

Upright & active

All classes \$3 per session unless otherwise stated.

improving
strength
& balance
in a fun,
non-threatening
environment.

Glenview

Tuesday, 9:30am

Glenview Community
Centre, Tomin Road

Dinsdale

Wednesday, 10:30am

Anglican Church Hall,
Rifle Range Road

Central

Thursday, 9:30am

Celebrating Age
Centre, Victoria Street

Chartwell

Thursday, 11am

Fairfield Hall
Clarkin Road

New Class

Monday, 11am

Hamilton Central
Baptist Church,
Charlemont Street



Gabby Rogers

Sport Waikato Upright & Active Coordinator
Phone 07 858 5388
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sit and be fit

All classes \$2 per session.

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

Victoria Street

Tuesday, 10am

Celebrating Age Centre,
30 Victoria Street

Instructor: Jenny Tulloch

Heaphy Tce

Thursday, 10:15am

St Aidan's Hall, cnr
Thames St & Heaphy Tce

Wheelchair accessible

Chartwell

Thursday, 10:30am

St Albans, Comries Rd

Instructor: Jenny Tulloch
Wheelchair accessible

Claudlands

Wednesday, 9am

Sunningdale, East
Street, Claudlands

Instructor: Neil Brown

Nawton

Monday, 9.15am

Salvation Army Village,
Enfield Street

Instructor: Ann Marie Vincent



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