

Community

Strength and Balance Class List

Queenstown Lakes & Wānaka



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

(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.



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

CONTACT:

Arrowtown/Queenstown: Age Concern Southland

Chris Downey
(03) 441 3490
acqt@acinv.org.nz

Wānaka: Age Concern Otago

Margaret Dando
(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**.

Area	Day	Time	Venue
Arrowtown	Thursday	11am	Community Hall (Rugby Club)
Queenstown	Tuesday	10.30am	Te Atamira (Remarkables Park)
Wānaka	Tuesday	1pm & 2pm	St John rooms, 4 Link Way

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Location	Class	Details
Queenstown	●●● Level 3 Leisurelys Pilates Class 	Pilates will help you to improve strength, endurance, mobility, posture and body awareness. Movements are slow and controlled to enhance muscle activation and connection. You may use different props which will be provided. Induction required before attending class. Queenstown Events Centre-Joe O'Connell Drive, Frankton Wed 1.30pm \$8.20 casual, \$57 10-visit pass Deni Zawalski 03 450 9005 Leisurelys@qldc.govt.nz
	●●● Level 3 Leisurelys Strength Class 	This whole-body strength class uses free weights and bodyweight exercises in a fun, engaging environment. Our instructor will demonstrate the movements and instruct techniques to ensure a safe and effective workout. Induction required before attending class. Queenstown Events Centre-Joe O'Connell Drive, Frankton Wed 12:45pm \$8.20 casual, \$57 10-visit pass Deni Zawalski 03 450 9005 Leisurelys@qldc.govt.nz
	●● Level 2 & ●●● Level 3 Leisurelys Balance Class 	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. Induction required before attending class. Queenstown Events Centre- Joe O'Connell Drive, Frankton Tue 11am & Thur 1.30pm \$8.20 casual, \$57 10-visit pass Deni Zawalski 03 450 9005 Leisurelys@qldc.govt.nz
	●● Level 2 Leisurelys AquaFit Class	Lap based exercises: moving up and down the length of the pool with your aqua belt for buoyancy, these exercises will increase your heart rate and breathing to enhance fitness. Induction required before attending class.

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	(Morning Classes) 	Queenstown Events Centre- Joe O'Connell Drive, Frankton Mon 7am & Wed 7.15am \$8.20 casual and \$57 for 10-visit pass. Deni Zawalski 03 450 9005 Leisurelys@qldc.govt.nz
Queenstown	●● Level 2 Leisurelys AquaFit Class (Lunchtime class)	Leisure pool exercises: in this class the exercises will be in the shallower pool with warmer water. Exercises are on the spot rather than lap based. Equipment-based exercises: using props such as kickboards, aqua dumbbells and pool noodles will add resistance to improve muscle strength. Cool down: at the end of the class, we will go through a cool down to stretch the muscles we have just worked. Induction required before attending class. Queenstown Events Centre- Joe O'Connell Drive, Frankton Mon 12.45pm \$5.30 casual, \$48 10-visit pass Deni Zawalski 03 450 9005 Leisurelys@qldc.govt.nz
Wānaka	●● Level 2 AquaFit 	A gentle, low impact, full body workout which strengthens muscles and improves flexibility, non-weight bearing. It's perfect if you're new to exercise, recovering from injury, or for the young at heart. 42 Sir Tim Wallis Drive (off Ballantyne Road) Mon, Wed & Fri 8am \$ Pool entry Penny Batchelor 034439334 or 0274085349 penny.batchelor@qldc.govt.nz
	●● Level 2 AquaHIIT 	More physically challenging than AquaFit. The 'HIIT' stands for high intensity interval training - a style that uses hard exertion followed by less intense recovery periods. 42 Sir Tim Wallis Drive Tue & Wed 6.30pm \$ Pool entry Penny Batchelor 034439334 or 0274085349 penny.batchelor@qldc.govt.nz

