



Community Strength and Balance Class List - Dunedin Area

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

DUNEDIN Classes



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

www.ageconcern.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 2**
Align 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, options for chair support and regular rest breaks. Slow and controlled movements make this a great option for a range of abilities; 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.

DUNEDIN Classes

Location	Class	Details
Caversham	●●● Level 3 Adult Keep Fit	Low impact, keeping adults healthy mobile and strong. Use of light hand weights, therabands and Mat Pilates. Instructed by a licensed Silver Swans dance teacher . Dunedin School of Dance, Sidey Halls 61 Thorn St Tuesday & Thursday 10am. \$10 Robyn Sinclair robdance@xtra.co.nz
	●●● Level 3 Silver Swans (Dance)	Ballet-based sessions that lift posture, mobility, balance and energy. Suitable for those who have never tried ballet before! Instructed by a licensed Silver Swans dance teacher . Dunedin School of Dance, Sidey Halls 61 Thorn St Tue 11am, Fri 11.30am & Sat 9.30am. \$10 Robyn Sinclair robdance@xtra.co.nz
Dunedin Central	●● Level 2 Octagon Club – Exercise Group	Light weights, bands and body-weight class to improve strength, flexibility and balance. Seated to standing. Led by a qualified fitness instructor . Annual subscription required, \$25 with benefits Octagon Club at Age Concern, 26 Bath St/9 The Octagon. Mon 10.00am, Wed 10.00am. \$3 Martine Shaw (Age Concern) 03 479 3055 Jean Russell (Octagon Club Treasurer) 021 027 23580 https://ageconcernotago.com/the-octagon-club
	●●● Level 3 Larks Fitness Group	Low-impact aerobics with strength-and-balance moves to music, delivered by a qualified group-fitness instructor . Accessible venue: confidence moving without support beneficial. Free trial class with contact prior to attending. Allow time for parking prior to class. Unipol Gym Forsyth Barr Stadium Wed 9am. \$7 Tom Ross. 027 881 4691 https://thelarksdunedin.weebly.com/
	●●● Level 3 Good Morning Goldies (Yoga)	Gentle yoga to stretch, strengthen and balance ageing bodies, slow controlled movements, ability to get to the floor beneficial; seated options available; taught by a qualified yoga instructor . Nu Yoga Studio – level 1 286 Princes St, The Exchange Dunedin (access via 5 stairs) Mon 10.45am, Thur 10.45am, LIVE ONLINE OPTION Casual \$18. Multipass options available. Jac Wilson 022 300 3286 info@nuyoga.nz ; www.nuyoga.nz

DUNEDIN Classes

<p>Dunedin Central</p>	<p>●●● Level 3 Qi Gong</p>	<p>A traditional Chinese practice designed to balance and develop life-force (qi) through a guided series of slow flowing movements and deep breathing. An excellent class to cultivate balance, build strength without fast movements. Comfortable standing in the middle of the room is beneficial. Lead by qualified Qi Gong instructor and ACC Registered Acupuncturist.</p> <p>Nu Yoga Studio – level 1 286 Princes St, The Exchange Dunedin (access via 5 stairs) Wed 8.30am- 9.15am \$18. Multipass options available. Jac Wilson 022 300 3286 info@nuyoga.nz www.nuyoga.nz</p>
	<p>●●● Level 3 Qi Gong Seasonal Alchemy</p>	<p>As above, Qi Gong slow flowing movements that will build balance and strength interwoven with aromatherapy knowledge. Classes offered and aligned with seasonal changes as an 8-week cycle including tea ceremony and essential oils. Comfort with balance in the middle of the room beneficial. Optional casual attendance. Led by qualified Qi Gong instructor and Aromatherapist.</p> <p>Nu Yoga Studio – level 1 286 Princes St, The Exchange Dunedin (access via 5 stairs) Tuesdays 9.30-11am. \$25 Casual. Concession available. Sharyn Crawford aromaticdispensary@xtra.co.nz</p>
	<p>●●● Level 3 Zumba</p>	<p>Zumba dance-fitness party adapted for older bodies; instructed by a qualified Zumba Gold teacher. Comfort moving freely in middle of room beneficial. All dance skill levels welcome. Annual club membership \$25 with benefits.</p> <p>Octagon Club at Age Concern, 26 Bath St/9 The Octagon Fri 10.30am. \$3 Martine Shaw (Age Concern) 03 479 3055 Jean Russell (Octagon Club Treasurer) 021 027 23580 www.ageconcernotago.com/the-octagon-club</p>
<p>Mosgiel</p>	<p>●● Level 2 Taieri Fit & Fun</p>	<p>Full-body group fitness blending aerobics, resistance and balance work, led by a qualified fitness instructor. Contact prior to attending to register interest. Waitlists may apply.</p> <p>Function Hall, Taieri Bowls Club, 12 Wickliffe St Tues 10am, Thurs 10am. ONLINE CLASS OPTION Shannon Glennie 027 863 0228; shannonglennie@gmail.com</p>

