

# Community Strength and Balance Classes for Older Adults 65yrs+



WARKWORTH & SURROUNDING AREAS						
Class Name	Location	Description	Venue	Time & Day	Cost	Contact Details
Active Ageing	Snells Beach	Level 1 - The focus of this class is on mobility, general strength, balance, co-ordination and cognition. Perfect for those who require input to address a higher falls risk.	Active Plus Physio Snells Beach	11am Tues	\$18. Concession \$180 (Buy 10 Get 1 Free).	Contact Reception Ph: 09 425 4433 Email: snellsbeach@activeplus.co.nz
Active Balance	Snells Beach & Matakana	Level 2-3 - An active, low impact session centered around having fun, moving to music and gaining better balance at the same time.	Mahurangi Community Centre	12pm Fri	Casual rate \$15, 2nd class free. Concessions available.	Sonya Robinson Ph: 027 319 5261 Email: Bfitbhealthy@outlook.co.nz
			Matakana Hall	11am Thurs		
BodyBalance®	Matakana	Level 3 - The yoga, Tai Chi and Pilates workout that builds flexibility features relaxation and meditation to leave you feeling centred and calm.	Fitness Matakana, Matakana Country Park	10:15am Mon, 9am Wed, 10:30am Sat	Please enquire. Concession cards/Memberships available.	Joy Earley Ph: 09 423 0289 Email: joy@fitnessmatakana.co.nz <a href="https://fitnessmatakana.co.nz">https://fitnessmatakana.co.nz</a>
Gentle Exercise Class	Warkworth	Level 1 - Join our qualified physio for a gentle movement session involving mobility, strengthening, balance and light cardio. These classes are also suitable for those that have had strokes, surgery or that have Parkinson's.	Movewell Physio, 1/18 Neville St	2pm Thurs	\$15	Contact Reception Ph: 09 423 7449 Email: info@movewell.nz <a href="http://www.movewell.nz">www.movewell.nz</a>
Iyengar Yoga Senior Class	Point Wells	Level 2-3 - In the practice of Iyengar yoga, the therapeutic and meditative benefits of the practice are derived through a progressive system.	Bali Gardens, 292 Point Wells Road	9:30am Tues	\$20	Luisa Pelissier Ph: 021 222 6773 Email: moonellie4@gmail.com
Nia & Gentle Nia with Debbie	Matakana, Snells Beach & Warkworth	Level 2-3 - Nia is feel-good fitness for the body, mind and soul. It is a barefoot cardio-dance, wellness practice that blends diverse, energizing music with easy-to-follow choreography. Moves are inspired by the power and precision of the martial arts; expression and playfulness of the dance arts; and the mindfulness of the healing arts.  <b>Note:</b> Gentle Nia at The Oaks is chair-based (L1).	Matakana Hall	9am Tues	Casual: \$20 Concession: Nia 10 Class pass \$135 (no expiry) Trial Pass: \$20 for 2.	Debbie Mickelborough Ph: 022 199 5854 Email: niamahurangi@xtra.co.nz
			Mahurangi East Bowling Club	9:30am Mon & Fri		
			The Oaks Retirement Village	Tues 11am		

