

Waipa: Strength & Balance Classes

Trinity Union Parish Hall, Cambridge

43 Queen Street

Exercise to Music, Tuesday, 9-10am, \$5

Upright & Active, Friday, 10.30-11.30am, \$5

Leader: Raychel Russell, 027 2517141

Cambridge Baptist Church

58 Queen Street

Strong & Stable

Monday 9.30-10.15am, \$4

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

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 9-10 & 11-12, \$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:

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

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

St John's Rooms, Te Kuiti

2 Jennings St

Sit n Be Fit. Tuesday 10-11am, \$2

Leader: Desiree, 07 878 5272

SWPICS, Tokoroa

1 Maraetai Road

Low impact body movement,

Monday to Thursday 10-11am, 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 & Sheena 027 2732257

Taumarunui Cossie Club

UPSTAIRS 9 Katarina Street,

Monday 10.30-11.30am, \$2

Contact: Sharon 027 460 4910

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

Pacific Pearls with Edna

Wednesday 6-7pm, bring a fruit/donation

Contact: Maine Natua, 021 930 092



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

Fitzone, Matamata

Matamata Sports Centre, Meura Street

Senior Circuit,

Wednesday & Friday 8-9am, \$5

Contact: Charmaine 07 8887476

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

Contact: Glenis Bell, 07 868 9790

Longridge Village, Paeroa

Longridge Country Estate, Paeroa

Steady as You Go,

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

Contact: Glenis Bell, 07 868 9790

Art Museum, Waihi

Kenny Street (next to Gull)

Steady as You Go,

Wednesday, 10-11am, \$2

Contact: Glenis Bell, 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

Contact: Glenis Bell, 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

Grahamstown Hall, Thames

768 Pollen Street, Thames

Dancing for Health

Tuesday 11.30-12.30pm, by koha

Leader: Francine, 020 40200926

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

Take a Breath Studio, Whangamata

109 The Drive, Whangamata

Strong & Stable,

Wednesday, 12.30-1.30pm, \$5

Leader: Tamara Echave, 027 444 8138

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

Contact: Glenis Bell, 07 868 9790



North / Waikato: Strength & Balance Classes

St Paul's Hall, Huntly

55 William Street

Steady as You Go,

Monday, \$3

Contact Steph 027 4190068

St John's Hall, Huntly

George St

Strong & Stable,

Thursday 10.30-11.15am, \$3

Leader: Lynda McPoland, 027 338 0778

War Memorial Hall, Ngaruawahia

Galileo Street

Strong & Stable,

Thursday, 1.30-2.15pm, \$4

Leader: Dionne Sasso, 021 142 0777

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

St Margaret's Church Hall, Te Kauwhata

Waerenga Rd

Steady As You Go,

Wednesday, donation

Contact Steph 027 4190068

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, \$10 65+, concessions available

Wednesday 9.30-10.30am

Leader: Belinda 027 5407422

Live Online Classes

Nia Dance with Belinda: \$10 casual for 65+, concessions available. Parkinson's class \$5.

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