DUNEDIN Classes



Mosgiel	<p>●●● Level 3 Taieri Fit & Fun Advanced</p>	<p>Full body fitness blending aerobics, resistance and balance work, build up your skills with sequences over 6 weeks then keep it fresh learning new ones, led by a qualified fitness instructor. Higher intensity group. Ability to get to floor beneficial but able to work towards this come along even if floor work is not for you. Contact prior to attending to register interest.</p> <p>Function Hall, Taieri Bowls Club, 12 Wickliffe St Wed 9am \$6. Shannon Glennie 027 863 0228; shannonglennie@gmail.com</p>
	<p>●● Level 2 Ready and Steady Seniors</p>	<p>Fun, gentle leg-strength and balance class with resistance bands, seated & standing options, guided by a trained peer leader experienced with seniors. Free trial. Popular – current waitlist</p> <p>Coronation Hall, 97 Gordon Rd Wed 10.30am. \$3 Lorraine Drew 03 489 8703; 027 275 4385</p>
	<p>●●● Level 3 Zumba Gold with Rovena</p>	<p>Low impact dance fitness, whilst having fun! Led by qualified Personal Trainer and Certified Zumba Gold instructor.</p> <p>Russell Hall, Mosgiel Presbyterian Church, 11 Church St Mon 10am. First class free, 2nd \$5; \$12/class ongoing. Rovena Murray 022 174 4541</p>
South Dunedin	<p>●● Level 2 Perkie Parkies</p>	<p>NRG PERKY PARKIES is aimed at but not limited to those with Parkinson Disease. Please talk to the team in more detail should you wish to know more. Instructed by a qualified Personal Trainer.</p> <p>NRG GYM 250 King Edward St. Wed 11am. \$ please enquire with the trainer. Concession also available. Henry King 03 455 0665 dunedinouth@nrggym.co.nz</p>
	<p>●●● Level 3 Fit 4 Function</p>	<p>Fun, friendly mobility, stability and strength circuit in a small supportive group. Instructed by a qualified Personal Trainer.</p> <p>NRG GYM 250 King Edward St. Mon, Tue & Thur 11am. \$15 casual. Member options Henry King 03 455 0665 dunedinouth@nrggym.co.nz</p>

