

## OTAUTAU

### **Chair Yoga**

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

### **Tuatapere Strength and Balance Class**

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)

## GORE

### **Fit 4 Function**

NRG Health & fitness, 25 Mersey Street, Gore  
03 208 6165  
Monday and Thursday at 10.30am for a 30-minute class  
A physical activity programme with a variety of exercises for any level.

Cost: \$5 per session or \$45 for 10 visit concession

## WINTON

### **Fit 4 Function**

NRG Health and fitness, 153 Park Street, Winton,  
Stephanie West - 03 2086165

Monday and Wednesday at 10.30am for a 30- minute class.  
A physical activity programme with a variety of exercises for any level.

Cost: \$60 for 10 visit concession card or \$6 per class.

## WINTON

### **Work Out for the Wise**

The GYM, 206 Great North Road  
027 229 2191

Tuesday and Thursday, 9am - 10am and 10am -11am

A supervised circuit class designed with 'use it or lose it' as its main aim.

\$6 casual, concession, and membership options available.

## WINTON

### **Seniors Gentle Exercises**

Anglican Church Hall, Meldrum Street beside the Anglican Church

Wednesday & Thursday 10-11am (excluding school holidays)

Gentle exercises to improve balance and help keep you moving.

Glenda

027 429 6703

[Pennig53@gmail.com](mailto:Pennig53@gmail.com)

Cost: \$7/session

PICK THE 'TICK'



All classes in this brochure have met nationally approved evidence-based criteria for community group 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 on details overleaf.

For up to date information regarding attending a class

please visit

[www.livestronger.org.nz](http://www.livestronger.org.nz)

or contact the class provider directly.

All information current in Nov 2025.

For more information please contact:

WellSouth – Falls & Fracture Prevention  
65 Don Street  
Invercargill 9810

0800 477 115

[fallsandfractureprevention@wellsouth.org.nz](mailto:fallsandfractureprevention@wellsouth.org.nz)

[www.livestronger.org.nz](http://www.livestronger.org.nz)

## Community Strength & Balance Classes Southland Area

**LIVE STRONGER  
FOR LONGER**

PREVENT FALLS & FRACTURES



Image supplied by Live Stronger for Longer