

WHANGANUI ACTIVITY DIRECTORY



Find an activity to suit you!

Rongoā Kākāriki
GREEN
PRESCRIPTION

ACTIVE WELLBEING

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

***GYM CIRCUIT:** Tues & Thurs: 8:30-9am, 9-9.30am, 9.30-10am @ Splash Fitness Centre. Normal pool admission charge.

***BAND/STRETCH:** Weds 8:15am @ Splash Fitness Centre. Normal pool admission charge.

CARDIO WITH CARLA Tues 5:30 pm, **PUMP WITH CARLA** Thurs 5:30 pm, St Andrews Hall, 9 Bell St. \$8. Ph 021 165 8961

50's FORWARD AQUAROBICS: Mon, Wed, Fri 9.30am, \$5.50. Ph: Splash Centre 06 349 0113

AQUA AEROBICS: Tues & Wed 6pm-7pm, Thur 6.30pm-7.30pm. \$5.50 Ph: Splash Centre 06 349 0113

BODYMOVES: Over 50's or beginners level, fun exercise to music. Mon 9.30 \$5 Amdram Theatre Guyton St
Ph: Sarah 06 349 2328

FLOAT FIT Splash Centre Mondays / Tuesdays 6.15pm, Wednesday 9am. \$5.50. Phone Splash Centre for details 349 0113



TAKE IT EASY

***ARTHRITIS WATER BASED CLASSES:** Thurs 10: 30am, 11am, Splash Centre Hydrotherapy Pool. Ph: Splash 06 349 0113.

***BREATHE EASY CLASSES:** Gentle circuit type exercises for respiratory and chronic conditions, Mon & Thurs 11am. Front Room, Inspire Health and Fitness, 32 Wilson St. Ph Sarah Whayman 06 349 2328

YOGA: Seaview Yoga Tuesdays 5.30pm-7pm, Duncan Pavilion Castlecliff Ph: Angelina 027 303 7431

SIT FIT WITH CARLA Mondays (except 1st Monday of every month) 1:30pm St Andrews Hall, 9 Bell St. \$5. Ph 021 165 8961

PURE STRETCH: Mon & Weds 5.30pm-6.20pm Cooks Street Venue, Ph: Her Fitness 06 3489121 \$10 casual Bring mat

STEADY AS YOU GO (SAYGo): Strength and balance seated exercise class— Janet Lewis Age Concern. Ph: 06 345 1799

STEADY AS YOU GO PARKINSONS GROUP: Tuesdays 1.30-2.30pm Josephite Retreat Hillside Tce \$3 Ph: Janet Lewis (Age Concern) 03 345 1799

TICKLE MY FEET: Upstairs, cnr Drews Ave/Ridgway St, Tues 5:15pm, Fri 9am. \$15, Pass \$65. www.ticklemyfeet.co.nz

TAI CHI: Traditional style. Wed 12:30-2pm, 9 Bell St, St Andrews Hall \$10. 19 Taupo Quay Ph Matt Dutton 06 343 6692

TAI CHI: Wednesday 9-10am Gonville Health Community room Gold Coin, beginners welcome, limited numbers.

HEALTH TAI CHI : 20 Week beginners course. \$3 per session 'Spriggins Park, Greyhound Raceway' For course start dates & availability Ph: Miriam 345 1395

PILATES & STRETCH CLASSES: Thurs 9:30am, Fri 6:30pm, 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 9am, Tue 9am term time \$10/\$80 for 10. Active Physio, 40 Maria Pl Extension. Ph 06 348 2069

FELDENKRAIS MOVEMENT CLASSES: Mon 6:50pm, Community House, \$15 casual, \$100 9wks. Movement patterns informed by human development, Physics, Neuroscience. Ph: Katharina 06 342 7892

PLUS SIZE FITNESS: Over 100kg fitness classes—Boxing, sitting activities, Medicine balls, touch of dance. Rivercity Boxing

LET'S GET WALKING

CLUB G.O.L.D WANGANUI WALKERS: Over 50's Tues & Thurs 9am meet Sport Whanganui main door Ph: Deb 06 349 2325

WALK & WAFFLE GROUP: Tue 9.30am, different venue every week. Ph: Julie Munn 06 345 3865, 027 415 3275

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

WANGANUI TRAMPING CLUB: 100 Peat St. www.wanganuitrampingclub.net Ph: Barbara Gordon 06 348 9149

SCENIC FARM WALKS: Pakira Farmstay packages (SH4), stunning views www.pakirafarmstayandwalks.co.nz 06 342 8823

NORDIC WALKING FOR PEOPLE WITH PARKINSONS Virginia Lake Mondays 10am & coffee Funky Duck café