DUNEDIN Classes



	<p>●●● Level 3 Prost-Fit Men Only</p>	<p>Pelvic-floor, strength, balance and agility circuit for men with prostate cancer, coached by a specialty trained Prost-Fit instructor. Requires registration prior to start. NRG GYM. 250 King Edward St Tue 1pm. FREE. Registration required prior to attendance. Jake Kelly 027 433 5394 jake@nzihf.co.nz.</p>
	<p>●●● Level 3 Pilates Fundamentals</p>	<p>Discover mindful movement in Cindy's Pilates Fundamentals. Designed for mature adults, this class focuses on posture, alignment, core strength, and balance, guided by Cindy's physiotherapy expertise for safe, effective movement and everyday confidence. St Clair Bowling Club 13 Ings Ave, Dunedin Mon 4.30pm Casual \$25. Term Rate \$175. Bookings essential: Text Cindy Cindy Bradburn 0272884814 cindybfitforlife@gmail.com</p>
	<p>●●● Level 3 Yogalates</p>	<p>Enjoy the best of both worlds in Cindy's Yogalates—a dynamic fusion of yoga and Pilates. Build strength, flexibility, and balance through flowing sequences and focused core work in a supportive, energizing full-body workout. St Clair Bowling Club 13 Ings Ave, Dunedin Mon 5.30pm Casual \$25. Term Rate \$175. Bookings essential: Text Cindy Cindy Bradburn 0272884814 cindybfitforlife@gmail.com</p>
	<p>●●● Level 3 High Energy Circuit Training</p>	<p>Push your limits in Cindy's High-Energy Circuit Training for mature adults. Improve strength, stamina, and coordination using Total Gym equipment and functional tools, with expert guidance to safely scale exercises for motivating, full-body results. Blind Low Vision 458 Hillside Road Caversham, Dunedin Thur 5.30pm Casual \$25. Term Rate \$175. Bookings essential: Text Cindy Cindy Bradburn 0272884814 cindybfitforlife@gmail.com</p>

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	<p>●●● Level 3 Let's Just Dance</p>	<p>Step into fun and fitness with Cindy's Let's Just Dance class, tailored for the more mobile mature adult. Short, lively routines challenge your brain, balance, and coordination while you move to energizing music. What makes it special: this class combines fitness with pure joy—great vibes, smiles, and an uplifting atmosphere make every session feel like a dance party with friends.</p> <p>Blind Low Vision 458 Hillside Road Caversham, Dunedin Thur 6.30pm Casual \$25. Term Rate \$175. Bookings essential: Text Cindy Cindy Bradburn 0272884814 cindybfitforlife@gmail.com</p>
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DUNEDIN Classes



● Level 1

Dunedin Steady As You Go® Classes January 2026

Area	Day	Time	Venue
Brockville	Wednesday	11.00 am	Community Church, Brockville Rd
Caversham	Monday	1.30 pm	Blind & Low Vision, Hillside Rd
Caversham	Tuesday	10.00 am	Presbyterian Sidey hall, Thorn St
Concord	Monday	10.00 am	Dunedin City Baptist Church, South Rd
Fairfield	Thursday	10.30 am	Community Hall, Fairplay St
Green Island	Monday	1.00 pm	St Margaret's Presbyter, Jenkins St
Green Island	Tuesday	10.30 am	St Margaret's Presbyter, Jenkins St
Kaikorai	Thursday	10.30 am	Kaikorai Bowls, School St
Long Beach	Wednesday	1.30 pm	McCurdy-Grimman Hall
Macandrew Bay	Friday	1.30 pm	Bowling Club, 12 Conway St
Māori Hill	Tuesday	1.00 pm	Community Centre, 607 Highgate
Māori Hill	Wednesday	1.30 pm	Community Centre, 607 Highgate
Maryhill	Thursday	10.30 am	Presbyterian Centre, Maryhill Terrace
Maryhill	Thursday	1.30 pm	Presbyterian Centre Maryhill Terrace
Mornington	Wednesday	1.00 pm	Methodist Church, Galloway St
Mosgiel	Monday	10.30 am	Taieri Age Connect Hall, Hartstonge Av
Mosgiel	Monday	1.00 pm	Taieri Bowls, Wickliffe St
Mosgiel	Tuesday	1.30 pm	Taieri Age Connect Hall, Hartstonge Av
Mosgiel	Thursday	1.30 pm	Presbyterian Church, Church St
Mosgiel	Friday	10.00 am	Taieri Bowls, Wickliffe St
Mosgiel	Friday	10.30 am	Presbyterian Church, Church St
Musselburgh (biweekly)	Wednesday	1.30 pm	Baptist Church, Musselburgh Rise
North East Valley	Monday	10.30 am	NEV Bowling Club, 139 North Road
Octagon	Wednesday	10.30 am	Age Concern Otago, 9 The Octagon
Opoho	Tuesday	1.30 pm	Opoho Presbyterian, Signal Hill Road
Outram	Monday	11 am	West Taieri Hall, Holyhead Street
Pine Hill	Thursday	11.00 am	St Thomas Hall, Raleigh St
Port Chalmers	Wednesday	10.00am	Town Hall, Grey St
Portobello	Monday	10:00 a.m.	Coronation hall, Portobello Road
Ravensbourne	Monday	2:00 pm	Ravensbourne Hall, Wanaka Street
Roslyn	Monday	1.30 pm	St John's Anglican Hall, 373 Highgate
Roslyn	Friday	10.30 am	St John's Anglican Hall, 373 Highgate

