

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@midcpg.co.nz, Kasha 027 227 9151 kasha@midcpg.co.nz

Waipa

Cambridge Baptist Church

58 Queen Street
Strong & Stable
Monday 9.30-10.15am, \$5
Leader: Vicki Fleming, 020 402 07262

Trinity Union Parish Hall, Cambridge

43 Queen Street
Exercise to Music, Tuesday, 9.30-10.15am, \$8
Upright & Active, Friday, 10.30-11.30am, \$6
Leader: Raychel Russell, 027 2517141

St Kilda Village, Cambridge

91 Alan Livingston Drive
Sit & Be Fit, Monday, 10.45am, residents only
Strong & Stable, Tues, 9.30am, \$5, public
Leader: Vicki Fleming, 020 402 07262

Pavillion, Cambridge

73 Queen St, \$10
Senior Moments Pilates: Tue&Fri 8.30am
Leader: Mel 027 704 4022, motion.mel@gmail.com

Leamington Rugby & Sports Club

36 Carlyle St, Leamington. \$5
Parkinson's Boxing, Friday 10-11am
Movers & Shakers: for Parkinson's /MS, Wed 10-11am
Leader: Julie, 027 296 6003 juliemfitness.co.nz

Presbyterian Church Hall, Te Awamutu

80 Mutu Street
Easy Exercise,
Tuesday 9.30-10.30am, \$3
Leader: Di. Contact: ph Steph 027 4190068

Rosehill Lifestyle Village, Te Awamutu

182 Gleneagles Drive
Strong & Stable, \$3
Thursday, 9.30-10.30am
Leader: Olive, ph Steph 027 4190068

Waipa Women's Hub, Te Awamutu

321 Bank St
Sit Fit, \$4
Wednesday 10.30-11.15am
Leader: Di, 027 4213454

Focused Physiotherapy, Cambridge

1913 Cambridge Rd focusedphysio.co.nz
Strength & Balance, Wednesday 9-10am & 11-12,
& Friday 10-11am, \$7
PD Move it! Parkinson's class, Thursday 2-3pm \$20
Contact Focused Physio for more info, 07 823 1393

Trinity Union Parish Hall, Cambridge

43 Queen Street
Zumba Gold, \$8 casual, \$60 for 10
Mon 9.30am, Thurs 5.30pm
Leader: Magda 021 0480456

Strength Nation, Cambridge

2 Oliver St
Snap, Crackle & Pop \$10, Mon & Wed 8.45am
Active Wellness \$10, Mon & Wed 10am
Leader: Tara Wilson, activewithtara@icloud.com

Velodrome, Cambridge

15 Hanlin Rd, \$8.50 or membership
Active Agers: Mon & Wed 8, 9 & 10am
Get Going: Tues 10am
Senior Pilates: Thurs 8.30, 9.30am
Leader: Mel 027 704 4022, motion.mel@gmail.com

Boxing Academy, Te Awamutu

20 Rickit Rd. \$10
Parkinson's Movers Shakers & Boxing,
Mon 11.45am
Leader: Julie, 027 296 6003 juliemfitness.co.nz

Presbyterian Church Hall, Te Awamutu

80 Mutu Street
Sit and Be Fit,
Friday 10.30-11.15am, \$3
Leader: Karen Phillips, 027 2238417

Focused Physiotherapy, Te Awamutu

670 Cambridge Rd focusedphysio.co.nz
Strength & Balance, Tues 9 & 10am, Thur 9 & 10am, \$7
Men's Only class, Thursday 11am, \$7
Contact us for more info, 07 871 4321

Whatawhata Community Hall

Rothwell Lane
Chair Yoga, \$5
Friday 10am
Leader: Liz, 021 048 4836

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Waitomo & South Waikato

Focused Physiotherapy, Otorohanga

78 Maniapoto St focusedphysio.co.nz
Strength & Balance, Monday 1-2pm \$7
Men's Only class, Monday 1-2pm, \$7
PD Move It! Wed 11am, \$20
Contact us for details: 07 873 7485

Senior Citizen's Hall, Piopio

Kea St, Piopio
Silverados (prerecorded)
Monday 10-11am
Leader: Wendy Weinberg, 021 0826 5622

SWPICS, Tokoroa

1 Maraetai Road
Pacific Healthy Lifestyles
Monday to Thursday 10-11am, donation
Contact: Maine Natua, 021 930 092

Kawhia Community Hall

141 Jervois St
Fit & Fabulous,
Thursday, 10.30-11.30am, koha
Leader: Marg, 027 371 0030

Anglican Hall, Otorohanga

54 Haerehuka St
Gentle Exercise.
Monday 9.15-10.15am, \$3
Leader: Jan, 07 873 1812

St John's Rooms, Te Kuiti

2 Jennings St.
Sit n Be Fit (prerecorded)
Tuesday 10-11am, \$2
Contact: Desiree, 07 878 5272

SWPICS, Tokoroa

1 Maraetai Road
Pacific Pearls with Edna
Wednesday 6-7pm, bring a fruit/donation
Contact: Maine Natua, 021 930 092

Taumarunui Cossie Club

9 Katarina Street,
Ready & Steady Exercise Class (prerecorded)
Monday & Thursday 10.15-11.15am, \$2
Contact: Sharon 027 460 4910

