

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

Kite Road, Ohaupo (\$10/class)
Sundays 3pm - gentle flow
Sundays 4pm - energising/active flow
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.
-7th 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

Resident classes at St Kilda Village.
Cambridge Lyceum (Fit & Fabulous)

FAT BOTTOM GIRLS & GUYS WALKING GROUP

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

RAYCHEL RUSSELL FITNESS

All classes: Trinity Union Parish, 43
Queen St, Cambridge PH: 027 251 7141
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

VELODROME

15 Hanlin Rd 0800 835 637
reception@velodrome.nz

VELODROME WALKERS TUESDAY & THURSDAY

Start time: 9.00am or 10.00am
GOLD COIN DONATION at front desk
Walk around the indoor walking track
(Meet at top Level of the Velodrome)

AVANTIDROME TRIKES

Enquire via email to
reception@velodrome.nz
A great way to get active & develop
balance skills in a social environment

ACTIVE AGERS 50+
MONDAYS/WEDNESDAYS 8.30-9.30AM
Cost: \$7.50 per session

SENIOR PILATES 50+
THURSDAYS 8.30-9.30AM
Cost: \$7.50 per session