

TAIHAPE ACTIVITY DIRECTORY



Find an activity to suit you!



Sit Fit & Tai Chi Tuesdays 10am & Thursdays 10am-11am & 2pm @ Taihape Health rooms

Walking group for the more active walker 3rd Sat of each month. Ph: Warren Copper 06 388 0199

Taihape Swim Centre Season is from September through to April. Ph: Pool 06 388 0006

Waiouru MC Burns Pools accessible March to October with a Green Prescription card

Taihape Gym gym prices Les Mills Aerobics See Facebook page or Ph: Coral 021 0650659

LB Fitness Personal Training, memberships Ph: Leanne 0212471703 leannebird1984@gmail.com

Taihape Friendship Group 2nd & 4th Wed of each month Taihape Town Hall Supper Room, Kuku St,
Ph: Karen Walls 027 2402593

Badminton (Senior) 6pm—8pm Wednesdays @ Taihape Town Hall. Jean O'hara 06 388 1038

Taihape Squash Club taihapesquashclub@yahoo.com Daryl O'hara 06 3880634

Older and Bolder Activities and Social meetings Michelle Fannin 0211526412

Yoga St Margaret's Hall Tues 10am—11am, Thursday 9am—10am \$10 per session or 2 classes the 2nd class is half price. Ph: Michelle McKay 06 3880828, 027 4557761

Taihape Golf Club Ph: Marianne Cleaver 06 3880056

Mt Stewart Reserve Walk Easy walk with good views beside State Highway 1 North of Taihape



Compiled by Sport Whanganui Green Prescription Ph 06 349 2325
Sport Whanganui Springvale Park Whanganui