

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 9.20am

Meet at the Mitre 10 Mega car park,
Te Awamutu

Contact Betsy 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

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

LOW COST COMMUNITY EXERCISE CLASSES

Low cost classes to motivate...

ZUMBA WITH NIN

Monday 5.30-6.30pm

Methodist Church Teasdale Street TA

Wednesday 5.30-6.30pm

Kihikihi Town Hall Lyon street

XTREME HIP HOP STEP WITH NIN

Tuesday – Beginner 5.30-6.30pm

Kihikihi Town Hall Lyon street

Thursday - More advanced

5.30-6.30pm

Kihikihi Town Hall Lyon street

For all classes by NIN

First class is FREE then only \$7 per class

Concession Cards are available

E: 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

\$2.00 per class (first class free)

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

10am-11am: Continuation class

11am-12noon: Beginner Class

6.00pm – 7.30pm: Continuation Class

7.00pm -8.00pm Beginner Class

Contact: kathykeighley@gmail.com

P: 022 672 1344

PILATES with LYNDA S

Mondays and Thursdays. 10:30am

Baptist Church Hall, Teasdale Street

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

TE AWAMUTU RUGBY SPORTS & RECREATION CLUB

Sports comps, Classes & Licensed
venue for bookings

admin@tasports.co.nz 07 871 3910

Albert Park Indoor Centre

For current activities and competitions
please contact Te Awamutu Rugby Sports
& Recreation Club.

admin@tasports.co.nz 07 871 3910

www.tasports.co.nz

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

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 & WEDNESDAY

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

P: 07 871 2080

STRONG & STABLE

More low cost classes to
motivate... 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