



## Strength & Balance Classes: Please Call First

Contact Strong & Stable: we'll recommend the right level & type of class with availability

Steph 027 419 0068 [steph@midcpng.co.nz](mailto:steph@midcpng.co.nz), Kasha 027 227 9151 [kasha@midcpng.co.nz](mailto:kasha@midcpng.co.nz)

## East Hamilton

### Uni Rec, University

Gate 1, Knighton Rd [unirec.co.nz](http://unirec.co.nz)

LifeFit Active Class, seniors membership /\$14 casual

Monday 8.30-9.30am Circuit, Clayton

Thursday 8.30-9.30am Choreo, MaryAnne

Ph Oliver at UniRec 07 838 4177

### Uni Rec, University

Gate 1, Knighton Rd [unirec.co.nz](http://unirec.co.nz)

LifeFit Programme, must book first session

Tues & Fri, 7-9am, with Phil

Seniors membership or \$14 casual

Ph Oliver at UniRec 07 838 4177

### Hillcrest Baptist Church

Cnr Knighton Rd & Clyde St

Strength & Balance (prerecorded) class, \$4

Wed 9.30-10.30am, Friday 9.30-10.30am

Contact: Dorothy 07 8593553

### Hillcrest Chapel

Cnr Masters Ave & Morris Rd

Zumba Gold \$8 casual, \$60 for 10

Wednesday 9.30-10.15am

Leader: Magda, 021 0480456

### Roseland Park Village, Hamilton East

18 Fox St

Strong & Stable,

Wednesday, 11.30-12.15am, \$4

Leader: Debbie 027 716 6577

### Wesley Hall, Fairfield

971 Heaphy Tce

Tai Chi \$5

Thursday 10.45-11.45am

Leader: Rob 027 487 8356

### St Aidan's Hall, Claudelands

Cnr Heaphy Tce & Thames St

Tai Chi, \$5

Tuesday 11-12

Leader: Rob 027 487 8356

### St Aidan's Hall, Claudelands

Cnr Heaphy Tce & Thames St

Easy Exercise,

Mon 5.30-6.15pm, Wed 5.15-6pm, \$4

Contact: Steph McLennan, 027 4190 068

### St Aidan's Hall, Claudelands

Cnr Heaphy Tce & Thames St

Chair Yoga Tuesday, 9.30-10.30am, \$5

Strong & Stable, Thursday, 12.15-1pm, \$4

Leader: Kasha, 027 227 9151

### Fairfield Baptist Church Hall

1101 Heaphy Terrace

Tai Chi for Injury Prevention, \$10

Wednesday 10-11am

Leader: Eddie 021 288 2380

### Wesley Hall, Fairfield

971 Heaphy Terrace

Gentle Nia - Move to Heal

Tuesday, 11am-12noon, \$10-3 on concession card

Leader: Diedre 027 252 7586

### Valerie Lissette Dance, Fairfield

62 Fairfield Rd

Silver Swans \$15

Wednesday & Friday 9.15 & 10.30am

Leader: Valerie, 07 855 1524

### Wesley Hall, Fairfield

971 Heaphy Terrace

Zumba Gold \$8 casual, \$60 for 10

Thursday 9.30-10.15am

Leader: Magda, 021 048 0456

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## North Hamilton

### Chartwell Scout Hall

Bellmont Ave,  
Prerecorded classes, Steady As You Go, \$2  
Live Stronger, Fri 9.30-10.20  
Older & Bolder, Fri 10.45-11.35am  
Ph: Kirsty, [Age Concern Waikato](mailto:Age Concern Waikato) 07 838 2266

### Chartwell Coop Church

126 Comries Rd,  
Chair Yoga, Thurs 2.30-3.20pm  
\$11 casual & concessions available  
Ph first: Kerry 021 1541474

### All Saints, St Andrews

Community Church, Cnr Sandwich Rd & Cecil St  
Chair Yoga, \$5  
Monday 10.30-11.30am,  
Contact: Wendy 027 699 4826

### Nabby's Gym, Te Rapa

Racecourse, Ken Browne Dr  
Counterpunch Parkinson's Boxing Class  
Monday & Wednesday 2.30-3.30pm  
Parkinson's PD Warrior Circuit with physio  
Tuesday & Thursday, 9.30-10.30am  
Grace, 021 0279 0811 [limitlessneurorehab.com](http://limitlessneurorehab.com)

### Sovereign Isles, Rototuna

Sovereign Isles Lane Hall (next to 57)  
Be Strong, Be Fit, Be Stable, \$4  
Monday 11.15-12noon, *class full sorry*  
Leader: Jenny 021 315 119

### Bramley Gardens, Flagstaff

3 Turnbury Court (signs for Pavillion by Bowling Green)  
Be Strong, Be Fit, Be Stable  
Monday 10-10.45am \$5  
Contact: Dionne, 021 142 0777

### Chartwell Scout Hall

Bellmont Ave,  
Strong & Stable,  
Tues & Thurs 1.15-2pm \$5  
Contact: Janell 027 200 7630

### Bupa Village, St Andrews

26 Delamare Rd.  
Be Strong, Be Fit, Be Stable, Jenny 021 315 119  
Tuesday 9.30-10.15am  
Thursday 9.30-10.15am  
Residents free, Non-residents \$4

### All Saints, St Andrews

Community Church, Cnr Sandwich Rd & Cecil St  
Upright & Active \$5  
Friday 9-9.45am, Dionne 021 142 0777  
Be Strong, Be Fit, Be Stable, \$4  
Friday 10.45-11.30am, Jenny 021 315 119

### Bupa Foxbridge, Te Rapa

60 Minogue Drive, Te Rapa  
Be Strong, Be Fit, Be Stable, \$5 non-residents  
Monday 10-10.45, Wednesday 10-10.45am  
Contact Jenny, 021 315 119

