



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 or scan the QR code



Find the Right Class for You

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.

● **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.

Accessibility Icons



This Venue has toilets



This venue has accessible toilets



Access is via 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.

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

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
Gore	●●● 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 Cost: \$5 per session or \$45 for 10 visit concession
Otautau	● 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 Cost: \$5 / session
Tuatapere	● 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 Cost: Free (Conditions apply)
Winton	●●● 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 winton@nrggym.co.nz Cost\$60 10 visit concession card or \$6 per class



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

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.