

Community

Strength and Balance Class List

Central Otago



Further details about these classes and other resources on the **Live Stronger for Longer** website

www.livelonger.co.nz

or scan the QR code



All information is current as of **July 2026**, there are occasionally updates to these class times and dates, it might be useful to call ahead to check a class is on.

Find the Right Class for You

● **Level 1** – Limited Mobility. You may use a walking aid, seated options, beginner-friendly

●● **Level 2** – Moderate Mobility. You are reasonably active (e.g. gardening/walking), seated options and beginners welcome with more balance challenges. You can walk without walking aids.

●●● **Level 3** – Good Mobility. You have good strength and balance. Classes may include floor-based exercises, be more active and challenge your balance.

Accessibility Icons



This Venue has toilets



This venue has accessible toilets



Access is via stairs

(Where possible there will be a note of how many stairs)



This venue is wheelchair friendly



This Venue has onsite parking



This venue is on a bus route

NOTE: The mobility levels and accessibility are a guide only to help match the class to you. The class contact person can answer any further questions. Where no accessibility icons exist, please contact the class leader directly.



AGE CONCERN OTAGO offers 3 different styles of approved exercise classes across multiple locations around Dunedin (and Otago).

CONTACT:

Margaret Dando QSM

(03) 479 3052

margaret@ageconcernotago.co.nz

www.ageconcernotago.co.nz

Classes \$3. Age Concern annual membership \$25.

● **Level 1**

Steady As You Go

Gentle physiotherapy-based strength-and-balance exercises, seated to walking, beginner friendly and typically at accessible venues to support those with mobility aids. Led by **trained peer leaders**.

● **Level 1** & ●● **Level 2**

Aligned To Go

Faster-paced than Steady As You Go, dance-style strength-and-balance drills (seated + standing) for falls prevention, led by **trained peer leaders**.

●● **Level 2**

Tai Chi

Simplified Tai Chi for falls prevention, emphasis on weight transfer, fosters coordination and memory through a set sequence of movements. Comfortable standing for an hour with balance in the middle of the room is beneficial, taught by **peer leaders certified through Tai Chi for Health Institute**.

Steady As You Go © Classes

● Level 1

Area	Day	Time	Venue
Alexandra	Wednesday	10.30am	Community Centre, 15 Skird Street
Alexandra Men's	Thursday	2pm	St Enoch's, Centennial Ave
Alexandra	Friday	10.30am	Community Centre, 15 Skird Street
Alexandra	Friday	2pm	Community House, Centennial Av
Clyde	Friday	10.30am	Community Hall, Cnr Frache & Fraser
Cromwell	Monday	10.30am	Anglican Hall, Blyth Street
Naseby	Thursday	10am	Fire Brigade Station, 4 Ness Street
Ranfurly	Tuesday	10.30am	Rugby Clubrooms, Maniototo Stadium, Stadium Drive
Roxburgh	Thursday (March-Oct)	10.30am	St John Ambulance Hall, Scotland Street

Aligned to Go Classes

● Level 1 & ●● Level 2

Area	Day	Time	Venue
Alexandra	Tuesday	10.30am	Community Centre ,15 Skird Street

Tai Chi Classes

●● Level 2

Area	Day	Time	Venue
Alexandra	Monday	10.00am	District Club, 35 Centennial Av
Cromwell	Monday	9.15am	St Andrew's Anglican Hall, Blyth St

Location	Class	Details
Alexandra	●●● Level 3 NRG Fit 4 Function 	A fun circuit-based class, using weights, resistance bands and other equipment or weight-based exercises. We focus on movements that help with 'day to day' life, flexibility, strength, balance and mobility. Most importantly we have fun!! NRG Health and Fitness, Alexandra, 56 Boundary Road Mon 10:30 Tue 10am & Thu 10am Cost: \$90 per concession card (10 visits) Teresa 03 448 8149 alexandra@nrggym.co.nz https://www.nrggym.co.nz/alexandra/
	●● Level 2 Neuro Warriors 	A supportive, empowering class designed for anyone living with a neurological condition, including stroke and heart attack recovery - focusing on strength, balance, and coordination. This class will meet you where you are, with options and guidance, a welcoming environment, and expert coaching. NRG Health and Fitness, Alexandra, 56 Boundary Road Wed 12pm Cost: \$90 For 10 classes Teresa 03 448 8149 alexandra@nrggym.co.nz
Cromwell	●●● Level 3 NRG Fit 4 Function 	Cromwell's gym NRG Health and Fitness have the answer to aging well and it is our Fit for Function exercise group! This award-winning class is based on movements to help you gain and keep your strength, fitness and balance as you age. NRG Health and Fitness, Cromwell Swim Centre, Barry Ave Tue 1pm & Thur 1pm Cost: \$10 per class Tia & Grace 027 943 9809 cromwell@nrggym.co.nz https://www.nrggym.co.nz/cromwell/

FOR MORE INFORMATION PLEASE CONTACT:

WellSouth Falls & Fracture Prevention Team

333 Princes Street, Dunedin 9016

0800 477 115; Fallsandfractureprevention@wellsouth.org.nz



ALL CLASSES IN THIS LIST HAVE MET NATIONALLY APPROVED EVIDENCE-BASED CRITERIA FOR COMMUNITY STRENGTH AND BALANCE AND ARE ELIGIBLE TO USE THE ACC QUALITY TICK.

IF YOU ARE AN EXERCISE PROVIDER WHO WOULD LIKE TO BECOME AN APPROVED COMMUNITY STRENGTH & BALANCE GROUP, PLEASE CONTACT US.

EMAIL WELLSOUTH TO REGISTER FOR ELECTRONIC REGIONAL CLASS LISTS.