



Whanganui Regional
Health Network

**Community
Strength and
Balance Classes
Whanganui**

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



Carla's Group Fitness

A combination of strength and balance exercises, stretching and light cardiovascular exercises. Participants have a chair for support. These classes are friendly and fun. Ideal for beginner to more experienced.

Contact: Carla Langmead
Phone: 021 165 8961
Email: clangmead@slingshot.co.nz
Class Location & Time: Tuesdays 1:30 – 2:30, St Andrews Hall, 9 Bell Street, Whanganui
Cost: \$5 per session



Gentle vinyasa flow (Yoga)

Yoga means to yoke or join: the mind, body and breath working altogether as one. We gently move and explore, encouraging slower and fuller breath cycles throughout the session. Always at your pace, you will improve your breathing, balance, strength, flexibility, and coordination. There is a supportive and positive atmosphere; a place of calm and ease, finding what suits you and what feels good. Postures are modified seated on a chair or you can use the chair for support in standing asanas, especially balance and strength work. The choice is yours. Each time is different - this journey is one we do together and one that is personal. Suitable for all levels, beginners to experienced - introductory class half price.

Contact: Marian Takarangi-Gavaghan
Phone: 0210731802
Email: mariantakgav@gmail.com
Where: Whanganui Yoga Centre
When: Wednesday
Cost: TBC



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: 027 264 9914

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: 06 348 0109

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

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) – SAYGO Nga tai O te Awa

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

Where: Ngatai O te Awa

When: Monday 1 pm

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 coordination “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: \$12 per session rising to \$15 from April onwards



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: 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: Kimiora King

Phone: 027 244 1431

Email: kimiora.king@mokaipateaservices.org.nz

When: Tuesday 2 pm – 3 pm
Thursday 1 pm -2 pm



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:

Tuesday 9am -10am \$5 per session

Wednesday 5.30- 6.45 pm \$12 per session

Thursday 5.30- 6.30 pm \$15 per session

Friday 9-10 am \$5 per session

Saturday 9-10.30 am \$15 per session.



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STRENGTH



BALANCE



AND A
GOOD YARN

