hat's special....what's new...what's good.

## Warmer Running Pip

idea hat for winter running has turned hink the search may now be over. Since hilly and frosty nights recently, this ist in time. Now, to our mind, the perfect look great but it does need to fit great. rears, does not drop down over your smurf. It also doesn't make your head

is worth it as it's the kind of kit you will ever lose!



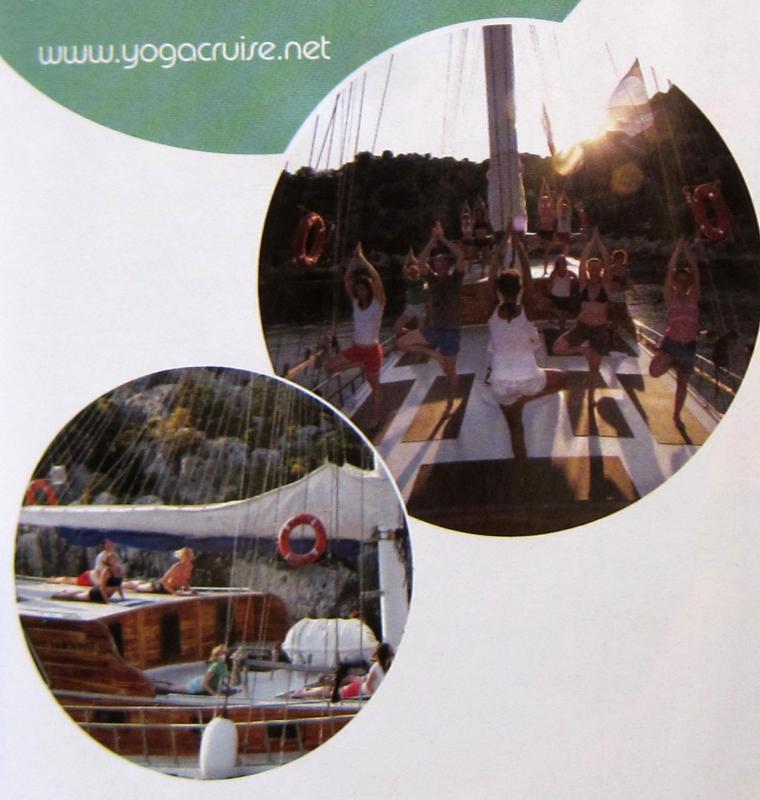
s give the ultimate fix to relieve tension and herapy oils are released from the massage

our inner beauty to shine ve concentration and circulation for scent-free self-massage



## Yoga trend....

We're booking our spot aboard a traditional style motor sailing yacht in the colm warm waters of the Turkish mediterranean for a Yoga Cruire. What could be better than discovering pristine beaches and idyllic villages in this beautiful country, whilst enjoying two uoga classes daily on the boat's sun deck? It's suitable for all levels and taught by Kathja, a Sivananda Hatha Yoga teacher. Weekr run from July to October and prices start at €890 per person including meals.













## **Sno-time**

If you are heading for a ski or snowboard holiday get in shape first with the Roxy Sno Fit class. Designed by the experts at Virgin Active health clubs along with professional snowboarder, Lesley McKenna, it will prepare your body for a week on the slopes. The circuit based class uses Gliding Discs and weighted ViPR tubes and finishes off with a bit of yoga.

Focusing on both your aerobic fitness and strengthening your core and lower body, the instructor incorporates alpine elements into her directions as you are encouraged to run to the chair lift, head for the chalet or sit down on the sledge.

Roxy Sno Fit Workout is available now to members in all 71 Virgin Active Health Clubs nationwide.

Visit: www.virginactive.co.uk to find your nearest club and the time of the session.

101 Youth Netball Drills by Anna and