

# ACTIVE CAMBRIDGE & RURAL SURROUNDS

COMMUNITY OPPORTUNITIES, Led by the community for the community

## FREE COMMUNITY FITNESS GROUPS

Free groups to motivate...

### CAMBRIDGE FRIDAY SOCIAL CYCLING

FRIDAYS 9.30am – 11.00am FREE  
Meet outside Absolute Coffee House  
All abilities and bikes welcome  
Ride Leader: Dr Rick Bosacker

### JADE'S THERAPEUTIC TAI CHI

MONDAYS 9.30am – 10.30am FREE  
With HEALTHACU Ltd  
Outdoors on Victoria Square, Cambridge  
(Cancelled if raining)  
Contact Jade He: 021 0292 8629

### KAIPAKI YOGA

MONDAYS Start time: 6pm FREE  
Kaipaki Hall  
Contact Amy Holt: 0211837818

### CAMBRIDGE PARKRUN

SATURDAYS 8.00am Free timed 5km run  
or walk from the Avantidrome. Sign up  
for a barcode parkrun.co.nz

### WEDNESDAY WALKERS

WEDNESDAYS Start time: 8:45am FREE  
A friendly group of outdoor walkers.  
-Outside Alpino restaurant, Victoria St-  
Contact Lyn Toka: 07 823 1165

### LEAMINGTON WALKERS

WEDNESDAYS Start time: 9.00am FREE  
A social walking group that departs from  
the Leamington Medical Centre  
Contact Elaine Vickery 07 823 3410

### FIT FOR LIFE CLASS

TUESDAYS 9:30am and then 7:30pm FREE  
Suitable for beginners.  
-7<sup>th</sup> Day Adventist Church, Leamington-  
Contact is Carolyn

### OUTDOOR FITNESS PARK

Thornton Road | A wonderful, easy to use  
community outdoor fitness gym

### LADIES RUNNING REBOOT

For ladies wanting to get back into  
running. Times vary according to time of  
year: dee.atkinson@waipadc.govt.nz

## LOW COST COMMUNITY EXERCISE CLASSES

Low cost classes to motivate...

### PERRY AQUATIC CENTRE AQUAFIT

MON, WED  
Start time: 8.30am until 9.30am  
TUES  
Start time: 5.30pm until 6.30pm  
THURS  
Start time: 6.30pm until 7.30pm  
FRI  
Start time: 9.00am until 10.00am

### ST ANDREWS SELWYN CENTRE MONDAYS

Start time: 10.00am until 12.00am  
\$4.00 (Includes morning tea!)  
Social, gentle exercise & friendships-  
Contact Gladys Hollick: 07 827 3733

### JUST FOR BLOKES FITNESS

TUESDAYS  
Start time: 6.00pm  
\$4.00 per session  
An energetic class just for the guys!  
Aerobic exercise, strength & conditioning,  
competitive games  
-Trinity Union Parish Hall, 43 Queen St-  
Contact Mike Ward: 027 235 2247

### TAI CHI INDOOR CLASS

WEDNESDAY & FRIDAY  
Start time: 1.00pm  
\$5.00 per session  
Trinity Union Parish, 43 Queen St-  
Bob & Claire Hughes: 07 827 4814

### STRONG & STABLE (60+)

Cambridge Baptist Church  
Mondays 9:30am \$4.00 Per session  
St Kilda Village  
Tuesdays 9.30am \$5.00 Per session

### SIT & BE FIT

Residents classes at St Kilda Village and  
Lauriston Park.

### FAT BOTTOM GIRLS & GUYS WALKING GROUP

Walking group for anyone keen to get  
active, gain confidence & be social  
fbgclubnz@gmail.com

### RAYCHEL RUSSELL FITNESS

All classes: Trinity Union Parish, 43  
Queen St, Cambridge PH: 027 251 7141  
[raychelrussellfitness@gmail.com](mailto:raychelrussellfitness@gmail.com)

### RAYCHEL'S EXERCISE TO MUSIC TUESDAYS

9am – 10am | \$5  
Feel the rhythm! Suitable for beginners.

### RAYCHEL'S CIRCUIT EXERCISE TUESDAYS

10am – 10.45am | \$6  
A fun, uplifting exercise circuit!!

### RAYCHEL'S UPRIGHT & ACTIVE FRIDAYS

10.30am | \$5 | Aimed at older adults,  
focusing on strength & balance

### RAYCHEL'S LET'S GET MOVING FRIDAYS

Fun PRESCHOOL movement to music  
Start Time: 11:30am  
\$40 per child/term

### KORU DANCE FITNESS

MONDAYS & WEDNESDAYS  
6.30-7.30PM | Leamington Rugby Club  
Suitable for beginners.  
First three classes \$5 ea

### AVANTIDROME

15 Hanlin Rd 0800 835 637  
[reception@avantidrome.nz](mailto:reception@avantidrome.nz)

### AVANTIDROME WALKERS TUESDAY & THURSDAY

Start time: 9.00am or 10.00am  
GOLD COIN DONATION at front desk  
A great option for older adults, walk  
around the 310m indoor walking track  
-Meet at top Level of the Avantidrome-  
Anne Gray & Lynda Griffin

### AVANTIDROME TRIKES DAILY SESSIONS

\$10.00 per session  
A great way to get active & develop  
balance skills in a social group  
environment

### AVANTIDROME PILATES & STRENGTH CIRCUIT FOR 50+ DAILY SESSIONS

Cost: \$5.00 - \$10.00 per session