Ph: Anne 027 493 1128

SHALL WE DANCE

ROCK N ROLL: River Rockers Whanganui, Red Cross Hall, 22 Trafalgar Place behind Holdaway Motors Ridgeway St Wednesdays: Beg 6-7pm, Int 7.15-8.00pm, Adv 8.00-8:30pm 1st lesson free, Adult \$7, Child \$3. Members: Adult \$5, Child \$2. Ph: Donna 06 343 9554, 021 060 9974

CASTLECLIFF ROCK N ROLL CLUB: \$2 casual entry, Monday nights 5:30-7:30pm. Finishes off with a taste of Ballroom dancing. Castlecliff Primary School, Ph Johnny 021 151 631

CEROC DANCE WANGANUI: Peat Street Studio 82-92 Peat St. Weds 6:30pm. \$10 casual, \$40-5x concession card. lizfrith01@gmail.com, or ph: Liz Frith 021 0205 4038

LINE DANCING: Wednesday 7-8pm or 8-9pm, \$3 1hr \$5 2hrs, Scout Hall Swiss Ave, contact Clara email: OU35@xtra.co.nz

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

GLASTONBURY DANCE STUDIO: St Peter's Church Hall, Koromiko Rd. Ph: Mark 027 441 5880 www.glastonbury.jigsy.com

SYLVIA'S TAPPERS: Intermediate: Mon 10-11:30am, Tues 2-3pm & Thurs 1:30-3pm. Beginners Tues 1-2pm, Ph: Sylvia 06 262 7100. Email: sylvia.shepherd@yahoo.com

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

DANCE SPORT: Ballroom/Latin/New Vogue and supper. 1st Sunday of every month except Jan. St Andrews Hall, Bell Street. Contact Graeme - Treasurer/Secretary 027 434 1823, prueandgraeme@xtra.co.nz. 7pm Members \$5, non-member \$10.

BALLROOM DANCING: St John's Club, \$5 members (\$20 to become member) Mon/Weds 11am -12:30pm, Ph 06 348 0082 jacky.kelvin.adam@gmail.com

PETRE 60'S UP: Social gathering—3rd Weds of every month, 2pm, St Andrews Hall, Glasgow St, \$2. Alternating Musical Entertainment/Guest Speakers, afternoon tea. Ph: Jenny Williams, 06 348 2409 or Jean Watson, 06 345 7187

WANGANUI 60's UP MOVEMENT 1st Mon of each month (apart from public holidays = 2nd Monday) Eulogy lounge, The

A LITTLE BIT SPORTY

PETANQUE: Wanganui East Club. Tues, Thurs or Sunday daytime. Ph Louise on 06 342 7542 or 021 291 7698, or Shirley on 06 561 4452 or 027 386 6895

BOWLS: Laird Park Bowling Club, 92 Peat St, Ph 06 347 8808

BOWLS: Wanganui Bowling Club, 51 Nelson St, Ph 345 7086

BADMINTON WHANGANUI: General public Mon 7.30pm \$8 per night, Junior Tues 6-8pm \$4, Thursday morning group 9.30-11.30am \$6. Court Hire available 24/7—\$4 per 20 mins. Ph: Graham 027 658 8680 email gfeist@xtra.co.nz

WANGANUI TENNIS CLUB: Community Play Fridays 3:30pm, www.wanganuitennis.co.nz

TABLE TENNIS: Jubilee Stadium Mon & Fri 9am-12pm, Mon nights 7 pm. \$5 pp. Ph Dave 345 5905 or Larn 029 776 8165

TABLE TENNIS: St Lawrence's Church Hall, Gibson St. Aramoho, Mon & Thurs 9:30-12pm, \$2. Social games, all ages, 10:30am morning tea, Ph: Nuan 06 343 6877

ATHLETICS & HARRIERS: Training Tues Weds Thurs 4-5.30pm all weather Wanganui Harrier Club Victoria Park Parsons St.

RIVERCITY BOXING CLUB: Tues & Fridays (mostly ladies, mums etc, varying fitness) 9:30-10:30am, entry koha or canned goods. **Primary:** 4pm Weds, **Youth:** 4pm Tues, **Adult Fitness:** 5:30pm Tues and Thurs \$5 (\$20—8 sessions), Kaierau Boxing Gym, Rugby grounds, 100 Devon Road, Ph: Sandra 027 368 2306

BOXFitness: Tuesdays 5.30pm-6.10pm, \$32 for 4 sessions Ph: Her Fitness gym 06 348 9121

COUNTERPUNCH BOXING OR SUPERVISED GYM CLASS FOR PEOPLE WITH PARKINSONS Weds 10-11am, Friday 11am.

Kairau Boxing Gym, Rugby grounds, 100 Devon Road. Ph Fraser Stewart 027 247 7242

**Discount for Green Prescription members. If you have an activity you would like included please phone Deb at Sport Whanganui Springvale Park 06 349 2325 Updated: Jun 2021*

