

Christmas Drinks in the Park

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See the notice board for more pictures

Christmas Gym Opening Hours

Wednesday 24th Dec 2025 - Monday 5th Jan 2026

Wed 24 Dec	7am - 12noon	Classes 9, 10 & 11am
Thurs 25	CLOSED	Christmas Day
Fri 26	CLOSED	Boxing Day
Sat 27	CLOSED	
Mon 29	7am - 12noon	Classes 9, 10 & 11am
Tues 30	7am - 12noon	Classes 7, 9 & 11am
Wed 31	7am - 12noon	Classes 9, 10 & 11am
Thurs 1 Jan	CLOSED	New Years Day
Fri 2	CLOSED	
Sat 3	CLOSED	
Mon 5	NORMAL GYM HOURS RESUME	

- No need to register for Classes
- Be Stronger and Off Peak Gym members can attend the gym and classes any time during restricted hours.

Last classes for **GREEN** members Saturday 20th December

Classes resume Monday 12th January 2026

Outdoor Holiday Classes Tues 6 - Sat 10 Jan 2026

Tuesday	6th	7am	W&S
Thursday	8th	7am	W&S
Saturday	10th	8am	W&S

There is no charge for these classes



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OPENING HOURS:

Monday	6.30am - 7.00pm
Tuesday	6.30am - 4.00pm
Wednesday	6.30am - 6.00pm
Thursday	6.30am - 6.00pm
Friday	6.30am - 4.00pm
Saturday	8.30am - 1.30pm
Sunday	Closed

Fitness on the Park is an organisation of health and fitness professionals whose objectives are to provide high quality and innovative exercise programmes for the whole community. These programmes, with an emphasis on education, will enable a variety of participants, young and old, fit or unfit, to achieve and maintain a greater level of health and well being.

2026 Programmes

- Back Care/Mobility Plus
- Be Stronger – over 60's
- Strength
- Balance
- Countryside Walking
- Cardio/Strength - outdoors
- Fit for Life - outdoors
- Fitness Circuit
- Masters (over 65's)
- Personal Training
- Pilates
- Resistance Training Circuits
- Weights & Stretch - outdoor
- Seated Yoga
- Yoga



FITNews

Issue 99

Summer 2025/6

CALENDAR OF EVENTS

New Class

Stretch & Balance
Wednesdays 4-5pm

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Last Classes for Green Members

Sat 20th December

Resume Mon 12 Jan 2026

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Please see the back page or check the notice board for the outdoor holiday classes in January

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Cape to Cape Walk in WA

20th - 27th April 2026

Take part in a selection of the best walks on Australia's longest coastal walk, the Cape to Cape Track in Western Australia.

See reception for more information.

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Walk Europe

3 Sept - 3 Oct 2026

Prague/Bohemia, French Basque Region, lower Pyrenees, Dordogne.

Spaces available, see reception for more information.

Dear Members,

Well, we must have "done something good"! Our Christmas Drinks celebration in the park was blessed with perfect weather for standing under the trees and enjoying a large amount of Christmas cheer, with delicious sandwiches, pizza and home-made sausage rolls. The photos are up on the notice board and a small selection in this summer newsletter. A very happy time was had by all as it is such a good opportunity to celebrate and for us to thank the hard work of our trainers, instructors and admin staff, all working together to make Fitness on the Park a happy place to visit and maintain fitness and wellbeing. We are so very proud of our members commitment to long term health.

As always we are offering reduced hours with classes over the holiday season and some extra outdoor sessions to keep you healthy and motivated. These time are on the back page of this newsletter.

Thank you to our dedicated staff for another year.

Seasons greetings to all. Have a safe and happy relaxation time with your family and friends. We look forward to seeing you again in 2026.

Anne Lang
Manager

A NOTE FROM THE EDITOR

I am always encouraged by the enthusiasm of our members to embrace strength and power training, regardless of age! There is an interesting article on "power" training on page 2.

A reminder that classes for "Green" members, who mainly do the outdoor classes, finish on Saturday 20th Dec and resume on Monday 12th Jan with holiday classes 6th, 8th and 10th Jan.

Catherine Doyle

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Fitness on the Park

Power the Key to Healthy Muscles and Longer Life

Muscle tissue plays a key role in metabolic health, helping to control blood sugar levels and altering our metabolism. As muscle mass declines from midlife onwards, this is often accompanied by greater fatty deposits within the muscles.

Researchers at Harvard University are now warning that fat hidden within our muscles can pose a significant medical risk. Their new study, led by Professor Viviany Taqueti, showed that people with high levels of intermuscular fat were more likely to experience heart attacks or heart failure. They found that every percentage increase in intermuscular fat resulted in a 7 percent raised risk of heart disease in the future, regardless of how much visible fat they had. Taqueti said that the fat increases inflammation, which in turn, can cause damage to blood vessels, including those supplying the heart.

