



Community

Strength and Balance Class List

North & East Otago

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.

North & East Otago



AGE CONCERN OTAGO offer 3 different styles of approved exercise classes across multiple locations around Otago (and Dunedin).

CONTACT:

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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**.

North & East Otago Steady As You Go Classes

● **Level 1**

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Area	Day	Time	Venue
Hampden	Thursday	9.30 am	Memorial Hall, Main Road
Kurow	Monday	2 pm	Presbyterian Church, 3 Bowen St
Oamaru	Monday	1.30pm	Salvation Army, 255 Thames St
Oamaru	Wednesday	1.30pm	Salvation Army, 255 Thames St
Oamaru	Thursday	1.30pm	Anglican Church, 410 Thames Hwy
Palmerston	Monday	11 am	Waihemo Lodge, Runbrake St
Waikouaiti	Wednesday	10am	East Otago Community Centre
Waitati	Monday	1.30pm	Waitati Hall
Weston	Wednesday	1.30pm	Presbyterian Church, 48 Main Street

Tai Chi Classes

●●● Level 3

Area	Day	Time	Venue
Waikouaiti (advanced)	Monday	10 am	Anglican hall, Beach St
Waikouaiti	Monday	2 pm	Anglican hall, Beach St
Waikouaiti (advanced)	Tuesday	7pm	Anglican hall, Beach St
Waikouaiti (advanced)	Friday	10 am	Anglican hall, Beach St

Location	Class	Details
Oamaru	● Level 1 Senior Strong	Exercise class designed for falls prevention, beginners, older adults, persons with pre-existing medical conditions or physical disabilities and those who are returning from injury. Waitaki Community Recreation Centre, 43 Orwell Street Tue 1:30pm \$4.50 casual rate or \$45 concession card for 12 classes. \$3.00 per session for Rec members or \$30 for 12 classes. Diane 03434 6932/ 02108150688 admin@waitakirc.co.nz www.sporty.co.nz/waitakirc/Senior-Strong/Senior-Strong

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	● Level 1 Ronnie Gardiner Method	Rhythmic brain-gym styled movement sessions promoting neuroplasticity. Suitable for brain health, stroke recovery & Parkinson's. Improves mood, co-ordination, energy, concentration, spatial awareness & balance. Aimed at people familiar with RGM. Observatory Village (Willow Park Lodge), 21 Stoke Street Tue 1:30pm Cost: \$4 Debbie Melton 0274651653 Or Susie Sinclair 021448602 neideb@xtra.co.nz Or susieandbob@xtra.co.nz
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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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fallsandfractureprevention@wellsouth.org.nz

