

With Winter on its way we are more likely to spend more time indoors. This is a great opportunity for you to start a new hobby or exercise class that will keep you active throughout the winter period.

Here are some suggestions:

1. Get on board the latest craze in exercise classes, Zumba. Get a group of friends together and even bring your mum! to find a class near you head to the link below, or purchase the dvds and work out in your living room.

<http://search.zumba.com/en/classes/international>

2. When the weather is too horrible to get on your bike and cycle through the suburbs, head to a local Spin class. Enquire at your local gym or leisure centre.

3. The beach is not so nice during the autumn and winter period, so why not try Indoor Beach Volleyball. You don't have to have played before, and best of all you can hit the ball off the nets, bounce off the nets, have a great time and work up a sweat! To find your nearest centre head to <http://www.indoorbeachvolleyball.com/>

4. Indoor Rock Climbing is a great team building and enjoyable day out, whether you go with your partner, friends or children. Perth has 2 indoor rock climbing facilities, The Hang Out in Bayswater and The Rockface in Northbridge.

### WHATS ON??



The HBF Run for a Reason is a new event on Sunday May 23rd where you can walk, run, jog or stroll your way to the finish line.

There are two distances to choose from a 4.5km and the 14km, both start and finish at the WACA.

Visit: <http://www.hbfrun.com.au>



April 1st til 30th

The Great Australian Bite is a community participation event involving people and groups getting together throughout the month of April to share a bite to eat and support Diabetes WA by making a tax deductible donation

<http://www.greataustralianbite.com.au/>



Trench Health and Fitness has fitness Facilities in the Perth CBD and Shenton Park

Opening hours as follows:

Monday to Thursday	6am - 8pm
Friday	6am - 2pm
Saturday	8am - 12pm

For further information contact:  
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