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Wānaka	●● Level 2 & ●●● Level 3 Bones and Balance or Bones, Balance and Strength 	At Northlake Pilates we support active adults aged 55 + with highly targeted Pilates Reformer exercises in our Bones and Balance program. This class is for you if you are mindful about your balance, niggles, old injuries and bone health. Our goal in the class is to help you feel stronger and steadier in your body. Getting into regular Pilates classes in your mid 50's is all about setting yourself up for success as you move into your 60's, 70's, 80's and beyond! Unit 29/5 Northlake Drive Wed 8.30 & 9.30am, Fri 10.30am (Bones & Balance) Mon 10.30am (Bones, Balance & Strength) \$30-40 per class Caroline Gray 0212315043 info@northlakepilates.co.nz https://www.northlakepilates.co.nz
	●●● Level 3 Fit 4 Function 	We conduct an engaging circuit-based class that incorporates a variety of equipment such as weights, resistance bands, and other tools to make fitness enjoyable. NRG GYM 17 Plantation Road, Mon, Wed & Fri 9.30am \$10 casual \$75 for 10 classes or gym membership Tia Clark 027 943 9809 wanaka@nrggym.co.nz https://www.nrggym.co.nz/wanaka
	●● Level 2 & ●●● Level 3 Senior Circuit 	This is a dynamic and engaging circuit class that promotes strength, balance, coordination, and fun. Jo (Occupational Therapist and Personal Trainer) and Irenie (Personal trainer) are both skilled and knowledgeable instructors who provide visual and verbal demonstrations, feedback and adjustment to technique in an exciting way to ensure everyone can work to their best ability. Peninsular Bay Community Room-18 Infinity Drive Tue 9.30am During school term only. \$20 a class, concessions for attending 2 classes/ week Jo Shearer 021 298 3436 hello@preventiononpoint.com https://www.preventiononpoint.com/

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Wānaka	●●● Level 3 Senior Performance	This programme class focuses on functional strength, balance, and overall well-being. Learn strength fundamentals, apply them to daily life, and progressively build confidence, stability, and fitness with skill work, weights, and circuit training. 33 Reece Crescent Mon, Wed & Fri 10am \$25 per week. All Senior Performance classes. John Appel 021 245 3508 john@pureperformance.co.nz https://pureperformance.co.nz
	●●● Level 3 Senior Strength and Mobility 	This is a dynamic and engaging circuit class with smaller numbers and greater repetitions. It has a focus on strength and mobility with plenty of opportunity for feedback and adjustment to ensure everyone can work the best of their ability. Jo (Occupational Therapist and Personal Trainer) is a skilled and knowledgeable instructor who provides clear guidance and demonstration and an exciting exercise class. Peninsular Bay Community Room – 18 Infinity Drive Thur 10am, During school term only. \$20 a class, concessions available if attending 2 classes per week Jo Shearer 021 298 3436 hello@prentiononpoint.com https://www.preventiononpoint.com
	●● Level 2 Stay Strong, Stand Tall 	Balance and strength program for falls and fracture prevention, our goal is to help to improve your confidence, and your balance. Ashley from Synaptic Physiotherapy wants to help you keep your independence and stay safe on your feet. After an initial assessment, there will be weekly classes and a personalised home exercise program. St John's Rooms Link Way, Wānaka Mon 9.15am & 10.30am & Wed 9.15am \$380 for 10 classes (including in home assessment & review) Ashley Booth 022 031 1415 ashley@synapticphysio.co.nz https://www.synapticphysio.co.nz/services

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Wānaka	●●● Level 3 60+ Dance Legends 	Love to move, laugh and dance to tunes from 1950s to today. Led by professional dance teacher, choreographer and dancer; Nina Hermanns. Tailored to suit varying mobility levels whilst allowing individual expression and creativity Paetara Aspiring Central, 35 Plantation Rd Wed 10.30-11.15 & Thu 9.30-10.15. 10-week Terms. \$17/class billed per term or \$20 cash casual. 10% discount multiple class attendance. Nina Hermanns, 021 081 11382; nina@prodancenz.com www.prodancenz.com
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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.