

### Tai Chi for Wellbeing

Tai Chi for health and wellbeing that is fun. We include functional movements to improve your strength and balance to support your everyday living. Chairs are available to aid standing balance exercises.

- Manurewa Leisure Centre, 33 Frances Street, Manurewa

⇒ **Tuesday/Thursday, 10:00am-11:00am**

**Level 1 & 2**

\$5.00

### Total Barre

For participants with limited mobility or restricted movement, this class is designed to increase flexibility, balance and postural stability. It is a seated class to music but has standing components for those who can and all movements are adapted to suit each participant.

- Manurewa Leisure Centre, 33 Frances Street, Manurewa

⇒ **Thursday, 11:30am**

**Level 1-2**

\$6.00

### Zumba Gold

Exercise to music - stepping mobility needed. Zumba Gold follows guidelines of easy-to-follow moves that focuses on range of motion and coordination. Moves are modified to suit participants.

- Manurewa Leisure Centre, 33 Frances Street, Manurewa

⇒ **Monday, 11:30am; Tuesday, 11:15am**

**Level 3**

\$5.00

**Age Concern Auckland**

Bethan Collings

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## Community Strength & Balance Exercise Classes for the over 65s

## Counties Manukau Manukau Locality

**LIVE STRONGER  
FOR LONGER**

PREVENT FALLS & FRACTURES

Community strength and balance classes are social, fun and keep you strong and independent to do the activities you love.

Age Concern Auckland is the lead agency for Community Strength and Balance classes across Counties Manukau. Our role is to coordinate and grow access to classes.

As part of this programme a range of classes are offered across Counties Manukau which help older people improve their balance, leg strength, flexibility, general fitness and well-being.

This leaflet lists classes currently being held in the Manukau area.

Please note:

- On booking you will be given the phone number to contact for that class. Please phone before attending to check:
  - ⇒ the level
  - ⇒ the equipment needed (if any)
  - ⇒ access requirements
- You will need to arrive for your first class 15 minutes early to complete the pre-screen forms
- Wear comfortable clothing suitable for exercise (shorts/pants and sports shoes) and bring a drink bottle

**Bookings for all classes are essential**  
**For more information regarding attending a class please freephone 0800 262 368**

### **Steady as You Go**

Falls prevention programme for men and women 60+. The exercises are designed to improve balance, leg strength, general fitness and wellbeing. Participants warm up in a chair, followed by standing exercises, walking exercises and warm downs. A range of light ankle weights are used for the leg strengthening exercises.

- Manukau Baptist Church, 9 Lambie Drive, Manukau  
⇒ **Friday, 9:00am-10:00am**

**Level 1**

\$2.00

### **Strength and Balance**

Community strength and balance class specifically for the over 65's

- Papakura Leisure Centre, 294 Great South Road, Papakura  
Ground level entrance & ramp, parking available

⇒ **Monday, 1:00pm**

**Level 1**

\$5.00

### **Tai Chi for Health**

Enjoyable, easy, flowing tai chi to increase your strength, improve your balance and prevent falls. It is gentle on your joints too. Seated tai chi is available for those who can only stand for a short while

- St James Church Hall, Church Road, Mangere Bridge  
⇒ **Monday, 9:30am**

**Level 1**

\$2.00 Gold Coin

#### **Information for exercise providers:**

If you are an exercise provider who would like to become accredited to provide Community Strength and Balance classes please email: [bethanc@accm.org.nz](mailto:bethanc@accm.org.nz)  
phone: 021 960 004

## Legends Gym

A fun, social, supervised fitness session held in the fitness centre. Exercise options include treadmill, cross trainer, bike, rower, machine and free weights. A good all-round workout.

- Papakura Leisure Centre, 294 Great South Road, Papakura  
Ground level entrance & ramp, parking available

⇒ **Tuesday/Friday, 10:00am-11:00am**

### Level 2

\$5.00

## Men's Move-it

Join our men's only circuit-based class to improve your muscle strength, mobility and mojo. For men aged 65+ who want to regain strength, balance and confidence.

