pleased to let you know that this class will now be a permanent class on our timetable as it has been well received for the trial sessions. Thank you to our instructor Leonie for bringing this class to our group.

MORE YOGA? EXPRESSIONS OF INTEREST THURSDAYS AT 9.15AM: Please let me know if you would be interested in attending Yoga classes on Thursday mornings at 9.15am. If this is a time that would interest you and if there is enough interest, we will see if we can trial it, depending on hall and instructor availability. Or alternatively of another style of class you would like at this time slot.

EASTER / PUBLIC HOLIDAYS: No classes will be held on Friday 19th, Monday 22nd (Easter) or Thursday 25th April (Anzac Day) due to the public holidays.

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.

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 in Summer / Private location in Autumn.

See you soon, Jodie 😊