



ACTIVE FITNESS AND LIFESTYLE GROUP

Adelaide Hills (War Memorial) Swimming Centre Incorporated, WOODSIDE

PHONE: 0413 593 316 activefitness.woodside@gmail.com www.adelaidehillsswimmingcentre.com.au

Visit us on facebook



MARCH 2019

FROM THE CO-ORDINATORS DESK: There is only a couple of weeks left until the pool closes for the season. The pool at this stage will close on Saturday 16th March. So get in for a couple more classes while you can and see details further about continuing Aqua Zumba classes at Forest Range.

LIONS CLUB DONATION: We are so pleased to have recently receive a donation from the Lions Club of Onkaparinga which will enable us to purchase some new equipment. Due to our class numbers growing we are so grateful for this donation. Thank you so much to the local Lions Club. We really appreciate it!

BOOTCAMP: 3 weeks down, 3 to go! Jess is loving the energy of the group and really pleased with everyones progress so far. Keep working hard and you will reap the rewards 😊

YOGA: Don't forget about our new Yoga class on Mondays at 11.45am with Leonie. This is a trial period for 6 weeks, so come and see if you like it and if there is enough interest, we will then add to our timetable permanently.

FRIDAY 1030AM EXPRESSIONS OF INTEREST: We are looking at what class would be best for Fridays at 1030am. Some interest has been for BodyBar. Please let me know asap if this is a time that would interest you and if there is enough interest, we will trial it. Or alternatively of another style of class you would like at this time slot.

AQUA FITNESS IN AUTUMN:

We know you love Aqua, so we will offer once again 6 Aqua Zumba classes at Forest Range with Denise. Dates are as follows and bookings **are ESSENTIAL by Wed 20th March.**

Cost is \$100 for the 6 classes and to be paid up front.

Monday 25th March, 1st April, 8th April, 15th April, 29th April, 6th May.

PUBLIC HOLIDAY: No classes will be held on Monday 11th March 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!

See you soon, Jodie 😊



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