



ACTIVE FITNESS AND LIFESTYLE GROUP

Adelaide Hills (War Memorial) Swimming Centre Incorporated, WOODSIDE

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OCTOBER 2019

FROM THE CO-ORDINATORS DESK: The sun is out and it's time to set yourself some new goals! It won't be long until Bootcamp and Aqua classes are back in full swing! The pool opens November 9th so all the details of our Aqua classes will be out next newsletter.

BOOTCAMP: Kick start summer with Bootcamp! Starts Monday 21st October, 2 sessions x per week, Mondays and Wednesdays (12 sessions all up) at 6am. Sessions are 45 minutes and held on the Woodside Primary School top oval. Cost is \$150 to be paid up front. Suitable for all fitness levels as options are given as needed. **Bookings are essential by 14/10/19. Spots are limited!**

SCHOOL HOLIDAYS / PUBLIC HOLIDAY: Please note there will be no classes held on Monday 7th October due to the public holiday. Also, please note the following Yoga classes will NOT be on in the school holidays: Tuesday 8th October at 645pm, Thursday 10th October at 915am. Classes back to normal the following week.

PILATES: Have you had a chance to try our Pilates class on Monday nights at 6pm with Kylie? We have just purchased some Chiballs which will be used in some of the sessions. Using the Chiballs in the class will help develop core strength, supports the spine, stabilises the pelvis and increases the mobility of the joints. Kylie is the instructor and the participants are really enjoying this class. Come and give it a try for yourself.

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)

See you soon, Jodie ☺