



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 **January 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** offer 3 different styles of approved exercise classes across multiple locations around Otago (and Dunedin).

**CONTACT:**

Margaret Dando (03) 479 3052

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

[www.ageconcern.co.nz](http://www.ageconcern.co.nz)

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

Please refer to the end of the brochure for class times and venue details.

● **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**.

Please refer to the end of the brochure for class times and venue details.

## 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 Cost: \$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 Cost: \$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 Cost: \$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>

## Clutha Class Contact Details



<p><b>Milton</b></p>	<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. \$3 Lilly Nimmo 03 417 7066 tokogym@gmail.com</p>
<p><b>Owaka</b></p>	<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 Cost: \$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>

## Clutha Class Contact Details



### Clutha Steady As You Go Classes

#### ● Level 1

July 2025

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

### Clutha Tai Chi Classes

#### ●●● Level 3

July 2025

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

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

333 Princes Street, Dunedin 9016

0800 477 115; fallsandfractureprevention@wellsouth.org.nz

