



be active

ACTIVE FITNESS AND LIFESTYLE GROUP

Adelaide Hills (War Memorial) Swimming Centre Incorporated, WOODSIDE

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JUNE 2019

FROM THE CO-ORDINATORS DESK: As the cooler months are now here, remember we have the heaters on at the hall to take the chill off the air, so stay motivated and keep warm by exercising! I am heading overseas mid June for a month so if you have any queries at all during this time, please chat to any of the instructors and they will be able to help you out.

NEW YOGA CLASS! Thursdays at 9.15am (1 hour 15 minutes) We have now had 4 of the 6 trial classes for this new Yoga class. If you have attended the class, we would love to hear your feedback on if you think it would be a class you would attend regularly. If you haven't had a chance to try it, then please do and let us know your feedback. Cost is \$18 per class or Yoga passes can be used. If you have not tried yoga before your first class is \$5 come and try.

INDOOR BOOTCAMP: Well done to those who have committed to this 6 week program with Jess on Tuesday and Thursdays at 6am and thank you to our wonderful instructor Jess for her commitment.

PUBLIC HOLIDAY: Monday June 10th, Please note no classes on this day due to the public holiday.

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 ☺