

# WHAT'S ON

Hamilton Community

Feb 2015  
April 2015



**ACTIVE  
& WELL**



For more information visit:  
[www.sportwaikato.org.nz](http://www.sportwaikato.org.nz)



**This supplement and any event details inside were correct as of time of printing. Any changes to class times, dates, cost, phone numbers and locations are the responsibility of the respective class/club/gym.**

**Classes with SW next to them are run by a Sport Waikato staff member.**

**ACTIVE  
& WELL**

## EASY EXERCISE

### **St Aidan's -SW**

Monday 5:45pm – 6:45pm

Wednesday 5:45pm – 6:30pm

St Aidan's Church Hall, Heaphy Terrace

An exercise class to music, suitable for all ages.

No fancy moves, no coordination needed, all fitness levels, beginners welcome.

Cost: \$3

Contact: Stephanie McLennan 07 858 5388

### **St Aidan's -SW**

Monday 10am

St Aidan's Church Hall, Heaphy Terrace

A class suitable for all ages.

Cost: \$3

Contact: Jewell Albert 07 8585388

### **Frankton -SW**

Wednesday 9am

Frankton Rugby Club

Community exercise to music, suitable for all ages.

Classes are easy, low impact and lots of fun.

Cost: \$3

Contact: Renee Mouat 07 858 5388

### **Melville**

Monday 5:45pm – 6:45pm

Melville Primary School Hall, Ohaupo Rd

This class is for men and women who want to improve general fitness, including strength and flexibility. Light hearted fun sessions where participants work at their own level.

Cost: \$3

Contact: Holly 021 152 2133 or

Community House, Charlene 07 843 8811

### **St Andrews**

Friday 9:30am

All Saints Church Hall, corner of Sandwich Road and Cecil Street

An exercise to music, class suitable for all ages.

Cost: \$4

Contact: Jo Mackey 022 013 5713

## MENS ONLY EXERCISE CLASS

### **St Aidan's -SW**

Thursday 5:45pm – 6:45pm

St Aidan's Church Hall, Heaphy Terrace

A chance for men to workout at a moderate pace, in a relaxed and informal atmosphere.

Cost: \$5

Contact: Max Weinberg 07 858 5388

## WOMENS ONLY EXERCISE CLASS

Monday 7pm – 8pm

Hamilton East Primary School Hall, Dawson Street

Come along for some exercise with the ladies. A class for those who want their exercise/fitness to the next level in a fun and relaxed environment

Cost: \$2

Contact: Renee Mouat 07 858 5388

## boxfit

Mondays, Tuesdays & Thursdays 6pm (\$3.50)

Tuesdays & Thursdays 10am (\$3.50)

Destiny Family & Parenting Centre, 5/550 Te Rapa Road, Hamilton (behind Wash World, main entrance Euclid Avenue)

Bring a towel and water bottle.

Our trainers will lead and support you according to your level of fitness.

Join others who seek a healthy and fit lifestyle.

Contact: 07 850 1493

# zumba

## **Zumba Gold**

### **For Older Adults**

Monday 9:30am-10:15am

Wednesday 9:30am-10:15am

Celebrating Age Centre, Victoria Street

Cost: \$2

Contact: Gail Gilbert 07 838 2266

Email: [gailg@ageconcern.gen.nz](mailto:gailg@ageconcern.gen.nz)

## **Zumba with Ellie**

Monday 5:45pm – 6:45pm

Tamahere Community Centre

37 Devine Road, Tamahere

Wednesday 5:45pm – 6:45pm

Central Baptist Church Event Centre

Charlemont Street, Hamilton Central

Casual class rates, concessions available and  
Green Prescription discount

Contact: Ellie Parr 021 774 998

Email: [parrnz@xtra.co.nz](mailto:parrnz@xtra.co.nz)

## **Zumba at The Link**

Cnr River Road & Te Aroha Street

Cost: All classes \$5

Monday 6pm – 7pm

Tuesday & Thursday 5:30pm – 6:30pm

Saturday 9am – 10am

## **Zumba Toning**

Tuesday & Thursday 6:30pm – 7:30pm

Bring your own hand weights (1kg each)

## **Core Class**

Wednesday 6pm - 7pm

Woodstock Primary School, Fairfield Road

Contact: Carmen 021 662 826

Email: [lovetozumba.hamilton@gmail.com](mailto:lovetozumba.hamilton@gmail.com)

