



## ACTIVE FITNESS AND LIFESTYLE GROUP

Adelaide Hills (War Memorial) Swimming Centre Incorporated, WOODSIDE

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## SEPTEMBER 2019

**FROM THE CO-ORDINATORS DESK:** Spring is finally here! Won't be long until Bootcamp and Aqua classes are back in full swing! More details on bootcamp follows.

**BOOTCAMP:** Kick start summer with Bootcamp! Starts Monday 21<sup>st</sup> 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.

**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)

Aqua – at the Woodside pool in Summer / Private location in Autumn.

See you soon, Jodie ☺