



Whanganui Regional  
Health Network

# Community Strength and Balance Classes Whanganui

**LIVE STRONGER  
FOR LONGER**  
PREVENT FALLS & FRACTURES



## Prost-FIT

Join us for our Prost-FIT class in Whanganui! Our weekly sessions go beyond weightlifting and muscle building; they emphasise fostering meaningful connections while encouraging better health. We are committed to supporting men with prostate cancer, no matter what stage they are at in their journey.

**Contact:** Sandra Tofa  
**Phone:** 06 344 8341  
**Email:** tofa-ten@xtra.co.nz  
**Where:** River City Boxing  
**When:** Monday & Friday 8am



## Whanganui Yoga Centre

Tai Chi Chair Yoga classes.

**Contact:** Martin Nagle  
**Phone:** 022 622 1712  
**Email:** martinagle@gmail.com  
**Where:** Whanganui Yoga Centre –  
76 Guyton Street Level 3  
**When:**  
Multiple Classes  
Contact Martin for class times.



## CounterPunch For Parkinson's

Lisa Gombinsky Roach and Shane Cameron have developed this class to get people with Parkinson's involved in boxing classes. It has a strong focus on improving balance, leg strength, general fitness and all-round confidence. It is a fun and energetic class. Partners and friends of those with Parkinson's are also encouraged to attend and join in the class.

**Contact:** Fraser Stewart

**Phone:** 027 247 7242

**Email:** s.f.s@xtra.co.nz

**Where:** 100 Devon Road (Kaierau Rugby Club)

**When:** Wednesdays 10 am until 11 am

Friday 11 am-12 Midday

**Cost:** Currently no charge



## Virtual Pulmonary Rehabilitation Exercise Programme

A home-based programme designed specifically for people diagnosed with a respiratory condition

The programme is run over 6 consecutive weeks and combines education and tailored exercises that will help you to manage your condition.

**Contact:** Mere Tua

**Phone:** 027 264 9914

**Email:** mtua@wrhn.org.nz

**Class Location & Time:** Will be provided upon acceptance to the programme

**Cost:** \*Free – Only available to those with a diagnosed pulmonary condition



## Steady As You Go – SAYGO (Multiple Classes Available)

A combination of strength and balance exercise, stretching and light cardiovascular exercises based on the Otago Exercise Programme. Participants have a chair for support. Ideal for beginners.

**Contact:** Janet Lewis

**Phone:** 06 345 1799

**Email:** [saygo@acwhanganui.org.nz](mailto:saygo@acwhanganui.org.nz)

**Class Location & Time:** Multiple classes around Wanganui, Rangitikei and Waimarino.

Contact Janet for class locations and times.

**Cost:** \$3-4 per session

Call first and make an appointment.



## Tu TIKA O AWA TUPUA (Steady as You Go) – Ngā Tai o Te Awa Trust

A combination of strength and balance exercise, stretching and light cardiovascular exercises based on the Otago Exercise Programme. Participants have a chair for support. Ideal for beginners.

**Contact:** Evelyn Hiri-Gush

**Phone:** 0211898765

**Email:** [evelyn@ntota.co.nz](mailto:evelyn@ntota.co.nz)

**Where:** Ngā Tai o Te Awa Trust – 142 Guyton Street

**When:** Thursday 9am – 10am

**Cost:** Free (koha for morning tea)



## Whanganui Taijiquan (Tai Chi)

Taijiquan involves a continuous series of controlled movements designed to improve physical and mental well-being. This class will assist with improving strength, balance and co-ordination "Ideal for beginners and more experienced".

**Contact:** Matt Dutton  
**Phone:** 027 238 2127  
**Email:** mgdutton@xtra.co.nz  
**Where:** 9 Bell Street, St Andrews Hall  
**When:** Wednesday 12:30 – 2:30 pm  
**Cost:** \$15



## Tai Chi for Health

This is a 20-week beginner's course using a set of tai chi moves that have been modified to emphasise and enhance the health-giving aspects of the form. Tai Chi involves a continuous series of controlled, usually slow movements designed to improve physical and mental well-being. This class will assist with improving strength, balance, and coordination. The 20-week beginner's course will teach you the fundamentals of Tai Chi Practice. An advanced class is available on completion of the beginner's course.

