



Tally Ho Fitness Group

PROGRAM for September to December 2011

September					MelWay
		3	Wesley	Magpie fever - David Buttifant, Head of Fitness at Collingwood Football Club	
		10	Wesley	Instructor - Justin Goldsmith	
		17	Away	THFG - Kevin Robinson & Heatmont Hackers at H.E. Parker Reserve	64 C2
	SH	24	Wesley	Instructor - Jeanette	
October					
	SH	1	Wesley	FLDT - Grand Final workout - W-W-W- (Whelan Williams Williamson)	
	SH	8	Wesley	Instructor - Justin Goldsmith	
		15	Away	THFG - Winston Marsh - "The Picnic Race Day" at Norton Park	72 A2
		22	Wesley	Instructor - Kevin Collins - "Bring a Friend"	
	PH	29	Wesley	FLDT - Alan Purton, Ross MacDonald, Pat Egan	
November					
		5	Wesley	Instructor - Justin Goldsmith	
		12	Away	THFG - Emerald run - Dick Bartley	127 A4
		19	Wesley	Instructor - Kevin Collins	
		26	Wesley	THFG - Bill Hayes	
December					
		3	Wesley	Instructor - Justin Goldsmith	
		10	Away	FLDT - Beasley's Nursery - Richard Williams, Tim Collins, Graeme Ritchie	
		17	Wesley	FLDT - Peter O'Bree, Michael Brazel, Stan Contogouris Cooper Test	
	PH SH	24	Wesley	Christmas break-up BBQ - Father Burns	
	PH SH	31	Away	THFG - Stuart Small - Blackburn Lake, Central Rd	48 B11
	SH	Indicates: The weekend is during Victorian school holiday period			
	PH	Indicates: The weekend includes or is near a public holiday			

Don't forget

Program starts at 7am each Saturday at nominated venue and concludes around 8:30 am.

Wesley College sessions start in the games hall, at rear of the college, 620 High Street Rd, Glen Waverley.

MonStars - fast runners **AllStars** - runners **NewStars** - walker/runners **WereStars** - walkers

Bring your swimmers & towel to each Wesley session.

Fees, \$150 per annum, are due in January - for electronic transfer use BSB 063 197 - Acc No 0090 0048

(include your name in transfer description and inform Treasurer by emailing him the details of the payment)

Notable Dates

Sat 1 Oct AFL Grand Final

Sun 2 Oct Daylight Saving Time commences

Sun 9 Oct Melbourne Marathon

Sun 16 Oct Around the Bay In A Day

Sat 22 Oct Bring A Friend day

Tue 1 Nov Melbourne Cup Public Holiday

Sun 26 Nov - 4 Dec Great Vic Bike Ride

And more fitness

Note : These activities are not organised or managed by THFG, but are published for member's information

Bike Rides - Tuesday morning's "Ride with Maurie" & Thursday morning's "Ride with Peloton de Lycra"

Runs - from Nunawading Swimming Pool starting 6:30, finish 7:30 - Mon, Wed and Fri mornings

The **Wattle Park Fitness Group** program is available on the THFG website. Contact is Daryl Davey 0409 179 590

Contacts

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