



Image supplied by Live Stronger for Longer

## Community Strength and Balance Class List – Clutha Area

Further details about these classes and other resources on the **Live Stronger for Longer** website [www.livelonger.co.nz](http://www.livelonger.co.nz) or scan the QR code



**Find the Right Class for You.** All information is current as of **April 2026**, there are occasional updates to class times and dates, it might be useful to call ahead to check a class is on.

● **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.

**NOTE:** The mobility levels are a guide only to help match the class to your ability. The class contact person can answer any further questions.

## Clutha Class Contact Details



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

**CONTACT:**

Margaret Dando

(03) 479 3052

[margaret@ageconcern.co.nz](mailto:margaret@ageconcern.co.nz)

[www.ageconcernotago.com](http://www.ageconcernotago.com)

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 3**

**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**.

● **Level 1 Clutha Steady As You Go Classes**

Area	Day	Time	Venue
Balclutha	Friday	10.30 am	Balclutha Library, John Street
Kaitangata	Monday	1.30 pm	Community Centre, Exmouth St
Lawrence	Tuesday	10.00am	Presbyterian Church, 3 Colonsay St
Waihola	Friday	9.30am	Community Hall, State Highway 1

●●● **Level 3 Clutha Tai Chi Classes**

Area	Day	Time	Venue
Balclutha	Thursday	11 am	Community Centre, Clyde St
Milton	Thursday	1.30 pm	RSA, 31 Union St

## Clutha Class Contact Details



Location	Class	Details
Balclutha	●●● Level 3 HTPilatesPlus	HTPilatesPlus classes focus on strengthening the deep core muscles, improve spinal posture, and build leg strength for stability and alignment, to prevent wear & tear. Classes include flexibility, coordination & balance to prevent injuries and falls. Registered Physiotherapist & Pilates Instructor led. City Impact 59 Clyde St, Balclutha Thurs 6pm <b>&amp;/or</b> Balclutha Parents Centre, Pearson Lane Tues 10am <b>Cost:</b> \$170/10 wks. Individual Ax \$115 +10% discount on class Hollie Turner 0221944265 <a href="mailto:holliephysio@gmail.com">holliephysio@gmail.com</a> <a href="https://htpilatesplus.com/homepage">https://htpilatesplus.com/homepage</a>
	●● Level 2 & ●●● Level 3 Stay Strong & Steady Balclutha	A fun, friendly and supportive class that helps to build your strength and balance, so you can stay steady to do the things you love & need to do. This class suits those building up their activity levels, returning after injury or currently active. St Johns Rooms 7 High St, Balclutha Mon 1pm <b>Cost:</b> \$170/10 wks. Individual Ax \$115 +10% discount on class. Hollie Turner 0221944265 <a href="mailto:holliephysio@gmail.com">holliephysio@gmail.com</a> <a href="https://htpilatesplus.com/homepage">https://htpilatesplus.com/homepage</a>
Kaka Point	●●● Level 3 HTPilatesPlus	HTPilatesPlus classes focus on strengthening the deep core muscles, improve spinal posture, and build leg strength for stability and alignment, to prevent wear & tear. Classes include flexibility, coordination & balance to prevent injuries and falls. Kaka Point Bowling Club, 34 Tarata St, Kaka Point Mon 6pm <b>Cost:</b> \$170/10 wks. Individual Ax \$115 +10% discount on class. Hollie Turner 0221944265 <a href="mailto:holliephysio@gmail.com">holliephysio@gmail.com</a> <a href="https://htpilatesplus.com/homepage">https://htpilatesplus.com/homepage</a>

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<b>Milton</b>	<p>● <b>Level 1</b> Keep Moving</p>	<p>Strength and balance exercises seated progressing to standing. <b>Instructor led.</b> Stair access to venue. Use of resistance bands and small weights in small friendly group. Tokomairio Community Recreation Centre Trust Inc. Tues 2.30pm. <b>Cost:</b> \$3 Lilly Nimmo 03 417 7066 tokogym@gmail.com</p>
<b>Owaka</b>	<p>●●● <b>Level 3</b> HTPilatesPlus</p>	<p>HTPilatesPlus classes focus on strengthening the deep core muscles, improve spinal posture, and build leg strength for stability and alignment, to prevent wear &amp; tear. Classes include flexibility, coordination &amp; balance to prevent injuries and falls. Registered Physiotherapist &amp; Pilates Instructor led. Grace Fellowship 3 Campbell St, Owaka Tue 6:15pm &amp; Thurs 8.45am <b>Cost:</b> \$170/10 wks. Individual Ax \$115 +10% discount on class. Hollie Turner 0221944265 <a href="mailto:holliephysio@gmail.com">holliephysio@gmail.com</a> <a href="https://htpilatesplus.com/homepage">https://htpilatesplus.com/homepage</a></p>

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.

**Are you a Group exercise leader?** Contact us to find out about becoming an approved Community Strength and Balance Group.

**Would you like electronic and current class lists?** Email us.

### FOR MORE INFORMATION PLEASE CONTACT:

WellSouth Falls & Fracture Prevention Team

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0800 477 115; fallsandfractureprevention@wellsouth.org.nz

