



# ACTIVITY DIRECTORY

Wanganui

## TAKING IT EASY

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

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

**\*Gym circuit:** Splash Fitness Centre Tues & Thurs 9.00 - 9.30am. Normal pool admission.

**Over 60's Body Moves:** Mon 9.30am, \$5 Amdram Hall. Ph: Sarah 027 3253730.

**Pilates** Thurs 5.30-6.30pm \$10 Phone Carla Standen Physiotherapist 3482069.

**\*Arthritis classes** Thursdays 11-11.40am & 5.15-6pm Splash hydrotherapy pool Ph 3490113.

**Tai Chi** Monday 6pm Durie Hill School, Weds 1pm 17 Taupo Quay \$10 Ph Matt 06 3436692

**Yoga forme:** 39 Taupo Quay Ph: Melissa 06 3487300 0273495168 [www.yogaforme.co.nz](http://www.yogaforme.co.nz)

**Yoga by the Sea:** Wednesdays 9.30am \$5 75 min class [castlecliffyoga@gmail.com](mailto:castlecliffyoga@gmail.com)

**Pure Stretch** Mon & Wed 6.10-6.55pm Ph Her Fitness Womens Gym Ph 3489121



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## LET'S GET WALKING

**\*Aqua Walking:** Tues 9.45-10.15am at the Splash Centre. Pool Admission Ph 349 0113.

**Club G.O.L.D Wanganui Walkers:** Tues and Thurs 9am, \$15 per year. Meet at Splash Centre,

**Castlecliff Walking Group:** Mon 9.30am. From 72 Thatcher Street Ph: Ethel 3444375.

**Walk & Waffle Group:** Tues 9.30am, Ph: Ruth 06 345 2948 or 027 3227444

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## A LITTLE BIT SPORTY

**Badminton:** Mid week Thurs 9.30am Feb-Dec Ph: Graham 3421852 or 0276588680

**Bowls:** Laird Park Bowling Club 92 Peat St Ph Alison Hylton 3453431

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

**Petanque:** Wanganui East Club Ph Christine Strichen 06 3477304

# BIT OF A STRETCH

**Tai Chi:** Tai Chi classes with Prisca Wilson, Holistic fitness studio 06 3450584 021063021

**Pilates Stretch classes:** Thurs 9.00am at Wanganui Ballet and Dance Academy, 139 Guyton St, Beginners & experienced classes various times Ph Anna Chandulal 027 237 9176 06 348 4999

**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, starholisticfitness.com

**Feldenkrais Movement Classes:** No strain, no pain Movement classes, Mon 7-8pm Community House/ Weds 10am-11am Josephite Retreat. Ph: Katharina 06 342 7892

**Seated gentle exercise:** Tuesday 11am All Saints Church \$4,  
Wednesday 1pm St Paul's Church \$5 Ph: Carla 021 165 8961

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## DANCE AND SPORTY

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

**Petanque:** Wanganui East Club Ph Christine Strichen 3477304

*\*Discount for Green Prescription*



If you would like your activity included please phone Deb 3492325

Compiled by Sport Whanganui, 40 Maria Place Ext 8/15