



ACTIVE FITNESS AND LIFESTYLE GROUP

Adelaide Hills (War Memorial) Swimming Centre Incorporated, WOODSIDE

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MAY 2019

FROM THE CO-ORDINATORS DESK: I hope everyone is well and enjoyed the School holidays, Easter and Anzac Day. You will start to notice some new fitness equipment in the classes which is thanks to the donation we received recently from the Lions Club in Woodside. **THANK YOU** once again to the Lions Club, we really appreciate the support you continue to give us.

NEW YOGA CLASS! Based on the feedback we have received we are pleased to add another class to our timetable which is **YOGA, Thursdays at 9.15am commencing May 9th**. This class will be taken by Prue who has many years experience in teaching Hatha yoga and is looking forward to meeting you all. This is a trial class for 6 weeks, so please come along and see if this is a class you would like to be permanently on the timetable. The class will be for 1 hour and 15 minutes. 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.

AQUA FITNESS IN AUTUMN:

There is just 1 Aqua Zumba class to go which will complete our sessions for Autumn. Thank you to those who participated in the Autumn sessions and a very big thank you to our amazing instructor Denise for bringing this program to our group. Aqua will recommence in Spring / Summer.

PILATES: NEW INSTRUCTOR: Just a reminder that we have a new instructor, Kylie who has recently taken over the 6pm Monday Pilates class. Feedback has been very positive and the participants are enjoying this class. Come along and give it a try if you haven't as yet.

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.

See you soon, Jodie ☺