### The Peak Rec Centre, Rototuna

Kimbrae Drive  
Strong & Stable Circuit, \$3  
Monday 9.30-10.30am,  
Leader: Dallas 0274 393949

### Village Gardens, Flagstaff

Lifestyle Village 16 Rototuna Rd  
Strong & Stable *class full*  
Monday, 12-12.45pm, \$4  
Leader: Roger, 021 458 728

*North Hamilton cont on the next page...*



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## North Hamilton continued

### Netherville Village, Flagstaff

4 Admiral Crescent, non residents welcome

Zumba Gold \$5, Tues 9.30am

Leader: Gail, 021 0580 424

Strong & Stable \$4 Thurs 12-12.45pm

Leader: Roger, 021 458 728

### Forest Lake Gardens, Te Rapa

Minogue Drive

Up and Go (prerecorded)

Community welcome, \$3

Friday 9.30-10.30am

Ph: Kirsty, [Age Concern Waikato](mailto:Age Concern Waikato) 07 838 2266

### Forest Lake Gardens, Te Rapa

Minogue Drive, Community welcome

Strong & Stable, \$3 residents, \$4 non-res

Mon 9-9.45am, Thurs 9.30-10.15am

Leader: Roger, 021 458 728

## Central Hamilton

### Beerescourt Bowling Club

68a Maeroa Rd

Be Strong, Be Fit, Be Stable, \$4

Wednesday, 1.15-2pm

Leader: Jenny, 021 315 119

### 7<sup>th</sup> Day Adventist Hall

58 Palmerston St

Zumba Gold \$5

Wed & Friday 9.30-10.15am

Leader: Gail, 021 0580424

### Hamilton YWCA

Clarence St

Chair Nia for Parkinsons

\$15 casual, \$10 on term pass

Friday 11-11.45am

Leader: Catherine 022 306 4865

### Hamilton Central Baptist, Whitiara

33 Charlemont St

Upright & Active, *class full*

Monday 11-12noon, gold coin entry

Leader: Gladys. Ph 027 348 6864

### Fastlane Fitness

800 Victoria St, Hamilton CBD

Strength & Balance \$8 or \$7 concession

Mon, Wed & Fri 10-10.45am

Chair Yoga \$8 or \$7 concession

Thurs 10.30am

Ph: Kelly 07 839 0886 [fastlane.kiwi](http://fastlane.kiwi)



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## West Hamilton

### Glenview Community Centre

12 Tomin Rd  
Strong & Stable, \$5  
Tues & Fri 10-10.45am with Debbie  
Leader: Debbie 027 716 6577

### Focused Physiotherapy, Glenview

6 Ulrich Ave  
Strength & Balance. \$7  
Tues & Thurs 11-12noon  
Ph for more info, 07 843 0192. [focusedphysio.co.nz](http://focusedphysio.co.nz)

### Hamilton Workingmen's Club, Frankton

45 Commerce St  
Strong & Stable, \$2  
Wed & Thurs 10.30-11.30am,  
*Both classes currently full*  
Non-Members join if coming long term  
Contact Steph: 027 419 0068

### Rauawaawa, Frankton

50 Colombo St *Classes currently full*  
Kaumātua Activities  
Wednesdays 2 strength & balance classes,  
Physical activities other days too  
Contact Robbie: 07 847 6980 [rauawaawa.co.nz](http://rauawaawa.co.nz)

### St David's Church, Frankton

158 RifleRange Rd  
Stay Strong, Te Ara Whakaaro (prerecorded)  
Wed 10-11, \$3 with Carole, *Class full*  
Ph: Kirsty, [Age Concern Waikato](http://AgeConcernWaikato) 07 838 2266

### Good News Community Centre, Nawton

78 Breckons Ave  
Strong & Stable, koha  
Mon 12noon, Fri 10am  
Contact Steph: 027 419 0068

## Online Classes: YouTube

Please contact us if you would like to be emailed links to Strong & Stable exercise videos that you can do at home.



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## Hamilton: Residents / Members Only classes

### **Alandale Lifestyle Village**

1191 River Road, Flagstaff

Monday & Friday 9.15am Sit & Be Fit

Monday & Friday, 9.50am Upright & Active

Leader: Jenny 021 315 119

Tue & Thur 11.10am Chair Yoga

Leader: Kerry 021 1541474

Wed 9.15am Strong&Stable with Steph

### **Sovereign Isles, Rototuna**

Sovereign Isles Lane Hall (next to 57)

Strength & Balance (prerecorded)

Friday 10-10.45am

Ph: Kirsty, [Age Concern Waikato](mailto:Age Concern Waikato) 07 838 2266

### **Linda Jones Village**

1775 River Road, Flagstaff

Triple A Exercise for residents (Dionne)

ChairYoga (Kerry) Wednesday

Contact Linda Jones

### **Hilda Ross Village**

30 Ruakura Rd

Triple A Exercise for residents (Jo), Tues & Thurs

Chair Yoga for residents (Kerry), Wednesdays

Contact Hilda Ross

### **Karaka Pines Rototuna**

Hare Puke Drive

Strong & Stable (Briar)

Chair Yoga (Kerry)

Contact Village: 0800 KARAKA

### **Bishop Gaines Village**

Silverdale Rd

'The Cave' exercise class

Monday & Friday 11-11.30am

Contact Steph: 027 419 0068

### **Summerset Down the Lane Village**

Dixon St, Glenview

CB Fit with Paul, Mon & Wed 1pm

Gentle Exercise with Margie, Wed 9.30am

Activities Coordinator, Margie 07 8430157

Note: classes on outskirts of Hamilton e.g. Tamahere, Matangi & Whatawhata, are listed with Waikato classes