



Image supplied by Live Stronger for Longer

## Community Strength and Balance Class List – Southland Region

Further details about these classes and other resources on the **Live Stronger for Longer** website [www.livelonger.co.nz](http://www.livelonger.co.nz) or scan the QR code



### Find the Right Class for You.

All information is current as of **April 2026**, there are occasionally 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:** Mobility levels are a **guide only** to help match the class to your ability. Further information on website or class contact person.

## Southland Region 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](mailto:Emma@acinv.org.nz)

**Contact Emma for further details**

**Classes \$2 | 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
Riverton	Wednesday	10.00am	Riverton Longwood Village Centre
Myross Bush	Wednesday	11.30am	Community Hall, Mill Road North
Gore	Wednesday	10am	Windsor Village Community Centre
Te Anau	Mon, Wed, Fri	10.30am	Fiordland Community Centre
Wallacetown	Monday	10.00am	Community Centre, 57 Dunlop St
Wyndham	Monday	10.30am	Evangelical Church, Balaclava St

## Southland Region Area



Location	Class	Details
<b>Gore</b>	●●● Level 3 Fit 4 Function	This is a physical activity programme targeted at our senior citizen men and women. It is designed to increase mobility, balance, flexibility, cardiovascular fitness and muscle strength.  NRG Health & fitness, 25 Mersey Street, Gore 03 208 6165 Monday and Thursday at 10.30am for a 30-minute class <b>Cost:</b> \$5 per session or \$45 for 10 visit concession
<b>Otautau</b>	● Level 1 Chair Yoga	An enjoyable and relaxing hour of gentle yoga stretches, full body strengthening and balancing exercises on or with support of a chair. Otautau Golf Club, 55 Slaughterhouse Road, Otautau Tuesday 12.30-1.30 - during the school term. Annemarie Bruin 03 225 8857 027 785 1775 <b>Cost:</b> \$5 / session
<b>Tuatapere</b>	● Level 1 Community strength and balance class	A falls prevention class for those looking to improve their balance and mobility, including low impact strength and balance exercises on or with support of a chair. Invercargill Tuatapere Medical Centre (Day Lounge) Every second Wednesday during school terms 1.30 – 2.30. Check for next class and availability with the Tuatapere Medical Centre (03) 226-6123) Annemarie Bruin 027 785 1775 <b>Cost:</b> Free (Conditions apply)
<b>Winton</b>	●●● Level 3 Fit 4 Function	This is a physical activity programme targeted at our senior citizen men and women. It is designed to increase mobility, balance, flexibility, cardiovascular fitness and muscle strength. NRG Health and fitness, 153 Park Street, Winton Monday 10:30am and Wednesday 10:30am Stephanie West Phone(03) 2086165 Email <a href="mailto:winton@nrggym.co.nz">winton@nrggym.co.nz</a> <b>Cost</b> \$60 10 visit concession card or \$6 per class

## Southland Region Area



<b>Winton</b>	<p>● <b>Level 1</b></p> <p>●● <b>Level 2</b></p> <p>Senior Gentle Exercises</p>	<p>Gentle seated and standing exercises suitable for older adults. The exercises focus on improving mobility and balance to help in the prevention of falls.</p> <p>Anglican Church Hall, Meldrum Street beside the Anglican Church, Winton</p> <p>Wed 10:00am Thu 10:00am</p> <p>Glenda 0274296703</p> <p><b>Cost:</b> \$7 per session</p>
	<p>●● <b>Level 2</b></p> <p>●●● <b>Level 3</b></p> <p>Work Out for the Wise</p>	<p>A supervised circuit class designed with 'use it or lose it' as its main aim.</p> <p>The GYM 206 Great North Road, Winton</p> <p>Tue 9:00am, 10:00am and Thu 9:00am, 10:00am</p> <p><b>Cost:</b> \$6 casual, concession and membership options available</p>

### 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.