## **Zumba with NinaKaye**

Wednesday 5:45pm – 6:45pm

Glenview Community Centre

Cost: First class is FREE then \$5

Contact: Ninakaye Taane 021 774 998

NOTE: Classes do not run in the school  
holidays

## **Zumba with Gama Fitness**

Tuesdays & Thursdays 6:30pm – 7:30pm

Hamilton Boys High School, Gym 3

Peachgrove Road

Wednesdays & Fridays 6pm – 7pm

Hamilton YMCA, Pembroke St

Cost: \$5 per session

Contact: Kenia Thomas-Irvine 021 738 345

Email: [kenia@gamafitness.co.nz](mailto:kenia@gamafitness.co.nz)

## **Zumba with Kelly**

Fairfield Hall, Clarkin Road

Monday, Tuesday, Thursday & Friday 10am

Frankton School, Massey Street

Monday & Friday 5:30pm

Cost: \$5 (first class free)

Contact: Kelly 022 104 1599

Email: [Kelly.tiepa@gmail.com](mailto:Kelly.tiepa@gmail.com)

## **Zumba with Tumeke Infusion**

Hukanui School Hall, Pickering Crescent

Chartwell . At the BACK of the school.

Tuesday 6:30pm - 7:30pm

Thursday 6:30pm - 7:30pm

FIRST CLASS IS FREE when you register at  
6.20pm at class

Cost: \$2 school age children

\$5 Community Service Card, Seniors &  
Adults Students

\$10 adults (11th class FREE)

Contact: Raylene 9am - 6pm 027 858 0675

Email: [zumbaraylene@xtra.co.nz](mailto:zumbaraylene@xtra.co.nz)

## Life unlimited life fit PROGRAMME

### **Life Unlimited**

The Life Fit programme is for people with intellectual disabilities and mental health issues. The programme is run by Life Unlimited staff with the support of a qualified personal trainer.

Inzone Indoor Sports Centre,  
Sunshine Ave, Te Rapa

Mondays & Thursday 11:00 am – 12:00pm

Cost: Free . Bring your own water bottle,  
sweat towel and a positive attitude

Contact: Honey 0800 008 011

## fitness revolution -SW

A programme for people with physical and visual impairments. Join the programme for both group and individual activities.

The programme is held at

Athletes House,  
502 Grey Street, Hamilton East

Tuesday 1.30pm-2.30pm

Thursday 1.30pm-2.30pm

Cost: Free

Contact: David Klinkhamer 07 858 5388 or  
027 212 5496 or email

davidk@sportwaikato.org.nz

## REC CENTRE lifeFIT CLASSES

LifeFit classes are ideal for newcomers, with an emphasis on lifestyle, fitness, fun and the opportunity to socialise while you exercise. 6 or 12 month memberships to LifeFit can be organised through the Rec Centre. A LifeFit membership will allow FREE access to all the below LifeFit options.

The Rec Centre, Gate 1, Knighton Road, The University of Waikato Campus.

For all LifeFit enquiries please contact Max Weinberg 07 858 5388

### **LifeFit Low** -SW

Basic low impact class to music where options throughout the class will allow you to work at your own pace.

Monday & Thursday 8:30am – 9:30am

Casual cost: \$7 per class

### **Sport for Seniors** - SW

Modified sports sessions.

Suitable for all ages and lots of fun.

Wednesday 8am – 9am

Casual cost: \$4 per class

### **LifeFit Club** -SW

Supervised resistance training sessions.

Suitable for older adults with medical conditions or people new to exercise.

Tuesday & Friday 7am – 9:30am

Casual cost: \$30 initial set up cost and then  
\$7 per session



## upright & active

Improving strength and balance in a fun, non-threatening environment.

### Rototuna

Monday 10:45am – 11:30am  
Bramley Gardens Retirement Village  
Turnbury Court  
Cost: \$2  
Contact: Neil Brown 021 298 5810

### Village Gardens Retirement Village Flagstaff

Monday 12:30pm – 1:30pm  
Cost: \$3  
Contact: Pat 07 824 6744

### Melville

Friday 11am  
St. Luke's Church Hall, St Luke's Place  
Off Normandy Ave, Off Odette  
Cost: \$4  
Contact: Jo Mackey 022 0135 713

### Forest Lake

Monday & Thursday 9:15am  
Vision Forest Lake, Minogue Drive  
Cost: \$3  
Contact: Jo Mackey 022 013 5713

### Glenview

Tuesday 9:30am – 10:30am  
Methodist Church Hall  
Bader Street  
Cost: \$4  
Contact: Jo Mackey 022 013 5713

### Hamilton City

Thursday 10:30am – 11:15am  
Celebrating Age Centre, Victoria Street  
Cost: \$3  
Contact: Jo McCready 021 145 1133

### St Clare's Church

Thursday 1:00-2:00pm  
Tuhikaramea Road  
Cost: \$5  
Contact: Jo Mackey 022 0135 713

## sit & be fit

A seated exercise class ideal for beginners or for those with limited mobility.

