

# ACTIVE TE AWAMUTU & RURAL SURROUNDS

## COMMUNITY OPPORTUNITIES, Led by the community for the community

### FREE COMMUNITY FITNESS GROUPS

Free groups to motivate...

#### SERIOUSLY SOCIAL CYCLING

WEDNESDAYS 9.30am

Meet at the Mitre 10 Mega car park,  
Te Awamutu

Contact Betsy [limavady@farmside.co.nz](mailto:limavady@farmside.co.nz)

#### REGULAR WALKING GROUP

MON, WED & FRI

Winter: 9.00am & Summer: 8.30am

Meet at the Waipa District Council  
carpark, Te Awamutu

A friendly group who welcomes new  
beginners. Walk different routes

Contact Ken Brown: 027 329 3001

[k-b.brown@xtra.co.nz](mailto:k-b.brown@xtra.co.nz)

#### SIT & BE FIT

THURSDAYS 10.30am – 11.00am

Freeman Court Independent Living  
387 Roche Street, Te Awamutu

A fun exercise option either seated or  
standing ideal for people with mobility  
difficulties. Non residents \$2.

[livestronger.org.nz](http://livestronger.org.nz)

### LOW COST COMMUNITY EXERCISE CLASSES

Low cost classes to motivate...

#### ZUMBA WITH NIN

**Monday**

9.40-10.40am Hub Forkert Rd, Ohaupo  
6-7pm Methodist Church TA

**Tuesday**

9.15-10.15am Step by Step Imperious  
Dance Studio TA

5.25pm Hub Forkert Rd, Ohaupo

**Wednesday**

6-7pm Kihikihi Town Hall

**Thursday**

6-7pm Pirongia Town Hall

**Friday**

9.15-10.15am Imperious Dance Studio TA

**\$6.00 per session**

*\*Your very first session of Zumba is free!!\**

E: [nintewhauduggan@gmail.com](mailto:nintewhauduggan@gmail.com)

P:021 124 8252

### SENIORS EASY EXERCISE CLASS

Presbyterian Church Hall

80 Mutu St, Te Awamutu

TUESDAYS 9.30am -10.30am

A fun and friendly exercise class. Get warmed  
up and get active to music!

**\$2.00 per session**

Contact Olive: 07 871 7429

*\*All proceeds are given to charities!! \**

### YOUNG @ HEART (YAH) PIRONGIA

Community Chapel, corner of Ross & Crozier  
Streets, Pirongia

WEDNESDAY & FRIDAY 9.15am - 10.00am

**\$5.00 a week**

Friendly beginner level circuit class suitable  
for seniors

Contact Norma Tuatara: 027 389 4874 &

Paula McWha: 027 845 1181

### TAOIST TAI CHI SOCIETY

Methodist Church Hall, Bank St Te Awamutu

WEDNESDAY

1.00pm -2.00pm: Continuation classes

2.00pm -3.00pm Beginner Class

6.00pm – 7.30pm: Continuation Class

7.00pm -8.00pm Beginner Class

Contact: [kathykeighley@gmail.com](mailto:kathykeighley@gmail.com)

P: 022 672 1344

### PILATES with LYNDA S

Monday's and Thursdays. 10:30

Imperious Dance Studio.

\$10 under 60s and \$7:00 for 60 and older.

### Find Your F.I.T. with LYNDA S

Thursdays 6:00pm | Koha

Ohaupo Community Hub, Forkert Rd.

Contact Lynda Seopnel: 022 655 8421

### TE AWAMUTU RUGBY

#### SPORTS & RECREATION CLUB

Sports comps, Classes & Licensed  
venue for bookings

[admin@tasports.co.nz](mailto:admin@tasports.co.nz) 07 871 3910

#### INDOOR WALKING NETBALL

Albert Park Indoor Centre

Please contact Te Awamutu Rugby Sports  
& Recreation Club. More information  
available about classes and competitions  
[admin@tasports.co.nz](mailto:admin@tasports.co.nz) 07 871 3910

### GO WAIPA & CLUB WAIPA

All classes are held at the Livingston  
Aquatic Centre, Selwyn Lane

Te Awamutu

P: 07 871 2080 E: [info@gowaipa.com](mailto:info@gowaipa.com)

### LIVINGSTONE AQUATIC CENTRE AQUAROBICS

MON, WED & FRI

Start time: 9.00am until 10.00am

TUES, THURS

Start time: 5.30pm until 6.30pm

**\$8.00 per session**

(Memberships and concessions available)

A fun and social exercise routine in an  
indoor, heated pool with great facilities

### CLUB WAIPA LOW IMPACT AEROBICS

MONDAY & THURSDAY

10.00am -11.00am

An active class exercising to music in a  
friendly supportive environment.

**\$5.00 per session**

(Memberships and concessions available)

[info@gowaipa.com](mailto:info@gowaipa.com)

P: 07 871 2080

### STRONG & STABLE

More low cost classes to  
motivate... [livestronger.org.nz](http://livestronger.org.nz)

### STRENGTH & BALANCE CLASSES

**Easy Exercise**

Tuesday 9.30-10.30 \$2

Presbyterian Church 80 Mutu Street

**Strong & Stable**

Thursday 9.30-10.30 \$3

Rosehill Lifestyle Village 182 Gleneagles Dr

**Strong & Stable**

Focused Physiotherapy 670 Cambridge Rd

Tues/Thurs 10-11 \$6

Thurs, Mens only 11-12noon \$6

Steph McLennan [steph@midcpg.co.nz](mailto:steph@midcpg.co.nz)