DUNEDIN Classes



● **Level 1**

Dunedin Steady As You Go[®] Classes January 2026

Area	Day	Time	Venue
St Clair	Monday	10.30 am	Bowling Club, 13 Ings Ave/Bay View Rd
St Clair	Wednesday	10.00 am	Bowling Club, 13 Ings Ave/Bay View Rd
St Clair	Thursday	2.30 pm	Reformed Church, 178 Forbury Road
South Dunedin	Monday	1.30 pm	Baptist Hall, 414 King Edward St
South Dunedin	Tuesday	9.45 am	St Patrick's, 42 Macandrew Rd
South Dunedin	Tuesday	10.00 am	Baptist Hall, 414 King Edward St
South Dunedin	Wednesday	10.30 am	St James, 393 King Edward St
South Dunedin	Friday	1.00 pm	Baptist Hall, 414 King Edward St
Tahuna	Monday	1.30 pm	Bowls Stadium, Tahuna Rd
Tahuna	Friday	1.30 pm	Bowls Stadium, Tahuna Rd
Wakari	Thursday	1.30 pm	Scout hall, Holyrood Avenue
Waverley	Monday	10.30 am	St Philips Church, 121 Belford St
Waverley	Thursday	1.30 pm	St Philips Church, 121 Belford St
Woodhaugh	Tuesday	1.30 pm	Leith Bowls, 2 Duke St

● **Level 1 &**

●● **Level 2**

Dunedin Aligned to Go Classes January 2026

Area	Day	Time	Venue
Brighton	Thursday	10.30 am	Coastal Community Church, 863 Brighton Rd
Green Island	Friday	10.30 am	St Margaret's, Jenkins Street
Maryhill	Tuesday	11.00 am	Presbyterian Centre, Maryhill Terrace
Mosgiel	Wednesday	10.30 am	Taieri Age Connect, Hartstonge Ave
Octagon (Men's class)	Thursday	1.45 pm	Age Concern Otago, 9 The Octagon
Portobello	Friday	10.30 am	Bowling Club, Sherwood St
Roslyn	Thursday	11 am	Anglican Hall, 373 Highgate
South Dunedin	Friday	11.00 am	St Patrick's, 42 Macandrew Rd

DUNEDIN Classes



●● Level 2 Dunedin Tai Chi Classes January 2026

Area	Day	Time	Venue
Brighton	Tuesday	10 am	Robertson Hall, Ocean View
Broad Bay	Wednesday	9.30 am	Community Hall, Clearwater St
Caversham	Wednesday	10 am	Presbyterian hall, Thorn Street
Green Island	Wednesday	1 pm	St Margaret's Presbyterian, Jenkins St
Maori Hill	Thursday	2 pm	Community Centre, 607 Highgate
Maryhill	Friday	10.30 am	Francis Xavier hall, Benhar Street
Mornington	Thursday	1.30 pm	St Mary's Anglican hall, Whitby St.
Mosgiel (advanced)	Tuesday	9.45 am	Taieri Age Connect, Hartstonge Av
Mosgiel	Tuesday	11.00 am	Taieri Age Connect, Hartstonge Av.
Mosgiel	Thursday	1 pm	Taieri Bowls, Wickliffe Street
Octagon (advanced)	Wednesday	1.30 pm	Age Concern Otago, 9 The Octagon
Octagon	Friday	1.30 pm	Age Concern Otago, 9 The Octagon
St Kilda (start 24 Feb)	Tuesday	11.00 am	St James Presbyterian, King Edward St.
St Kilda	Thursday	1.30 pm	St James Presbyterian, King Edward St.
Wakari	Monday	10 am	Summerset Village, 36 Shetland 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