- Manurewa Leisure Centre, 33 Frances Street, Manurewa  
Ground level entrance and ramp, plenty of parking available

⇒ **Friday, 1:00pm-2:00pm**

### Level 1

\$3.00 per class or \$25.00 per term

## Sit 4 Fit

Chair based class with a mixture of seating and standing exercises targeting every day functional movements to improve strength, balance and general mobility. A fun exercise class to great music.

- Moana-Nui-a Kiwa Leisure Centre, 66R Mascot Avenue, Mangere

⇒ **Friday, 1:30pm**

### Level 1-3 (mixed mobility catered for)

\$5.00



Three levels of classes are offered and we will work to ensure that you are placed in a class suited to your mobility and ability:

**Level 1** Limited Mobility – use of a walking aid, restricted activity and/or does not engage in regular physical activity (e.g. gardening, walking).

**Level 2** Reasonable Mobility – does not use a walking aid and/or currently engaging in some physical activity.

**Level 3** Full Mobility – good level of fitness and wanting to maintain this, and confident in participating.



All classes in this leaflet have met nationally approved evidence-based criteria for community group strength and balance and are eligible to use the ACC tick



### **50's Forward**

50's Forward is an exercise group that is especially designed for the over fifty age group and provides gentle aerobics, line dancing, square dancing, light resistance training and tai chi in a friendly and social environment.

- Papakura Leisure Centre, 294 Great South Road, Papakura  
Ground level entrance & ramp, parking available

⇒ **Tuesday/Thursday, 10:00am**

**Level 2-3**

\$5.00

### **Active + Gold**

A circuit class for over 65's who want to improve their strength, balance and fitness. Led by physiotherapists who are experienced in designing exercise programmes for people of all ages and levels. Improve your health with our friendly group class!

- 6-8 O'Shannessy Street, Papakura  
Ground level access and plenty of parking

⇒ **Tuesday, 11:00am-12:00noon; Thursday, 10:30am-11:30am**

**Level 1**

\$10.00 per class

### **Age is Just a Number EPR Clinic**

Age is just a number don't let it define you. Get your body strong and working well for you. Delay and reverse ageing through effective exercise, strengthening muscles that will help you continue your daily activities and prevent falls and injury. Get more from your body in a small group fitness class.

- Manurewa Leisure Centre, 33 Frances Street, Manurewa

⇒ **Thursday 11:30am**

**Level 1**

\$5.00

### **Forever Fit**

Relaxed and friendly classes held in the gym. Suitable for those 60+ of all abilities. Qualified trainers help you with exercises to suit your needs. Improve your fitness, balance, mobility and strength while enjoying good company!

- Allan Brewster Leisure Centre, Tavern Lane, Papatoetoe

⇒ **Wednesday/Friday, 10:30am**

**Level 1**

\$4.50 per class or \$36.00 for 10

### **Indian Association Yoga**

Yoga aims to improve your quality of life through enhancing flexibility, improving breathing habits, minimising stress, improving muscle tone/strength and promotion of inner wellbeing and relaxation. Participants are seated on or supported by a chair. Routines are designed for persons with mobility limitations but are suitable for the able bodied.

- Indian Association, 25 Tui Rd, Papatoetoe

⇒ **Sunday, 8:00am-9:00am**

**Level 1**

\$5.00 per class

### **Kia Ora Tai Chi**

Enjoyable, easy, flowing tai chi to increase your strength, improve your balance and prevent falls. It is gentle on your joints too. Seated tai chi is available for those who can only stand for a short while. Instructor, Jocelyn Watkin

- Turuki Healthcare, (Boardroom), 2/32 Canning Crescent, Mangere

⇒ **Thursday, 10:00am-11:00am**

**Level 1**

Free

- Manurewa South School Hall, 18 Totara Road, Manurewa

⇒ **Monday/Wednesday, 6:30pm**

**Level 1**

\$5.00