



ACTIVE FITNESS AND LIFESTYLE GROUP

Adelaide Hills (War Memorial) Swimming Centre Incorporated, WOODSIDE

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FROM THE COORDINATORS DESK: We all know the importance of exercise of course, but equal to this is the importance of healthy eating. Please see below a great offer from the *Adelaide Hills Farmers Markets* to help you along the way. Make the most of this great opportunity to purchase fresh, local, healthy produce at a reduced rate.



The Adelaide Hills Farmers' Market (AHFM) supports healthy eating everyday and would like to extend a special offer to Active Fitness Woodside families. If you buy a market membership before July, you can get 10% off all purchases through the rest of the year for only \$20! We hope that we can count on seeing you at 23 Mann Street, Mt Barker, Saturdays 8.30 til 12.30! We will be having kids activities during school holidays in addition to all the great things available at your local market. Come for the local, fresh fruit and yummy veg, milk, yogurt, As Sweet as' honey, Wakefield Grange meat, fish, olives, smallgoods, dips, seedlings from Gooseberry Hill; and stay for the coffee, hot brekkie, Bull Creek pies, gourmet sausage rolls from Greenhills, Ararat cakes, music and much more... Dog and kid friendly atmosphere; first Saturday of the month is also the Artisans' Market.

MORE WINTER AQUA! - EXPRESSIONS OF INTEREST: Our evening classes have been very popular with spots full, therefore we would like to offer a day time class. If we have enough interest, Jaye will teach a class **on Wednesdays at 12.30pm** at the Forest Range pool, commencing Term 3 for 10 consecutive weeks (see dates below) It's great that we are able to offer these classes so participants are able to keep up their aqua in the cooler months in a lovely heated pool. Thanks to Jaye and the pool owners for allowing this to happen and see Jaye's instructor profile attached to get to know her better!

Daytime Winter Aqua at Forest Range:

First class Wednesday 23rd July at 12.30pm – last class Wednesday 24th September
10 consecutive weeks

Full payment for the 10 classes is required up front and cost is \$120. Get in quick as spots are limited!

CITY TO BAY: Our first training session was held a couple of weekends ago and it was great to see many people brave the cold and come for a run / walk as well as kids in prams and on bikes! So bring the family along. More training sessions will be held leading up to the event, please see below for details. If you are interested in joining our team, then please let me know. Our team is 'Team Tolerance – Racism No way' which is raising awareness of racism in conjunction with raising money for 'beyondblue'. You do not need to let me know if you are coming to the training sessions, just be there! The City to Bay fun run is held on Sunday 21st September which will be here before we know it! You can also keep up to date with training sessions by liking 'Team Tolerance' on Facebook.

This Sunday 29th June @ 2pm. Meet at Victoria Park Racecourse Grandstand

19th July @ 9am - River Torrens Linear Trail. Meet at War Memorial Drive opposite Next Generation Gym.

SCHOOL HOLIDAYS: Please note all of our classes will run as normal in the School holidays, although BodyBar on Monday nights at 7.15pm will not be a tradition bodybar class, but Consuelo will be sure to challenge you! Remember some of our classes are child friendly so if you are looking for something to do in the school holidays bring the kids along! (see timetable for details of child friendly classes)

Hope to see you soon!

Jodie ☺