

Waipa: Strength & Balance Classes

Trinity Union Parish Hall, Cambridge

43 Queen Street

Exercise to Music, Tuesday, 9-10am, 6

Upright & Active, Friday, 10.30-11.30am, 6

Leader: Raychel Russell, 027 2517141

Cambridge Baptist Church

58 Queen Street

Strong & Stable

Monday 9.30-10.15am, \$5

Leader: Vicki Fleming, 020 402 07262

Leamington Rugby & Sports Club

36 Carlyle St, Leamington

Counterpunch Parkinson's, Friday 10-11am

Movers & Shakers: Functional Fitness, Wed 10-11am

\$5 Parkinson's /MS, \$10 general public

Leader: Julie, 027 296 6003

Focused Physiotherapy, Te Awamutu

670 Cambridge Rd

Strength & Balance, Tues 9-10, Thur 9-10 & 10-11, \$7

Men's Only class, Thursday 11-12, \$7

Contact us for more info, 07 871 4321

Rosehill Lifestyle Village, Te Awamutu

182 Gleneagles Drive

Strong & Stable,

Thursday, 9.30-10.30am, \$3

Leader: Olive, ph Steph 027 4190068

St Kilda Village, Cambridge

91 Alan Livingston Drive

Strong & Stable,

Tuesday, 9.30-10.30am, \$5

Leader: Vicki Fleming, 020 402 07262

Focused Physiotherapy, Cambridge

1913 Cambridge Road

Strength & Balance, Wednesday 9-10am & 11-12,
& Friday 10-11am, \$7

PD Move it! Parkinson's class, Thursday 2-3pm

Contact Focused Physio for more info, 07 823 1393

Presbyterian Church Hall, Te Awamutu

80 Mutu Street

Easy Exercise,

Tuesday 9.30-10.30am, \$2

Leader: Georgina, ph Steph 027 4190068

Freeman Court, Te Awamutu

Roche Street

Sit and Be Fit,

Thursday 10.30-11am, Residents Free/ Non-Residents \$2

Leader: Karen Phillips, 027 2238417

Waipa classes for residents/ members only:

St Kilda Village, Cambridge

91 Alan Livingston Drive

Sit & Be Fit,

Monday, 10.45-11.30am,

Leader: Vicki Fleming, 020 402 07262



Waitomo & South Waikato: Strength & Balance Classes

Focused Physiotherapy, Otorohanga

78 Maniapoto St

Strength & Balance, Monday & Friday 1-2pm \$7

Men's Only class, Tuesday 1-2pm, \$7

Contact us for details: 07 873 7485

Senior Citizen's Hall, Piopio

Kea St, Piopio

Silverados,

Monday 9.30-10.30am

Leader: Wendy Weinberg, 07 877 8686

SWPICS, Tokoroa

1 Maraetai Road

Low impact body movement,

Monday to Thursday 10-11am, donation

Contact: Maine Natua, 021 930 092

Anglican Hall, Otorohanga

54 Haerehuka St

Gentle Exercise. Monday 9.15-10.15am, \$3

Leader: Jan, 07 873 1812

SWPICS, Tokoroa

1 Maraetai Road

Pacific Pearls with Edna

Wednesday 6-7pm, bring a fruit/donation

Contact: Maine Natua, 021 930 092

Kawhia Sports Club, Kawhia

201 Hoturoa St

Fit & Fabulous, Thursday, 10-11am, koha

Sit & Be Fit, Thursday, 11-11.45am, koha

Leaders: Jeanette, Lorraine 027 2732257

Taumarunui Cossie Club

9 Katarina Street,

Ready & Steady Exercise Class

Monday 10.15-11.15am, \$2

Contact: Sharon 027 460 4910



Matamata Piako: Strength & Balance Classes

Union Parish Church Hall, Matamata

31 Peria Road

Strong & Stable

Friday 10.15-11am, \$4

Leader: Gayle. Contact: Steph 027 419 0068

The Fire Station, Matamata

9 Peria Road

Upright & Active,

Monday & Wednesday 9-10am, \$4

Leader: Heather Coffey, 021 234 7967

St John's Ambulance Hall, Morrinsville

113 Anderson St

Strong & Stable,

Monday 4.30-5.30pm & Thursday 9-10am, \$4

Leader: Cat Taylor, 027 384 2246



Hauraki: Strength & Balance Classes

Coop Church Hall, Paeroa

Mackay St

Academyd Danzit Seniors,

Wednesday, 9.15-10am, \$2

Leader: Sheryl, 027 2800294

St John's, Paeroa

35 Belmont Rd

Steady as You Go,

Wednesday, 1.30-2.30pm, , \$2

Margaretta, Age Concern Thames, 07 868 9790

Longridge Village, Paeroa

Longridge Country Estate, Paeroa

Steady as You Go,

Thursday, 10-11am, \$2 residents only

Margaretta, Age Concern Thames, 07 868 9790

Art Museum, Waihi

Kenny Street (next to Gull)

