

Community

Strength and Balance Class List

Clutha & Milton

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 occasional 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



This venue is wheelchair friendly

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



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.

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 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 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	11am	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 &/or Balclutha Parents Centre, Pearson Lane Tues 10am Cost: \$170/10 wks. Individual Ax \$115 +10% discount on class Hollie Turner 0221944265 holliephysio@gmail.com https://htpilatesplus.com/homepage
	●● 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 holliephysio@gmail.com https://htpilatesplus.com/homepage
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 holliephysio@gmail.com https://htpilatesplus.com/homepage

Clutha Class Contact Details



Milton	● Level 1 Keep Moving	Strength and balance exercises seated progressing to standing. Instructor led. Stair access to venue. Use of resistance bands and small weights in small friendly group. Tokomairio Community Recreation Centre Trust Inc. Tues 2.30pm. Cost: \$3 Lilly Nimmo 03 417 7066 tokogym@gmail.com
Owaka	●●● 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. Grace Fellowship 3 Campbell St, Owaka Tue 6:15pm & Thurs 8.45am Cost: \$170/10 wks. Individual Ax \$115 +10% discount on class. Hollie Turner 0221944265 holliephysio@gmail.com https://htpilatesplus.com/homepage

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