Matamata Piako

Knox Hall, Morrinsville

49 Canada St
Sit & Be Strong, \$5 entry level class:
Mon 9.15-10am, Thurs 10.15-11am
Strong & Stable, \$5:
Mon 4.30-5.30pm & Thurs 9-10am
Leader: Cat Taylor, 027 384 2246

Union Parish Church Hall, Matamata

31 Peria Road
Strong & Stable, \$4
Wed 10.15-11am, *class full*; 4.30-5.15pm *class full*
Friday 10.15-11am *class full*
Contact: Steph 027 419 0068

CrossFit HWPO, Te Aroha

1 Honi St crossfithwpo.com
Legends Strength & Balance
\$6, or \$5 if multiple classes
Mon & Wed 10am, Tues & Thurs 10.30am
Leader: Jillian 021 748 776

The Fire Station, Matamata

9 Peria Road
Upright & Active,
Monday & Wednesday 9-10am, \$5
Leader: Heather Coffey, 021 234 7967

Matamata Contract Bridge Club

1 Ngaio St.
Easy Exercise, \$4
Tues & Thurs 11-11.45am
Leader Gail. Contact: Steph 027 419 0068

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Hauraki

Coop Church Hall, Paeroa

Mackay St
Strength, Balance & Easy Tapsit for Seniors
Wednesday, 9.15-10.15am, \$4
Ballet Belles, seniors ballet
Wednesday, 11.15-12.15, \$10
Leader: Sheryl, 027 2800294

Longridge Village, Paeroa

Longridge Country Estate, Paeroa
Steady as You Go (prerecorded)
Thursday, 10-11am, \$2 residents only
Age Concern, ph Francine 027 3401785 achc.org.nz

Bridge Club, Waihi

73 Union Street
Steady as You Go (prerecorded)
Wednesday, 10-11am, \$2
Age Concern, ph Francine 027 3401785 achc.org.nz

St John's Anglican Hall, Waihi

134 Seddon Street, Top of the street, Waihi
Community Tai Chi Academy NZ
Tuesday & Thursday, 10.30-11.30am, \$10
Leader: Trish Miller, 021 482842

St John's, Paeroa

35 Belmont St
Steady as You Go (prerecorded)
Wednesday, 1.30-2.30pm, \$2
Age Concern, ph Francine 027 3401785 achc.org.nz

St John's, Paeroa

35 Belmont St
Pearl Movements (prerecorded)
Monday, 10-11am, \$2
Jo ph 022 0503005, or Francine 020 4020 0926

St John's Anglican Hall, Waihi

134 Seddon Street, Top of the street,
Move to the Beat, exercise to music
Saturday, 10-10.45am, \$5
Leader: Teresa, 027 8636 358

Thames Valley Hockey, Ngatea

Pavillion, Orchard West Rd
Steady as You Go (prerecorded)
Tuesday 10-11am, \$2
Age Concern, ph Francine 027 3401785 achc.org.nz

Thames Coromandel

Elim Church, Thames

117 Jellicoe Cres
Upright & Active,
Monday & Thursday 9-10am, \$3
Leader: Jenny Brett, 027 867 5970

St George's Hall, Thames

602 Mackay Street (beside the hospital)
Steady as You Go (prerecorded)
Thursday 1-2pm, \$2
Age Concern, ph Francine 027 3401785 achc.org.nz

Thames Hauraki Dance Theatre

509 Parawai Rd, Jockey Club behind grandstands
Movement for Parkinsons & Stroke
Wednesday 11am, \$3
Age Concern, ph Francine 027 3401785 achc.org.nz

Richmond Villas, Thames

82 Richmond St
Upright & Active,
Monday 11am-12, \$3
Leader: Jenny Brett, 027 867 5970

Thames Hauraki Dance Theatre

509 Parawai Rd, Jockey Club behind grandstands
Senior Swans Dance
Thursday 12-12.45pm, \$10
Leader: Sarah ph 021 618179

Equippers Church, Thames

507 MacKay St
Strong & Stable
Wednesday 1.30-2.30pm, koha
Leader: Lisa at Te Korowai, ph 021 02984099

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Tararu Retirement Village

Village Community Centre
Pearl Parkinson's
Monday 4 – 5pm, \$2
Age Concern, ph Francine 027 3401785 achc.org.nz

