



Physical activity classes for older people



A timetable of low impact activity classes available on the West Coast

Westport & Northern Buller

Tai Chi	Catholic Church Hall Brougham St	Thursday 10am	Sylvia James 789 9755
Yoga ***	37 Peel St	Friday 11am	789 6000
Yoga ***	Ngakawau Hall	Thursday 5.30 - 6.30pm	Leslie Towart 782 8993
Yoga	PERC (Pulse Energy Recreation Centre)	Monday 5.30pm with Pia Wednesday 5.30pm with Marie Friday 10am with Marie Saturday 9.30am with Marie/Alison	
Sit n Be Fit	Phelan Hall	Monday 10am	Annette Joseph 789 8342
SFit/Recovery	Solid Energy Centre Pool	Monday through Thursday 9 - 9.45am	789 8316
Heart Club	Buller Health Training Room	Wednesday 10 - 11.30am	Margaret Reedy 789 8173
Older & Bolder Social outings with activity	Various	Various	Buller REAP 789 7659
Balance Class +	Buller Physio	Wednesday 1pm	Sally Patterson 788 9241

Cobden & Runanga

Tai Chi	Cobden Fire Station	Wednesday 10.30am	Trevor McGrath 768 7864
Tai Chi	Workingmen's Club Runanga	Wednesday 10.15am	Kii Dench 021 167 0538
Nuline Dance	Cobden School Hall	Thursday 5 - 6pm	Trish Nickerson 762 6528
Line Dancing	Cobden School Hall	Monday 1pm	Ellen Morton River Line Dancers

Reefton & Grey Valley

Tai Chi	Black Room Reefton Hospital	Thursday 10am; Alternate Tuesdays 10am	Marie Morgan 732 7058
Tai Chi	Workingmen's Club	Tuesday 11am	Marie Morgan 732 7058

*** These classes would be for the more able older person.

+ Referral is essential for these classes

March 2018

Greymouth

Tai Chi	Grey Main School	Saturday 10am	Kii Dench 021 167 0538
Tai Chi	Grey Main School	Tuesday 7pm	Jack Flood 768 6493
Tai Chi	Uniting Church	Tuesday 10.30am	Rosie McGrath 768 1160 ext 716
Walking Group (advanced level) ***	Uniting Church	1 st & 3 rd Wednesday 9.30am	Graeme Schaef 768 7437
Cardiac Club	Trinity Church Hall	2 nd & 4 th Monday 10am	Val 768 0958
Aquadeep ***	Westland Recreation Centre	Monday 5.30pm; Tuesday & Friday 10am	768 9076
Balance Class +	Physio Dept Grey Base Hospital	Wednesday 11am	Margot Van Mulligan 769 7400 ext 2716
Stroke Support Group +	Aquatic Centre	Wednesday & Friday 11-12pm	Nikki Shaw 762 7577
Around 50 ***	Westland Recreation Centre	Monday 10.30am	768 9076
Body Balance	Westland Recreation Centre	Tuesday 9.15am; Friday 6am	768 9076
Tai Chi	Band Rooms, Blaketown	Friday 10.30am	Kii Dench 021 167 0538 Cancer Society 768 9557
Dazana Fusion Tribal Belly Dance	Uniting Church	Monday 6 - 7pm	Joy Aiton 021 569 252

Hokitika

Angie's Senior Fit -Aqua Exercise	Centennial Pool	Monday, Tuesday, Thursday 9am; Wednesday 6-15pm	755 8119
Aqua Zumba	Centennial Pool	Wednesday 6pm	755 8119
Light-paced aerobics	Bodyworx Gym	Monday 1pm	755 8151
Senior Circuit	Bodyworx Gym	Monday, Wednesday, Friday 10.30 - 11.30	755 8151
Senior's Exercise group	Senior Citizens	Tuesday 11 - 11.30am	Sally Richardson 755 6772
Balance Class +	Hokitika Health Centre	Monday & Thursday 10.30am	Eileen Jones 756 9700 ext 7703

*** These classes would be for the more able older person.

+ Referral is essential for these classes

What's involved in the classes?

Tai Chi

Modified Tai Chi classes involve a series of slow, fluid, gentle movements that improve fitness, mobility, flexibility and balance. Participants learn how to feel more relaxed and positive.

Yoga

Relax and unwind in this yoga class suited to you. Slow, stretching positions are modified to suit each individual. Yoga has been shown to help quality of sleep, diabetes, hypertension, arthritis, general mood and more.

Sit 'n' be fit

A class where exercises are designed to be done in a seated position but can also be done standing as your fitness increases.

Lite Circuit Class

For those that like variety. This light circuit class involves short intervals on various equipment to work your entire body.

Walking Group (advanced level)

Join us for a moderately challenging walk that will get you out and about.

Heart Club

A class to help your heart. Instructors will provide you with a 40minute cardio-based workout to help keep that ticker ticking!

Aqua Zumba***

For those that enjoy dancing this class will get you grooving in chest-high water.

Older and bolder

Similar to the walking group, get out and about with a great social group of people that will slip your exercise in without even noticing. Time and location varies dependent on the activity.

Light-paced Aerobics

Head along to Bodyworx gym for a fun and lower impact cardio aerobics class. This is a light paced exercise to music class. Fun and energizing! This class incorporates strength work, coordination and balance elements.

Cardiac club

A class specifically for heart attack survivors to help manage their heart condition. A gentle 30min exercise programme that features a monthly guest speaker, resource library and cardiac rehabilitation nurse visits, peer group support, and cup of tea and chat with other survivors/carers.

Aqua Aerobics / Senior Fit Aqua Exercise / Aqua jogging

Stand or float in the water for a workout that hardly feels like work. The weightless nature of this class makes it more fun and the most low impact class available.

Stroke Support Group

Taking place in our smaller, soft-floored pool, this class is designed to assist and increase mobility for those that have suffered a stroke.

Around 50s ***

A gentle workout designed for the mature participant. Low impact.

Balance +

An individually tailored strength and balance retraining programme.

SFit/Recovery

Low to medium intensity pool-based class focussing on flexibility and strength for the whole body. Designed for seniors and those recovering from injury.

Essentrics Relax Restore Rebalance

Aimed at regaining mobility while slowly building strength and reawakening the power of your 650 muscles, This gentle, slow-temp class is designed for those who have atrophy-related stiffness, frozen shoulder, chronic aches and pains, or who are beginning to exercise after a long sedentary period.

Around 50

Low to medium impact class, designed for mature participants

Body Balance

Yoga, Tai Chi and Pilates inspired workout that will leave you feeling centred and calm

Nuline Dance

A fun, low impact way to learn choreographed dance routines

Dazana Fusion Tribal Belly Dance

Belly dance, Middle eastern, fusion and Tribal dance movements that improves flexibility and confidence. All ages and abilities welcome. (Bare middles are optional - costumes are large and comfortable) Fun exercise that improves muscle tone range of motion and strength.

Aquadeep

Aqua jogging in deep water with aqua-belts for bouyancy

*** These classes would be for the more able older person.

+ Referral is essential for these classes

March 2018