



Get Active at our Hubs!

Check out the range of fun community fitness classes on at a hub near you.



Walter Nash Centre

Contact: 04 560 1090



koraunui stokes valley
community hub

Contact: 04 562 9050



wainuiomata
community hub

Contact: 04 564 5822

MONDAY	Seniors Table Tennis 9.30am – 12.00pm // COST: \$2 All levels welcome for social table tennis.	Enliven Tai Chi 9.30am – 10.30am // COST: \$5 Slow gentle exercise to improve balance and stability.	Tamariki Badminton 3.30pm – 5.00pm // COST: Free in hall
	Steady As You Go 1.30pm – 2.30pm // COST: Free Flexibility and strengthening exercises for falls prevention.	Social Table Tennis 10.30am – 12.00pm // COST: Free (time may change) All levels welcome for social table tennis.	Adults/College Age Badminton 7.15pm – 9.15pm // COST: \$5
	Pilates 7.15pm – 8.00pm // COST: \$5 A blend of strength and flexibility exercises.	Yoga 6.00pm – 7.00pm // COST: \$5 (first class free) Beginner-friendly. Bring your own mat or towel.	
TUESDAY		Steady As You Go 11.00am – 12.00pm // COST: \$2 Flexibility and strengthening exercises for falls prevention.	Whānau ora Dance Fit 6.00pm – 7.00pm // COST: Free in Library Fun, dance fitness with Whānau ora for all abilities (in Wainui Mall).
		Zumba 6.45pm – 7.15pm // COST: \$5 Fun exercise using dance steps to music.	Yoga 7.00pm // COST: \$5 in Library Kiwi room Stretching, balance, breathing and mindfulness exercises.
		Karate 6.00pm – 7.00pm // COST: Joining fee applies Use your body to learn self-defence movements in a fun, safe environment.	
WEDNESDAY	Steady As You Go 12.00pm – 12.45pm // COST: Koha Flexibility and strengthening exercises for falls prevention.		Neke Time 10.00am – 11.00am A fun recreational movement session for tamariki aged under 5.
	Zumba 6.30pm – 7.15pm // COST: \$5 Fun exercise using dance steps to music.	Whānau ora Dance Fit 6.00pm – 7.00pm // COST: Free Fun, dance fitness with Whānau ora for all abilities.	Spin Poi for Seniors 11.30am // In Library Kiwi room
			Tihei Rangatahi Active Hour 3.30pm – 5.00pm // COST: Free Time for the rangatahi to get out and be active. Suitable for ages 8+.
THURSDAY	Yoga 6.15pm – 7.15pm // COST: \$5 Stretching, balance, breathing and mindfulness exercises.	Steady As You Go 1.00pm – 2.00pm // COST: \$2 Flexibility and strengthening exercises for falls prevention.	Social Walking Group 9.30am meet in Library // COST: Free
		Karate 6.00pm – 7.00pm // COST: Joining fee applies Use your body to learn self-defence movements in a fun, safe environment.	Whānau ora Dance Fit 6.00pm – 7.00pm // COST: Free in Library Fun, dance fitness with Whānau ora for all abilities (in Wainui Mall).
FRIDAY	Seniors Table Tennis 9.30am – 12.00pm // COST: \$2 All levels welcome for social table tennis.		Ready, Steady, Balance 11.00am A gentle strengthening exercise session for seniors.
SATURDAY		Zumba 9.15am – 10.15am // COST: \$5 Fun exercise using dance steps to music.	