




Do you want to be more active?

Would you like to know about local opportunities to get you in the habit of regular physical activity?
Heaps of opportunities for fun friendship and better health.

Mon	Tues	Wed	Thurs	Friday
<p>9.00 Snells Beach Walking Group. Meet outside Mahurangi East Community Centre. Phone Judy 4255466 or Elaine 4256909 Ariki Walkers long trek Mondays once a month Edna 4255928</p>	<p>10.00am The Fitness League (Exercise to Music). Methodist Church, Warkworth. Ph: Carol 09 4789183 Sessions at Point Wells also available.</p>	<p>9.00 Snells Beach Walking Group. Meet outside Mahurangi East Community Centre. Phone Judy 4255466 or Elaine 4256909</p>	<p>9.00 Active Living Classes Mahurangi East Community Centre. Ph Sue 4237543 \$4</p> 	<p>Tennis Aerobics Range of session times available. Warkworth and Snells Beach. Ph Kay 4256965</p> 
<p>Indoor Bowls Mahurangi Community Centre 425 6726 1.00 – 3.30pm</p>	<p>Badminton Mahurangi Community Centre Ph Jeremy 425 6340</p>	<p>Sailing Ph: 425 9008 Centreboard Sailing Sharon: 425 7760</p>	<p>Dance Rock n Roll; Jive; Ballroom; Latin Rosemary: 425 7408</p> 	<p>Local Fitness Centres Curves 4222249 Warkworth Fitness Centre 425 9159 The Circuit Room 423 0289</p>
<p>Croquet Mon, Wed, Thurs and Sat. Next to Point Wells Reserve. Ph: Pixie 4258520</p>	<p>Swimming - Mahurangi College Pool For daily Lane Swimming Session times call Stephanie 425 8487</p>	<p>10.00 Women's Walking group Womens Centre Warkworth 10.00 am. Prams welcome. Ph 425 7261 FREE</p>	<p>Tennis for Parents Mahurangi East Tennis Club 9.15 onwards Child friendly and Social Gold Coin. Call first to see if it is on. Bridget 425 6649</p>	<p>Karate: Adults, kids and teens Ph Andrew 422 5170 / 0212383659</p>
<p>6.00pm Aqua Fit Mahurangi College Pool Stephanie 425 8487</p>	<p>Tai Chi Tuesdays and Thursdays WW and Snells Beach Ph Andrew 422 3424</p>	<p>Aqua Fit 1.00pm Mahurangi College Pool. Ph 423 9361</p>	<p>Tai Chi Tuesdays and Thursdays WW and Snells Beach Ph Andrew 422 3424</p>	<p>Aqua Fit 1.00pm Mahurangi College Pool. Ph 423 9361</p>
<p>Zumba 7.00pm the Circuit Room Ph: 423 0289 www.thecircuitroom.co.nz</p>	<p>Pilates : Snells Beach Physiotherapy Tues and Thurs mornings and evenings Ph: 425 4433</p>	<p>Start Up Circuit Sessions Snells Beach Physiotherapy 7pm Work at your own pace. \$5 Ph: Bridget 425 6649</p>	<p>Pilates : Snells Beach Physiotherapy Tues and Thurs mornings and evenings Ph: 425 4433</p>	<p>Lawn Bowls Friday Afternoon Social Roll Up Graeme: 425 5303 Club Rooms: 425 5741</p>

If you would like to include your activity in this publication please contact Bridget on 425 6649 or email: bfamiloe@harbourhealth.org.nz



DON'T HIBERNATE OVER WINTER!



Kick start your exercise programme .

Come along to our circuit style exercise sessions led by a qualified personal trainer. Strength and Cardio combined.

Work at your own pace. All fitness levels welcome.

Wednesdays 7pm at Snells Beach Physiotherapy. Only \$5 per session.

Group support and information on healthy eating also provided.

Ph: Bridget 425 6649 email: bfamiloe@harbourhealth.org.nz

