



## ACTIVE FITNESS AND LIFESTYLE GROUP

Adelaide Hills (War Memorial) Swimming Centre Incorporated, WOODSIDE

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### AUGUST 2019

**FROM THE CO-ORDINATORS DESK:** Well it is great to be back after our wonderful trip overseas. Thank you to the Instructors for the extra work they did while I was away.

**AUGUST PROMOTION - BRING A FRIEND!:** Do you have a friend or family member who could benefit from our classes? If so, for the month of August bring them along for **free** and **YOU also will get that class for free!** This is valid for 1 per person, new members only.

**NEW YOGA CLASS! Thursdays at 9.15am (1 hour 15 minutes)** Don't forget we now have Yoga on Thursday mornings with Prue. Studies have confirmed that by incorporating Yoga into your routine can help enhance your health, increase strength and flexibility and reduce symptoms of stress, depression and anxiety. Prue is very experience and this class is suitable for beginners as well as more advanced as movements can be adapted to suit all levels. We also offer Yoga on Mondays at 11.45am with Leonie and Tuesday evenings at 6.45pm with Lynette.

**NEW CLASS: EXPRESSIONS OF INTEREST:** If interest is there, we will add another Bodybar class to the timetable at 6am, Friday mornings. Please let us know if this would interest you. We also love hearing of your ideas and suggestions for new class ideas so let us know your ideas and we will see what we can do!

#### 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 ☺