

ACTIVE & OUT THERE

***Deb's Step/Pump:** Mon 5.15pm, **Step/Tone:** Wed 9am, @ Group Fitness room,
Inspire Health & Fitness Centre - \$7 Casual. Ph or Txt Deb 027 333 55 29.

***Gym Circuit:** Splash Fitness Centre. Tues & Thur 9.00 - 9.30am. Normal pool admission charge.

50's Forward Aqua Aerobics: Mon, Wed, Fri 9.30am, \$4.50. Ph: Splash Centre 06 349 0113.

Aqua Aerobics: Tues & Wed 6pm, Thur 7.00 pm. \$4.50. Ph: Splash Centre 06 349 0113.

Over 60's Body Moves: Mon 9.30am, \$5 Amdram Hall. Ph: Sarah 0273253730.

Fight Fit gym – variety of classes incl BoxFit: Contact Paul 21 Drews Ave boxfit@hotmail.co.nz
Ph: 021 265 8536

Zumba Fitness: Rock n Roll club. Tuesdays 5.30 - 6.30pm \$5 Ph: 027 496 2513

Carla's Step/Pump: Tues 5.30pm **Pump:** Thur 5.30pm Grit & Grunt Circuit: Saturday 9.30am, \$6.
St Andrews Hall, Bell St. Carla 021 165 8961

***Splash Rowing Classes:** Tue and Thur 5.30pm. Normal pool admission charge Splash Centre 349 0113

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 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 Millennium Walkers: Sun 9.00am, meet at 27 Selwyn Crescent Ph: Darol 06 345 3137

Wanganui Harrier Club Runners & Walkers: Ph: Paul 021 1645 660 work 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

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. Tracey 06 3433474 0274 84 7468.

Yoga Forme: 9.30am Mon-Sat, 5.30pm Mon & Tues, 6.30pm Weds & Thurs Ph Melissa 3487300 39 Taupo Quay

Yoga by the Sea: Duncan Pavilion Weds 9.30am \$5 75 min class Contact Hayley castlecliffyoga@gmail.com

Downward Dog Yoga: Weds 5.30pm Quaker House 256 Wicksteed St Ph: Kathy 3482168

Tai Chi: classes contact Prisca Wilson, Holistic fitness studio 06 3450584 021 063 0215.

Tai Chi: Mon 6pm @ Durie Hill School \$5, Weds 1pm 17 Taupo Quay \$10 Ph: Matt Dutton 06 343 6692.

Pilates, Ballerobica, Mummy and Bubby - Ph Liz Covolan 021 2266955

Pilates Stretch classes: Thurs 9.00am at 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 or 06 345 9016, www.starholisticfitness.com.

Pilates: Thursdays 5.30pm \$10 numbers limited to 10 p/class Ph Carla Standen 0272436995

Feldenkrais Movement Classes: Mon 7pm Community House, Weds 10am Josephite Retreat Ph: Katharina 06 342 7892

Seated gentle exercise: Tues 11am All Saints Church \$4 / Wed 1pm St Paul's Church \$5 Ph Carla 021 165 8961

Move It or Lose It: Thurs 10am St Andrews Hall, Bell St. \$5 Ph 021 165 8961

LET'S DANCE

Line Dancing: Thurs 1.30pm Cosmopolitan Club Ph: Pat Gowan 3438540

Glastonbury Dance Studio: St Hill St opp Opera House. Ph: Mark 027 441 5880 www.glastonbury.co.nz.

Salsa Latin dance classes: for class details and times Ph Marie-Louise Hudson 027 2420222

Scottish Country Dancing: Carlton School hall Mon & Fri 8pm. Ph: Dorothy 06 3431769 www.dancescottish.org.nz.

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 23 Mar-Sept, Junior Tues 6pm 3 March—Nov, Mid-Week Thurs 9.30am Feb 12-Dec Ph: Graham 3421852 or 0276588680

Table Tennis: Jubilee Stadium Mon, Wed, Fri 9am Mon nights 7.30-9.30pm Ph: Jenny 3437461 or John 3446309

Table Tennis: St Lawrence's Church Hall, Aramoho Mon 9am. Ph: Nuan 06 343 6877.

***Discount for Green Prescription members**

If you have an activity you would like included please phone Deb Sport Whanganui 06 3492325

