

WHANGANUI ACTIVITY DIRECTORY



Find an activity to suit you!

Rongoā Kākāriki
GREEN
PRESCRIPTION

ACTIVE & OUT THERE

***STEP/PUMP WITH DEB:** Mondays 5.15pm, Inspire Aerobic room. Wilson St, Ph: Deb 027 333 5529

***GYM CIRCUIT:** Tues 2 classes 9-9.30am, 9.30-10am 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

BODYMOVES: Over 50's or beginners level, fun exercise to music. Mon 8.am \$5 Amdram Theatre Guyton St
Ph: Sarah 027 325 3730

FLOAT FIT Splash Centre Mondays / Tuesdays 6.15pm, Wednesday 9am. Phone Splash Centre for details 3490113



TAKE IT EASY

***ARTHRITIS WATER BASED CLASSES:** Thur 11am , Splash Centre Hydrotherapy Pool. Ph: Splash 06 349 0113.

***MEDITATION:** Thursday 6pm-7.30pm. Exercises in moving, standing and sitting posture. Ph: Tracey 06 343 3474 or 027 484 7468

***BREATHE EASY CLASSES:** Gentle exercises for respiratory conditions, Mon & Thurs 1.15pm circuit room Wilson St
Ph: Inspire Health & Fitness Centre 06 3459486

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

STEADY AS YOU GO PARKINSONS GROUP: Tuesdays 1.30-2.30pm Josephite Retreat Hillside Tce \$3 Ph: Janice 0272189988

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

TICKLE MY FEET: Upstairs, 32 Ridgway Street. Mon—Wed 5.45pm-7pm Fri 9am-10am Sun 9.30am—10.34am Sun 4.15-5.30pm class pass \$10 drop ins \$12 (other pass deals) www.ticklemyfeet.co.nz

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

TAI CHI: Traditional style. Advanced Mon 6pm \$5, Beginners Wed 1pm \$10. 17 Taupo Quay. Ph: Matt Dutton 06 343 6692

TAI CHI: Prisca Wilson Wednesday 9-10am Gonville Health community room gold coin beginners welcome limited numbers

HEALTH TAI CHI : 20 Week beginners course . \$3 per session 'Forth Season Theatre Putiki ' 97 Putiki Drive. Contact for course start dates& availability. Ph: Miriam 3451395

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

FELDENKRAIS MOVEMENT CLASSES: Mon 7pm Community House. Ph: Katharina 063427892

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 at Sport Whanganui reception (across the carpark from 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 027 322 7444

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 06 345 5651

WANGANUI TRAMPING CLUB: 100 Peat St. www.wanganuitramping club.org.nz. Ph: Barbara Gordon 06 348 9149

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

NORDIC WALKING Virginia Lake Mondays 10am followed by coffee Funky Duck café Ph: Janice 0272189988

SHALL WE DANCE

ROCK N ROLL: Rivercity Rockers, Red Cross hall, 20 Trafalgar Place Wednesdays: Young guns 5.45-6.30pm, Beg 6.30-7.30pm, Int 7.45-8.30pm, Adv 8.30-9pm Ph: Donna 021 060 9974

CEROC DANCE WANGANUI: Peat Street Studio 82-92 Peat St. Weds & Fridays. email lizfrith01@gmail.com

Ph: Liz Frith 0210 205 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 06 343 1769 www.dancescottish.org.nz

WANGANUI AMATUER DANCE: Social dances St Andrews Hall Bell St (next to Police station) 1st Sunday of every month at 7.00pm. Contact: Kathleen 3442245 or Graeme 027 434 1823

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

WANGANUI 60's UP MOVEMENT 1st Mon of each month (apart from public holidays = 2nd Monday) Eulogy lounge, The Racecourse 2pm, \$2 pp. Music entertainment or guest speaker afternoon tea—one day bus trips every 2-3 mths. Ph: Kathleen 3442245 or Dot 3442245

SENIOR CITIZENS SUNDAY MONTHLY OUTING: 1st Sunday of every month (except Jan) 2pm St Peters Hall Koromiko Rd Gonville. Entertainment & afternoon tea \$7 contact Patricia 3455282 or Kathleen 3442245

DANCE WHANGANUI Learn to dance! Ph: Irina 0212448952 Rene 0212745277. www.dancewhanganui.com

A LITTLE BIT SPORTY

PETANQUE: Wanganui East Club Contact Christine Strichen 06 347 7304

BOWLS: Laird Park Bowling Club 92 Peat St, Ph Alison Hylton 06 345 3431

BOWLS: Wanganui Bowling Club 51 Nelson St Ph Cynthia 021 050 6186

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 027 6588680 email gfeist@xtra.co.nz

TABLE TENNIS: Jubilee Stadium Mon, Wed, Fri 9am-12 midday Mon nights 7.30pm. \$3 students \$4 adults Ph: Jenny 343 7461 or John 344 6309 or Dave 345 5905

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

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

RIVERCITY BOXING GYM: Tues & Fridays 9.30-10.30am entry koha or canned goods Devon Rd Ph: Sandra 027 368 2306

COUNTERPUNCH PARKINSONS BOXING CLASSES: Wednesdays 11.30-12.30pm Ph: Janice 027 2189988

**Discount for Green Prescription members If you have an activity you would like included please phone Deb at Sport Whanganui Springvale Park 06349 2325*

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