

## 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

### **Anglican Hall, Otorohanga**

54 Haerehuka St

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

Leader: Jan, 07 873 1812

### **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

### **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

### **Knox Hall, Morrinsville**

49 Canada St

Strong & Stable,

Monday 4.30-5.30pm & Thursday 9-10am, \$5

Leader: Cat Taylor, 027 384 2246

### **The Fire Station, Matamata**

9 Peria Road

Upright & Active,

Monday & Wednesday 9-10am, \$4

Leader: Heather Coffey, 021 234 7967



## 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

Age Concern, ph Francine 027 3401785

### **Longridge Village, Paeroa**

Longridge Country Estate, Paeroa

Steady as You Go,

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

Age Concern, ph Francine 027 3401785

### **Art Museum, Waihi**

Kenny Street (next to Gull)

Steady as You Go,

Wednesday, 10-11am, \$2

Age Concern, ph Francine 027 3401785

### **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

Age Concern, ph Francine 027 3401785

### **Kaiaua Hall**

Lipscombe Rd

Steady as You Go,

Tuesday, 11am-12noon, \$2

Age Concern, ph Francine 027 3401785



## 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

Age Concern, ph Francine 027 3401785

### **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,

Golden Girls Sit & Be Fit,

Monday & Wednesday 9.30-10.30am, members

Leader: Peg McLean. 07 866 8635

### **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

Age Concern, ph Francine 027 3401785

### **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](http://dancenz.co.nz)

Wednesday 9.30-10.30am

Leader: Belinda 027 5407422

## Live Online Classes

Nia Dance with Belinda:

Contact Belinda: [niawithbelinda@gmail.com](mailto:niawithbelinda@gmail.com), 027 5407422. Register online [dancenz.co.nz/](http://dancenz.co.nz/)

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

**Gentle Nia:** Wednesday 9.30-10.30am

**Nia Dance for Parkinsons:** Friday, 12-1pm

Class details sometimes change so check before attending by phoning the class leader or Steph  
Steph McLennan, Falls Prevention Manager [steph@midcpng.co.nz](mailto:steph@midcpng.co.nz) 027 419 0068  
Days, times & venues were correct at 10/11/2023