### Celebrating Age Centre

Tuesday 9:45am-10:30am  
Celebrating Age Centre, 30 Victoria Street  
Cost: \$3  
Instructor: Neil Brown 021 298 5810

### Forest Lake

Thursday 10:15am  
Vision Forest Lake, Minogue Drive  
Cost: \$3  
Instructor: Jo Mackey 022 013 5713

### Forest Lake

Tuesday 11:15am  
Vision Forest Lake, Minogue Drive  
Very light / Low impact  
Cost: \$3  
Instructor: Jo Mackey 022 013 5713

### Heaphy Terrace

Thursday 10am  
St Aidan's Hall, cnr Thames St & Heaphy Tce  
Wheelchair accessible class  
Cost: \$2  
Contact: Neil Brown  
021 298 5810

### Whitiora

Monday 11am  
Hamilton Central Baptist Church  
Charlemont Street  
Cost: Gold Coin Donation  
Contact: Gladys  
07 855 7830

## walking groups

### **Flagstaff**

Monday, Wednesday, Friday 9am (winter)  
8:30am (summer)  
Car park, Flagstaff Shop  
Contact: Gillian Bartram 07 854 0069

### **Dinsdale**

Monday 9am  
St David's Church Carpark  
Contact: Val Russell 07 847 6539

### **Claudlands**

Friday 9am  
St Aidan's Church Carpark, Corner Thames Street  
& Heaphy Terrace  
Contact: Leonie Smith 07 855 2224

### **Westfield Chartwell Walk (inside)**

Tuesday 7:10am  
Muffin Break, Westfield Chartwell  
Contact: Heather 07 853 0503

### **Enderley**

Tuesday 9am  
Bus Stop, Enderley Avenue  
Contact: Leonie Smith 07 855 2224

For advice, walking diaries and everything walking  
check out the Wonder Walkers website  
[www.wonderwalkers.co.nz](http://www.wonderwalkers.co.nz)

## tramping

### **Monday Bush Trampers**

Almost every Monday alternating start times  
7:30am or 8am  
Hamilton Cosmopolitan Club, Claudlands Rd.  
All walks moderate grade of difficulty.  
Car pool: \$20.00  
Contact: Marian O'Connell 07 828 9029 or  
Margaret 07 853 3222  
Email: Colin telstarxri@xtra.co.nz



## tai chi

### **Celebrating Age Centre**

Mondays 1pm – 2pm & 5:30pm – 6:30pm  
Thursday 1pm – 2pm & 5:30pm – 6:30pm  
30 Victoria Street (next to the Municipal Pools)  
Cost: \$5  
Instructor: Maureen Leong 07 843 6219  
Email: [moleong@orcon.net.nz](mailto:moleong@orcon.net.nz)

### **Western Community Centre**

Monday & Thursday 10:30am – 11:30am  
46 Hyde Street  
Cost: \$3  
Instructor: Maureen Leong 07 843 6219  
Email: [moleong@orcon.net.nz](mailto:moleong@orcon.net.nz)

## YOGA

### **Become more relaxed, flexible and healthy.**

Celebrating Age Centre  
General Class, Tuesday 9.30am – 11am  
Cost: Senior and unwaged \$5, others \$10  
  
Gentle Class for seniors, Tuesday 11.15am – 12:15pm  
Cost: \$5  
  
General Class, Thursday: 10am-11:30am  
Cost: Senior and unwaged \$5, others \$10  
  
Contact: Sue 07 856 2250  
[sueburchell@gmail.com](mailto:sueburchell@gmail.com)

## waterworld

Location: Garnett Avenue, Forest Lake, Hamilton

Contact: 07 958 5860

Open to the Public for individual swimming, water walking or aqua jogging and hydrotherapy pool or be involved in the 50's Forward programme or fitness classes.

### **AquaFit**

In the 50m pool participants are standing in water approx. waist to underarm depth. The class includes a range of aqua exercises.



### **AquaJog**

In the dive pool participants use an Aquajog belt to stay afloat and perform a wide range of aqua exercises. A great low impact class.

