

WHANGANUI ACTIVITY DIRECTORY

Find an activity to suit you!

***DEB'S STEP/PUMP:** Mondays 5.15pm, Wednesdays 9am @ Group Fitness room, Inspire Health & Fitness Centre - \$7 Casual.
Ph or Txt Deb 027 333 5529.

***GYM CIRCUIT:** Tues & Thur 9.00 - 9.30am @ Splash Fitness Centre.
Normal pool admission charge.

***SPLASH ROWING CLASSES:** Tue and Thur 5.30pm. Normal pool admission charge.
Ph: Splash Centre 349 0113

50's FORWARD AQUAROBICS: Mon, Wed, Fri 9.30am, \$5
Ph: Splash Centre 06 349 0113.

AQUA AEROBICS: Tues & Wed 6pm-7pm, Thur 6.30pm-7.30pm. \$5
Ph: Splash Centre 06 349 0113.

OVER 60'S BODY MOVES: Mon 9.30am, \$5 @ Amdram Hall.
Ph: Sarah 0273253730.

**ACTIVE
&
OUT THERE**



TAKE IT EASY

***ARTHRITIS WATER BASED CLASSES:** Thur 11am & 5.15pm, Splash Centre Hydrotherapy Pool. Ph Splash 3490113.

***MEDITATION:** Thursday 6pm-7.30pm. Exercises in moving, standing and sitting posture. Ph: Tracey 06 3433474 or 0274 84 7468.

STEADY AS YOU GO: Strength and balance seated exercise classes— Janet Lewis Age Concern. Ph 345 1799.

YOGA FORME: 39 Taupo Quay 9.30am Mon-Sat, 5.30pm Mon & Tues, 6.30pm Weds & Thurs. Ph Melissa 348 7300.

YOGA BY THE SEA: Duncan Pavilion Weds 9.30am, \$5. 75min class. Contact Hayley castlecliffyoga@gmail.com.

TAI CHI: Don Merito St Marks Church room, Puriri St. Weds 10.30am. Gold coin donation

TAI CHI: Traditional style. Advanced Mon 6pm \$5, Beginners Wed 1pm \$10. 17 Taupo Quay. Ph Matt Dutton 06 3436692

PILATES & STRETCH CLASSES: Thurs 9am, Wanganui Ballet and Dance Academy, 139 Guyton St.
Beginners & experienced classes. Ballet, modern theatre, jazz. Various times. Ph Anna Chandulal 027 237 9176.

PILATES: Pilates & Yoga - correct muscle imbalances, improve natural movements, and more! Beginners, Seniors, athletes of all levels. Ph: Shelley Quinn 021 1846 865 www.starholisticfitness.com.

PILATES: Mon & Thur 9.15am, Weds 5.30pm. \$10, Active Physio. Ph: Carla Standen 027 243 6995.

FELDENKRAIS MOVEMENT CLASSES: Mon 7pm Community House. Weds 10am Josephite Retreat.
Ph: Katharina 06 342 7892.

SEATED GENTLE EXERCISE: Tuesday 11am, All Saints Church, \$4. Wed 1pm St Paul's Church, \$5

MOVE IT OR LOSE IT: Thurs 10am, St Andrews Hall, Bell St. \$5 For all classes. Ph: Carla 021 165 8961.

SEATED GENTLE EXERCISE: Tuesday 11am, All Saints Church \$4. Wed 1pm St Paul's Church \$5.

MEN'S HEALTH MONTH WHANGANUI JUNE 2017

"What Matters To You"

Every day for the month of June there is an event the whole family can participate in—check out menshealthmonth.co.nz or contact Karney Herewini 06 3481791 or 021 139 1470.



Rongoā Kākāriki
GREEN
PRESCRIPTION

LET'S GET WALKING



***AQUA WALKING:** Tues 9.45-10.15am at Splash Centre. Pool Admission
Ph: 06 349 0113.

CLUB G.O.L.D WANGANUI WALKERS: Over 50's Tues and Thurs 9am meet outside
Splash. Ph: Deb 3492325

CASTLECLIFF WALKING GROUP: Mon 9.30am. Meet at 72 Thatcher Street.
Ph: Ethel 06 344 4375.

WALK & WAFFLE GROUP: Tue 9.30am, different venue every week.
Ph: Ruth 345 2948 or 0273227444

WANGANUI MILLENIUM WALKERS: Sun 9.00am, meet at 27 Selwyn Crescent
Ph: Darol 06 345 3137

WANGANUI HARRIER CLUB RUNNERS & WALKERS: Ph: Paul 021 1645 660
or 06 3455651

WANGANUI TRAMPING CLUB: 100 Peat St. www.wanganuitramping.club.org.nz.
Ph: Barbara Gordon 06 3489149

SCENIC FARM WALKS: Pakira Farmstay 2 day packages stunning views
www.pakirafarmstayandwalks.co.nz Phone 06 3428823

NORDIC POLE WALKING: Wed 4.30 pm Ph: Sue Wilson (Parkinsons Group)
Ph: 06 345 0847.

CEROC DANCE WANGANUI: 82 Peat St. Beg 6.30pm, Begg+ 7.45pm.
Ph: Liz Frith 021 0205 4038.

LINE DANCING: Thurs 1.30pm, Cosmopolitan Club. Ph: Pat Gowan 06 343 8540.

GLASTONBURY DANCE STUDIO: St Hill St, opp Opera House. Ph: Mark 027 441 5880.
www.glastonbury.co.nz.

SALSA LATIN DANCE: For details and times Ph Marie-Louise Hudson 027 2420 222.

SCOTTISH COUNTRY DANCING: Carlton School hall Mon & Fri 8pm. Ph: Dorothy 06 3431769
www.dancescottish.org.nz.

WANGANUI AMATUER DANCE: social dances St Andrews Hall Bell St (next to Police station)
7.15pm. Ph Bryce 021 187 9643

SYLVIA'S TAPPERS: Beg Mon, 9.30am \$5. Int, 10am \$10. Ph: Sylvia 06 262 7100.
Email: sylviaandrichard@xtra.co.nz.

LET'S DANCE



A LITTLE BIT SPORTY



PETANQUE: Wanganui East Club Contact Christine Strichen 06 3477304

BOWLS: Laird Park Bowling Club 92 Peat St, Ph Alison Hylton 06 3453431.

WANGANUI BADMINTON: Club nights Mon 7.30pm \$7 per night, Junior Tues 6-8pm \$4,
Thursday morning group 9.30-11.30am \$5 Ph: Graham 0276588680 email gfeist@xtra.co.nz

TABLE TENNIS: Jubilee Stadium Mon, Wed, Fri 9am Mon nights 7pm Ph: Jenny 3437461 or
John 3446309 Dave 3455905

TABLE TENNIS: St Lawrence's Church Hall, Aramoho Mon 9.30am. Ph: Nuan 06 343 6877

ATHLETICS & HARRIES: training Tues Weds Thurs 4-5.30pm all weather Wanganui Harrier
Club Victoria Park Parsons St email: georgia@sportwhanganui.co.nz

***Discount for Green Prescription members**

If you have an activity you would like included please phone Deb at Sport Whanganui 06 349 2325