The better shape our muscles are in, the less likely they are to become weakened by fat infiltration. That comes down to exercise that combines cardio, strength, flexibility and balance training - adding effort and resistance will bring the best results.

From our forties onwards it's important to include another critical element of fitness - **power**. Exercise physiologists define strength as the ability to overcome resistance by generating force. Muscle power adds speed and acceleration to that equation; that same force applied more rapidly, enables you to perform brief, explosive movements.

Alarmingly, a study published in 2023 in the journal *Sports Medicine* suggests that as we age, muscle power diminishes at an even faster rate than the decline in muscle mass, up to twice as quickly, unless we take steps to avoid it.

Research by Professor Claudio Gil Araujo, director of research and education at an exercise medicine clinic in Rio de Janeiro, shows that people with more muscle power tend to live longer. He says the simplest way to improve power is to lift weights at speed. "Most people aim for 10-12 repetitions or lifting until they reach the point of fatigue, but that improves strength, not muscle power," he says. He suggests performing 6-8 repetitions of an exercise as fast as you can, then taking a short rest of about 20 seconds to allow muscles to replenish and recover - this can bolster muscle power three to four-fold over time. "Pay more attention to the speed of the movement, pushing weights as fast as possible, then allowing them to return to normal speed," he says. "Explosive movements are what are needed to increase power.



Friday Class performing a vertical Jump

"The good news is that you don't need to improve power dramatically to enhance your lifespan prospects. Even adding small amounts to regular workouts can make a big difference." Some examples are:

Power jumps are a great way to build explosive muscle power, providing you have no underlying injuries. For a vertical jump, bend the knees and jump up as vigorously as you can. You can also try a horizontal jump, bending the knees and swinging both arms to jump as far forward as you can.

Wall push up where you bend your arms as you move into the wall at normal pace, then push hard and fast away from the wall.

Step climbing - Arraujo suggests walking or running as fast as you can up 4-5 stairs, resting for 20 seconds and then repeating 4-5 times.

Squat stands - lowering into a squat - with the power element coming in the drive back up which should be forceful, standing up as fast as possible while maintaining good technique. You can progress to adding weights when this is manageable.

Squat jumps - this is a more advanced power exercise. Bending into a squat with hands on your hips and then jump up vigorously so that your feet leave the ground. You can swing your arms up to aid the movement. Make sure you land softly to minimise the impact.

Fast weight training - choose a weight that is not too light and not so heavy that you can hardly lift it. Aim to work a range of upper and lower body muscles and increase the weight if it becomes too easy. Start with 6-8 repetitions, moving the weights as fast as possible while you contract your muscles, slowing the speed to normal as you return to the start position. Resting for 20 seconds between sets, building up to 3-4 sets over time.

Source: *The Times* 21st January, 2025

Member Steve Guy's UK Hike

The northern English city of Manchester, the birthplace of the industrial revolution, might not seem the most likely place to host a 320km hiking trail, but the recently established Greater Manchester Ringway trail is one of the most interesting, challenging and diverse in Europe.

Gym member, Steve Guy, and partner Jenny, veterans of many long distance hikes in England, Ireland and, of course, Australia, have recently completed the circular Manchester trek. The 320km route crosses farmland, moors, wetlands, nature reserves, the challenging Pennine range and historic parks, but also respects local urban and industrial heritage with lengthy sections along the extensive canal network in this part of England.

Steve says the canal sections come as a relief after some of the tougher hill climbs because canal towpaths are always flat. The canals are no longer used for transportation but they are well maintained and a significant numbers of barges and houseboats make them a picturesque part of the landscape.

Unlike their previous long distance walks, which start in one place and end in another, the Manchester hike is circular. This means, says Steve, that you can base yourself in the city, and after each day of hiking, return to base that evening. "We averaged 20km a day, and the beauty of this trail is that it has been designed so that each of the 20 stages ends at a public transport



Steve and Jenny

hub, making it easy to get home and return the next day to carry on"

On just the second stage of the walk Steve and Jenny came across two other hikers and discovered them to be two of the instigators of this relatively new trail who were checking that the way marking and signposting was in place and accurate. "They were amazed" says Steve, "that we had come so far to tackle this brainchild of theirs, and invited us to the monthly meeting of their Ramblers association and even informed the BBC who then contacted us for a live radio interview."

Next year Steve and Jen will return to Cornwall to complete the last leg of the South West Coast path from where they left it a few years ago. Why England again? Well, says Steve, unlike most Australian trails, in England there's always a pub at the end of each day!

Christmas Drinks in the Park

Here is a selection of pictures from our Christmas in the Park drinks evening on Friday 5th December.



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