Steady as You Go,

Wednesday, 10-11am, \$2

Margaretta, Age Concern Thames, 07 868 9790

St John's Hall, Waihi

134 Seddon Street, Waihi

Community Tai Chi Academy NZ

Tuesday, 10.30-11.30am, \$6/\$50 for 10

Leader: Trish Miller, 021 482842

Thames Valley Hockey, Ngatea

Pavillion, Orchard West Rd

Steady as You Go,

Tuesday 10-11am, \$2

Margaretta, Age Concern Thames, 07 868 9790



Thames Coromandel: Strength & Balance Classes

Elim Church, Thames

117 Jellicoe Cres

Upright & Active,

Monday & Thursday 9-10am, \$3

Leader: Jenny Brett, 027 867 5970

St George's Hall, Thames

602 Mackay Street (beside the hospital)

Steady as You Go,

Thursday 1.15-2.15pm, \$2

Margaretta, Age Concern Thames, 07 868 9790

Te Puru Hall, Te Puru

4 West Crescent, Te Puru

Dancing for Health

Tuesday 9.30-10.30am, by koha

Leader: Francine, 020 40200926

Coro Gym, Coromandel

155 Pottery Lane,

Sit & Be Fit,

Monday & Wednesday 9.30-10.30am, \$5

Leader: Peg McLean. 027 419 0068

Richmond Villas, Thames

82 Richmond St

Upright & Active,

Monday 11am-12, \$3

Leader: Jenny Brett, 027 867 5970

Anglican Church, Whitianga

Dundas St

60+ Strength, Balance & Mobility

Thursday 10-11am \$2

Leader: Lisa, 027 351 7110

Coro Gym, Coromandel

155 Pottery Lane

Steady as You Go,

Tuesday & Thursday 10-11am, \$2

Margaretta, Age Concern Thames, 07 868 9790

Take a Breath Studio, Whangamata

109 The Drive, Whangamata

Strong & Stable,

Wednesday, 12.30-1.30pm, \$5

Leader: Tamara Echave, 027 444 8138



North / Waikato: Strength & Balance Classes

St John's Hall, Huntly

George St

Strong & Stable,

Thursday 10.30-11.15am, \$3

Leader: Lynda McPoland, 027 338 0778

Friendship House, Huntly

St Paul's Hall, 55 William St

Strong & Steady,

Monday 1.30-2.30pm, \$3

Contact: Steph 027 419 0068

or Friendship House 07 828 7559

Kawhia Community Hall

141 Jervois Street

Fit & Fabulous, Thursday, 10-11.45am, koha

Sit & Be Fit, Thursday 11-11.45am, koha

Leader: Jeanette 027 2732257 & Lorraine

Te Kauwhata Community Fitness Centre

Waerenga Road

Upright & Active,

Tuesday & Thursday, 10.30-11.30am, free

Leader: Rachel, 07 826 4090

Te Kauwhata Bowling Club

Waerenga Road

Stay Steady, by donation

Wednesday, 9.30-10.30am

Contact Steph 027 419 0068

St Peter's Hall, Raglan

Bow St

Raglan Light Exercise Group,

Monday & Thursdays, 10-11am, \$3

Contact: Graham 07 825 7244

Raglan Town Hall, Raglan

41 Bow St & *live online on zoom*

Gentle Nia, \$14, see website dancenz.co.nz

Wednesday 9.30-10.30am

Leader: Belinda 027 5407422

Live Online Classes

Nia Dance with Belinda:

Contact Belinda: niawithbelinda@gmail.com, 027 5407422. Register online dancenz.co.nz/

Nia Dance MTH 65+: Tuesday, 11-12noon

Gentle Nia: Wednesday 9.30-10.30am

Nia Dance for Parkinsons: Friday, 12-1pm