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Nia with Amara	Point Wells & Leigh	Level 2-3 - Nia is feel-good fitness for the body, mind and soul. It is a barefoot cardio-dance, wellness practice that blends diverse, energizing music with easy-to-follow choreography. Moves are inspired by the power and precision of the martial arts; expression and playfulness of the dance arts; and the mindfulness of the healing arts.	Bali Gardens, 292 Point Wells Road	8:30am Mon & 9:00am Thurs	Casual: \$20 Concession: Nia 10 Class pass \$150 (valid 1 year) Trial Pass: \$20 for 2.	Amara Labb Ph: 022 169 6481 Email: amara@joinpulse.co.nz www.joinpulse.co.nz
			Leigh Community Hall	8am Wed & 9am Fri		
Pilates	Snells Beach	Level 2 - Pilates is a safe and effective way to exercise and a great form of physical rehabilitation. It's about whole body strengthening from the inside out, and is beneficial for any age, body, shape or injury. Our Pilates classes are great for both men and women looking to increase strength and stability or recovery from an injury.	Active Plus Physio Snells Beach	Tues 9am & 10am, Wed 6pm, Thurs 9am, Fri 9am & 10am	\$18. Concession \$180 (Buy 10 Get 1 Free).	Contact Reception Ph: 09 425 4433 Email: snellsbeach@activeplus.co.nz
Pilates	Matakana	Level 2 - This mat class focuses on integrating the mind and body, using deliberate breathing patterns and controlled exercises to increase muscle awareness, control and balance.	Fitness Matakana, Matakana Country Park	10:15am Wed & Fri	Please enquire. Concession cards/Memberships available.	Joy Earley Ph: 09 423 0289 Email: joy@fitnessmatakana.co.nz <a href="https://fitnessmatakana.co.nz">https://fitnessmatakana.co.nz</a>
Senior Circuit	Matakana	Level 2-3 - A 45-minute gentle circuit class focusing on mobility, posture, balance and fun.	Fitness Matakana, Matakana Country Park	11:30am Mon, Wed & Fri	Please enquire. Concession cards/Memberships available.	
Scottish Country Dancing	Warkworth	Level 2-3 - Silver Oaks Club with Elaine: One way to get fit without knowing it is to take up Scottish Country Dancing. Scottish Country Dancing challenges you with patterns and formations, it is great physical exercise and very sociable. You will learn shapes, types of dance and basic figures. Dancers need to wear soft soled, flat shoes. No partner required to join in! Beginners class.	Shoemith Hall	10am-12pm Fri	\$5. Plus a small annual membership payable after 4 weeks.	Elaine Goldthorpe Ph: 0274 320 032 Email: elainegold@xtra.co.nz <a href="https://dancescottish.org.nz/">https://dancescottish.org.nz/</a>

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Tai Chi Tahī	Matakana	Level 2-3 - Mindful gentle exercises, great for balance and general good health.	Matakana Hall	12pm Thurs	\$10 Casual and Concession rates with pre-payment, please enquire.	Sonya Robinson Ph: 027 3195 261 Email: Bfitbhealthy@outlook.co.nz
	Leigh		Leigh Community Hall	1:30pm Thurs		
Taoist Tai Chi™	Wellsford/ Warkworth	Session leaders teach the Taoist Tai Chi™ arts to participants and help them find balance and feel comfortable in the movements. Everyone welcome. For the introductory sessions, no prior knowledge or experience required. Continuing Sessions available.	Please check website for details.	Please check website for details.	Please contact Provider for details.	Jan Ph: 021 146 2811 www.taoisttaichi.org
Yoga	Wellsford	Level 2-3 - Yoga Haven Rodney style is based on Hatha Yoga, inspired by some Vinyasa flow, and delivered with kindness and fun. Cherry will guide you through a fun and relaxing sequence of asana (yoga poses), pranayama (breath awareness) and restorative relaxation to help you feel great.	Wellsford Community Centre	9:15am & 5pm Wed	First class koha. \$17 casual. \$60 for 4 classes or \$100 for 8 classes.	Cherry Mackenzie Ph: 021 756 127 Email: cherry.yogahaven@gmail.com

## A Guide to Levels:

### Level 1

Low intensity/entry level, beginner class/seated options available. Participants may require the use of a walking aid, have limited mobility, poor balance and lower-limb weakness and may lack confidence.

### Level 2

Low to moderate intensity/entry level, beginner class for participants that currently engage in physical activity. Participants do not require a walking aid, have reasonable mobility, may have some concerns with balance and leg strength however feels confident participating in physical activity.

### Level 3

Moderate intensity/intermediate level (more advanced) class. Participants have a good level of fitness, mobility, balance, and leg strength and want to maintain this. They feel confident when participating in physical activity and are open to trying different types of exercises and movements.

Please contact the class provider on the contact details provided to find out more information or to book into a class.

Find out more about Community Strength and Balance Classes in your area by going to: [www.livestronger.org.nz](http://www.livestronger.org.nz)

Correct as of April 2024.