**Contact:** Miriam Williamson  
**Phone:** 06 345 1395 or 022 658 6311  
**Email:** kevin.miriamas@gmail.com  
**Where:** Trinity Methodist Church,  
Wickstead Street, Whanganui  
**When:** Monday & Tuesday 5:30 – 6:30 pm  
**Cost:** \$5 per session



## Te Roopu Oranga (Taihape)

This group provides participants with a mixture of Tai Chi and 'Sit Fit' exercises in a supportive whānau environment. Classes are completed in time with music and are friendly and fun. This group also provides a pickup and drop-off service for those who are unable to drive. Group participants gather for a cup of tea at the end of each class. Ideal for beginners.

**Contact:** Rahera Ingle

**Phone:** 027 388 4005

**Email:** [rahera.ingle@mokaipateaservices.org.nz](mailto:rahera.ingle@mokaipateaservices.org.nz)

**When:** Tuesday 2 pm - 3 pm

Thursday 10 am -11 am



## Ngā Tai o Te Awa Trust - Kaumātua Kanikani Rōpū

Ngā Tai o Te Awa Trust - Kaumātua Kanikani Rōpū is a vibrant and welcoming group dedicated to keeping our kaumātua active and connected through the joy of dance. With a strong focus on movement, hauora, and whakawhanaugatanga, this rōpū provides a space where kaumātua can stay physically active while building new friendships and strengthening existing bonds.

**Contact:** Evelyn Hiri-Gush

**Phone:** 021 189 8765

**Email:** [evelyn@ntota.co.nz](mailto:evelyn@ntota.co.nz)

**Where:** Ngā Tai o Te Awa Trust

- 142 Guyton Street

**When:** Tuesday 9am – 10am

**Cost:** Free (koha for morning tea)



## Kaumātua Fitness - Join the MEAN Movers 55+ crew!

We're all about staying active, having fun, and moving together as a whānau. Whether you're looking to boost your fitness, stay strong, or just enjoy good company while getting a sweat on, our group workouts are designed for you. It's not about being the fastest or the fittest—it's about showing up, moving together, and having a MEAN time!

No matter where you're at in your fitness journey, you'll find support, laughter, and encouragement here. So come along, bring a mate, and let's keep moving because we're Still MEAN at 55+!

**Contact:** Mere Tua

**Phone:** 027 264 9914

**Email:** [mtua@wrhn.org.nz](mailto:mtua@wrhn.org.nz)

**Where:** 100 Devon Road (Kaierau Rugby Club)

**When:** Monday & Wednesday's 8.50 am – 9.50 am  
Fortnightly

**Cost:** Free



## Aquarobics

A non-impact way to exercise for all ages! Aquarobics is great for rehabilitation and fantastic for pregnant women.

**Contact:** The Splash Centre

**Phone:** 06 349 0113

**Email:** [splashcentre@splashcentre.co.nz](mailto:splashcentre@splashcentre.co.nz)

**Class Location & Time:** The Splash Centre  
Wednesdays & Fridays 9:30 am - 10:30 am,  
Thursdays 12:30 pm - 1:30 pm, lanes 1, 2 & 3

**Cost:** Adults \$8, Seniors 65+ \$6.50



## Balance & Beyond

My Sit to Stand classes are designed for seniors of all backgrounds and fitness levels, offering a fun and welcoming environment that supports strength, confidence, and independence while helping to slow the natural effects of aging.

**Contact:** Lisa Dalton

**Phone:** 021 0242 5335

**Where:** 100 Devon Road (Kaierau Rugby Club)

**Email:** lisa.pigott@gmail.com

**When:** Wednesdays 2:30 - 3:30pm

**Cost:** \$5 per session



# LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

**STRENGTH**



**BALANCE**



**AND A  
GOOD YARN**

