



Chair Yoga

Blind Low Vision Centre, 172 Queens Drive
021 154 8278
Tuesday 2pm- 3pm, or Wednesdays 9.15am-10.15am
\$65 per 10-week block course, 1 session per week, bookings essential

Fit & Fab

Blind Low Vision Centre, 172 Queens Drive
021 154 8278
Mondays 9am, during school terms
\$100 per 10-week block, 1 session per week, bookings essential

Invercargill Public Library

1st Floor meeting room, 50 Dee Street,
032111444
Strength & Balance Class
10.30am Tuesday
No Cost

Strength & Balance Class

He Puna Wairoa Wellness Centre,
92 Spey Street, Invercargill
Tuesday at 2pm-3.30pm. Stacy: 022 461 8391
Nama: 022 605 2517
Cost: Free – available for people enrolled with He Puna Wairoa Wellness Centre

YMCA

77 Tay Street
03 218 2989
Pick up & drop off service available for \$2 for each way.

Easy Combo
Aerobics & weight class
Wednesday 9.15am
\$4 per session or \$40 for 11 sessions

F3: Fit, Fun & Fabulous
Aerobic & Circuit class
Wednesday & Friday 10.15am
\$4 per session or \$40 for 11 sessions

Falls Prevention Class
Walking & Standing exercises
Monday 1pm
\$4 per session

Falls Prevention Class
South City Centre, Jenkin Street
Monday 2.30pm, Wednesday 1pm & Thursday 9am

Jazz Time Senior Swans[®] Ballet

44 Mersey Street
0272177985
Thursday's 6.30pm to 7.15pm
\$70 for concession to 10 classes, 1st one is free.

Fusion Fitness

18 Leven Street
027 348 6377
contact@fusionfitness.nz

Aqua Move-Mint

Cardio & strength pool workout
Splash Palace
Thursday 8.00-9.00am
Pool entry plus \$3.50 for a casual session
Senior/Student 10 class concession \$67.50 and Adult \$82.70

Move-Mint

18 Leven Street
Tuesday .12.45pm
First class free,
Single Session \$10 or
Concession card (10 classes) \$100

Bluff Sit & Keep Fit

Bluff Town Hall, 18 Gore Street
Sandy - 0274993109
Gentle movement exercises
Thursday 10.30-11.30am
Cost: \$3.00

Zumba South

St Stephen's Church Hall, 284 North Road,
Invercargill
Michal 027 231 5217
Zumba Gold
Mondays & Thursdays @ 9.15am
\$9

PICK THE 'TICK'



All classes in this brochure have met nationally approved evidence-based criteria for community group 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 on details overleaf.

For up to date information regarding attending a class please visit www.livestronger.org.nz or contact the class provider directly.

All information current at
December 2025.

For more information please contact:

WellSouth – Falls & Fracture
Prevention
65 Don Street
Invercargill 9810

0800 477 115

fallsandfractureprevention@wellsouth.org.nz

www.livestronger.org.nz

Community Strength & Balance Classes Invercargill Area

**LIVE STRONGER
FOR LONGER**

PREVENT FALLS & FRACTURES



Image supplied by Live Stronger for Longer