

Community

Strength and Balance Class List

Invercargill



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 occasionally 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

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



This venue is wheelchair friendly



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.

Invercargill Area



AGE CONCERN Otago and Southland offer approved exercise classes across multiple locations around Otago and Southland

CONTACT:

Age Concern Southland: Emma Casey

(03) 218 6351

027 287 6870

Emma@acinv.org.nz

www.ageconcern.org.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**.

Area	Day	Time	Venue
Invercargill	Monday	1.30pm	Windsor Church, Windsor St
Invercargill	Tuesday	11am	Age Concern Hall, 50 Forth St
Invercargill	Friday	1.30am	St Stephen's Church Hall, 248 North Road
Myross Bush	Wednesday	11:30am	Myross Bush Community Hall, Mill Road North
Bluff	Tuesday	10.30am	St John's Community Centre, Lees St

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Location	Class	Details
Invercargill	● Level 1 ●● Level 2 Chair Yoga	Chair Yoga focuses on nurturing both the body and mind through gentle, yoga-based movements and stretches, combined with mindful breathing and guided relaxation. It is energizing yet gentle on the joints. Blind Low Vision Centre, 172 Queens Drive 021 154 8278 Tuesday 2pm- 3pm, or Wednesday 9.15am-10.15am Cost: \$65 per 10-week block course, 1 session per week, bookings essential
	●●● Level 3 Fit & Fab	This low-impact fitness class is designed for older adults. It's ideal for building muscle and bone strength, as well as improving balance and overall well-being. Fit & Fab is a great way to stay active and maintain a fabulous lifestyle! Blind Low Vision Centre, 172 Queens Drive 021 154 8278 Monday 9am, during school terms Cost: \$100 per 10-week block, 1 session per week, bookings essential
	● Level 1 ●● Level 2 Library Strength & Balance Class	An inclusive, low impact community class focused on balance and lower body strength. We do a mix of seated and standing exercises to great music. Invercargill Public Library, 1 st Floor meeting room, 50 Dee Street, 03 211 1696 Tuesday 10.30am No Cost
	● Level 1 ●● Level 2 Tōtika	Available for people enrolled with He Puna Wairoa Wellness Centre. This gentle exercise class is designed to improve strength and balance for seniors. He Puna Wairoa Wellness Centre, 92 Spey Street, Invercargill Tuesday at 2pm-3.30pm. Stacy: 022 461 8391 Cost: Free – available for people enrolled with He Puna Wairoa Wellness Centre

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●● Level 2 ●●● Level 3 Falls Prevention Class	Designed for those who are over 65 and wanting to improve their strength & balance as well as their general health and wellbeing. Fun and increased confidence guaranteed. YMCA, Tay Street, Invercargill Mon 1:00pm 03 218 2989 Cost: \$4 per session
●● Level 2 ●●● Level 3 Falls Prevention Class	Designed for those who are over 65 and wanting to improve their strength & balance as well as their general health and wellbeing. Fun and increased confidence guaranteed. South City Centre, Jenkin Street, Invercargill Mon 2:30pm, Wed 1:00pm & Thu 9:00am Cost: \$4 per session
●● Level 2 ●●● Level 3 F3: Fit, Fun & Fabulous	Join our fun and energetic group for a great workout and welcoming atmosphere. Classes consist of aerobics and circuit type activities. This is an all over body workout which improves aerobic fitness, full body strength and balance. YMCA, 77 Tay Street, Invercargill Wed 10:15am & Fri 10:15am 03 218 2989 Cost: \$4 per class or \$40 concession card for 11 classes
●●● Level 3 Easy Combo	A full body workout suitable for older adults consisting of aerobics, body weight exercises and light resistance weights to improve overall fitness, strength & balance. YMCA, 77 Tay Street, Invercargill Wed 9:15am 03 218 2989 Cost: \$4 per class or \$40 concession card for 11 classes
●● Level 2 ●●● Level 3 AQUA Move- Mint	Combine cardio and strength movements to make the most of the water's natural resistance. Work hard while having fun! This class is held in the main pool and is accessible via the pool ladder. Splash Palace, Elles Road, Invercargill Thu 8:00am 027 773 3123 Cost: Single session (includes pool entry) \$7.60 (Senior) Senior 10 class \$72.20 Adult 10 class concession card \$91.20

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	● Level 1 ●● Level 2 ●●● Level 3 Koia Kia Tū	This class adapts the gentle movements of tai chi (standing or seated) with a Māori twist to support muscular strength, balance, range of movement, confidence, stress relief, and socialisation for kaumatua Awarua Whanau Services - 190 Forth Street, Invercargill Thu 10:00am 03 218 6668 Cost: Gold Coin Koha
	●●● Level 3 Zumba Gold	Zumba Gold is a fun dance-based fitness option designed for older active adults. Using music from around the world, the classes focus on improving fitness, balance, range of motion and coordination. St Stephen's Church Hall, 284 North Road, Invercargill Mon 9:15am & Thu 9:15am 027 231 5217 Cost: \$9
	●●● Level 3 Jazz Time - Senior Swans Ballet	A ballet class for 45 yrs old and over. It's never too late to start or to continue what you might have done as a child. A class of balance and stability as the say "Use it or Lose it". 44 Mersey Street, Invercargill Thursday 6:45pm 027 217 7985 Cost: \$70 for concession of 10 classes, first one is free
Bluff	● Level 1 ●● Level 2 Sit & Keep Fit	A fun, welcoming class for older adults wanting to boost wellbeing. Enjoy great music, gentle movement and laughs, with connection first. Bluff Town Hall, 18 Gore Street Thu 10:30am 027 499 3109 Cost: \$3

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FOR MORE INFORMATION PLEASE CONTACT:

WellSouth Falls & Fracture Prevention Team
333 Princes Street, Dunedin 9016
45 Don Street, Invercargill 9810
0800 477 115 | Fallsandfractureprevention@wellsouth.org.nz



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.

IF YOU ARE AN EXERCISE PROVIDER WHO WOULD LIKE TO BECOME AN APPROVED COMMUNITY STRENGTH & BALANCE GROUP, PLEASE CONTACT US.

EMAIL WELLSOUTH TO REGISTER FOR ELECTRONIC REGIONAL CLASS LISTS.