Te Puru Hall

4 West Crescent, Te Puru
Dancing for Health
Tuesday 9.30-10.30am, by koha
Leader: Francine, 020 402 00926

Coromandel Citizens Hall

455 Kapanga Rd, Coromandel
Silver Swans Dance
Wednesday 10-11am, \$15
Leader: Marilyn Swan, 027 336 5263

Anglican Church, Whitianga

Dundas St
Falls Prevention
Thursday 10-11am & 11-12noon \$2
Ph Lisa at Te Korowai 021 02984099

C3 Church, Whitianga

23 Coghill St
Steady as You Go (prerecorded)
Fridays 11am-12noon, \$2
Followed by a cuppa
Age Concern, ph Francine 027 3401785 achc.org.nz

Tairua Rugby & Sports Club Inc

Steady as You Go (prerecorded)
Fridays 10.15-11.15am
Followed by a cuppa
Age Concern, ph Francine 027 3401785 achc.org.nz

Take a Breath Studio, Whangamata

109 The Drive, Whangamata
Strong & Stable,
Wednesday, 12.30-1.30pm, \$5
Contact: Jodie Metcalfe, 021 504 189

Tapu War Memorial Hall

721 Thames Coast Rd
Aligned To Go (prerecorded)
Friday 10.30-11.30am, \$2
Age Concern, ph Francine 027 3401785 achc.org.nz

Anglican Church Hall, Coromandel

170 Tiki Road, Coromandel
Falls Prevention
Monday 10.30 – 11.30am, Free
Leader: Lisa at Te Korowai, 021 02984099

Coro Gym, Coromandel

155 Pottery Lane
Golden Girls, Mon & Wed 9.30-10.30am, members
Contact: Peg McLean. 07 866 8635
Steady as You Go (prerecorded), Tues & Thurs 10-11am,
\$3 or \$5 for 2 sessions or 2 people coming together
Age Concern, ph Francine 027 3401785 achc.org.nz

Whitianga Town Hall

24 Monk Street
Silver Swans Dance
Tues 10am, \$20
Leader: Marilyn Swan, 027 336 5263

Pauanui Club

31 Sheppard Ave
Steady as You Go (prerecorded)
Thursday 3-4pm, \$2
Age Concern, ph Francine 027 3401785 achc.org.nz

Whangamata Hall, Whangamata

328 Port Road, Whangamata
Steady as You Go (prerecorded)
Thursday, 2-3pm, \$2
Age Concern, ph Francine 027 3401785 achc.org.nz

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North / Waikato

St John's Hall, Huntly

George St
Strong & Stable,
Thursday 10.30-11.15am, \$3
Leader: Lynda McPoland, 027 338 0778

Te Whare Awhi, Huntly West

Raahui Pookeka Trust, 14 Fraser St
Strong & Steady (prerecorded)
Wednesday 1.30-2.30pm, \$2
Contact: Victoria 07 828 7559

Gail's of Tamahere

Church Hall, 28 Devine Road
Pilates Mat, \$12
Thurs 5.30pm
Leader: Mel 027 704 4022, activeagers.co.nz

Tamahere Eventide Retirement Village

Village Community Centre, 621 SH 1
Cherry Blossom Café
Mon, Wed & Friday, 10.30am *Residents only*
Contact: Rosalyn, Allied Health Coordinator
Eventide, 0800 500 300

St Andrew's Church Te Kauwhata

Scott Rd Hall with Rachel from [TK Community Fitness](#)
Upright & Active, free for 65+
Tuesday & Thursday, 10.30-11am
Walk ins welcome or ph Rachel, 07 826 4090

Te Kauwhata Aparangi Village

Waerenga Road
Pearl Movements, \$2
Friday, 10.00-10.45am
Contact: Jo Sanderson 022 0503005

St Peter's Hall, Raglan

Bow St
Raglan Light Exercise Group, *class full*
Monday & Thursdays, 10-11am, \$3
Contact: Graham 07 825 7244

St Paul's Hall, Huntly

Raahui Pookeka Trust, Friendship House, 55 William St
Strong & Steady (prerecorded)
Monday 1.30-2.30pm, \$2
Contact: Victoria 07 828 7559

Atawhai Assissi, Matangi

158 Matangi Rd
Let's Move
Tuesday & Thursday, 9.30am *Residents only*
07 856 3019

Gail's of Tamahere

Church Hall, 28 Devine Road
Pilates Barre, \$17
Tue 5.30pm, Wed 4pm, 5.30pm
Leader: Mel 027 704 4022, activeagers.co.nz

Tamahere Country Club

46 Tamahere Drive,
Movement Matters, \$7
Mon & Wed 9.15-10am *Residents only*
Contact: Ben 021 08564 563

Te Kauwhata Bowling Club

Waerenga Road
Stay Steady, by donation
Wednesday, 9.30-10.30am
Ph: Kirsty, [Age Concern Waikato](#) 07 838 2266

Raglan Town Hall, Raglan

41 Bow St
Gentle Nia, \$20 or \$17 by term
Wednesday 9.30-10.30am
Leader: Catherine 022 306 4865

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.

Class descriptions are at www.livestronger.org.nz

List updated 27/05/2026