## gallagher aquatic centre

Location: 20 Collins Road, Melville, Hamilton

Contact: 07 843 9476

Open to the Public for

Individual swimming, water walking or aqua jogging, and classes.

### **AquaFit**

In the 50m pool participants are standing in water approx. waist to underarm depth. The class includes a range of aqua exercises.

Run by Gallagher Aquatic Centre

### **Swim 4 Health**

A relaxed and fun class that combines water walking and a range of aqua exercises. Suitable for all ages and ability levels

Cost: \$6.00

Monday: 10:30am & Wednesday 9:30am

Contact: Max 07 858 8388

## hilton brown swim school

Location: 12 Queenwood Ave, Hamilton

Not a public pool. Only access through classes

### **Swim 4 Health -SW**

A relaxed and fun class that combines water walking and a range of aqua exercises. Suitable for all ages and ability levels

Cost: \$4

NOTE: Classes do not run in the school holidays

Tuesday 1pm & Friday 1pm

Contact: Renee Mouat 07 858 5388



### **AquaJog**

Run by Hilton Brown

Contact: 07 855 8666



## gym options

### Hamilton East

The Rec Centre 838 4177  
Gate One Knighton Rd, Hillcrest

Jetts 021 406 658  
124 Grey St, Hamilton East

Snap Fitness 834 2913  
475 Grey St, Hamilton East

### Hamilton North

Anytime Fitness 853 6269  
6 St James Shopping Centre

Physiques 854 8390  
Rototuna Shopping Centre  
Cnr Thomas & Horsham Downs

TLC Health & Fitness Club 854 5859  
1158 River Rd North, Flagstaff

Jetts 021 325 621  
13 Lynden Court, Chartwell

Curves 853 3493  
Shop 7/13 Lynden Court, Chartwell

Configure Express 853 3200  
Westfield Chartwell  
Hukunui Rd & Comries Ave

### Hamilton South

Be Active Fitness 282 1062  
2/16 Urlich Ave (behind the shops)  
Urlich Shopping Centre, Glenview



### Hamilton North West

Club Aqua at Waterworld 958 5861  
Garnett Ave, Te Rapa

Contours 8505008  
201 Sandwich Rd, St Andrews

First Place Fitness Club 849 6775  
614 Te Rapa Rd, St Andrews

Flex Fitness 847 2635  
62 Church Rd, Pukete

Snap Fitness 957 0994  
Corner Greenwood St, Frankton

City Fitness 849 6237  
Home Straight, Te Rapa

### Hamilton Central

Fastlane Fitness (Club Cardio) 839 0886  
800 Victoria St

Les Mills 838 0769  
747 Victoria Street

Configure Express 839 3300  
Centreplace, Ward Street

Viva (was Contours City) 838 3888  
83 Tristram St

Anytime Fitness City 839 0209  
56 Tristram St

YMCA 838 2529  
36 Pembroke Street, Hamilton Lake

## social sport

### **Indoor & Outdoor Series**

Indoor soccer & netball  
Outdoor Touch Rugby & six-a-side soccer  
Contact: 07 858 5162 or <http://socialsport.co.nz>

### **Action Indoor Sports**

Indoor cricket, football, netball & dodgeball  
53 Duke Street, Hamilton  
Contact: 07 847 1653 or  
[www.actionindoorsports.com/hamilton/](http://www.actionindoorsports.com/hamilton/)

### **Inzone Indoor Sports**

Indoor netball, cricket & soccer  
59 Sunshine Ave, Hamilton  
Contact: 07 850 5540 or  
[www.inzonesports.co.nz](http://www.inzonesports.co.nz)



## club sport

Search for a sports club via the Sport Waikato website  
[http://www.sportwaikato.org.nz/search\\_for\\_a\\_club.cfm](http://www.sportwaikato.org.nz/search_for_a_club.cfm)

## links to websites

The Hamilton City Council website is a great place to look up local parks, reserves, playgrounds, walkways and cycle ways. [www.hamilton.govt.nz](http://www.hamilton.govt.nz)

For sports and leisure events in and around Hamilton check out the What's On Hamilton website. [www.whatsonhamilton.co.nz](http://www.whatsonhamilton.co.nz)

Discover the Waikato River Trails for walking, biking and tramping along New Zealand's longest river. [www.waikatorivertrails.com](http://www.waikatorivertrails.com)

For parks, recreation and activities nationwide the Department of Conservation website is the place to go [www.doc.govt/parks-and-recreation](http://www.doc.govt/parks-and-recreation)



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& Well**



**sport**waikato  
*out there and active*

**Active  
& Well**