
YOGA & PILATES

Yoga

Ph: (09) 415 0076

Time: Various, 7 days a week

Venue: Albany Yoga Room

Ph: (09) 444 9328

Time: Tuesday 6.30pm, Sun 9am

Venue: Club Physical

Ph: (09)477 2007

Time: Tuesday 11am, Wednesday 7pm, Thursday 8am

Venue: Millennium Institute

Ph: (09) 414 7796

Time: Wednesday 6.30pm

Venue: Contours (Women only)

Ph: (09) 414 0800

Time: Tuesday 9-10.15am, Wednesday 6.30pm,

Thursday 10.15am

Venue: Massey University

Pilates

Ph: (09) 444 9328

Time: Monday 5.30pm, Wednesday 9.30am, Thursday 6.30pm

Venue: Club Physical

Ph: (09) 477 2007

Time: Monday 9am, 10am, Thursday 6.30pm

Venue: Millennium Institute

SPORT AND COMMUNITY FACILITIES

Albany Primary School

Bass Road, Albany

Ph: (09) 415 9668

MORE FM Tennis Park

Oteha Valley Road,

Albany

Ph: (09) 414 5530

Albany Yoga Room

36 William Pickering

Drive, Albany

Ph: (09) 415 0076

Lifestyle Fitness

@ Apollo

Apollo Drive, Albany

Ph: (09) 477 3740

Contours

42-44 William Pickering,
Albany

Ph: (09) 414 7796

North Harbour BMX

Bush Road, Albany

Ph: (09) 416 1086

North Shore Golf Club

51 Appleby Road,

Albany

Ph: (09) 415 9924

Albany Fitness Centre

15e Douglas Alexander,

Albany

Ph: (09) 415 2669

Millennium Institute

17 Antares Place

Mairangi Bay

Ph: (09) 477 2007

Martial Arts Centre

A6/8 Henry Rose Place,

Albany

Ph: (09) 473 7333

Club Physical

29-31 Omega Street,

Albany

Ph: (09) 444 9328

Hilton Brown

Swimming

17 Volkner Place,

Albany

Ph: (09) 414 5484

Massey University

Recreation Centre

Gate 1, Albany

Expressway

Ph: (09) 414 0800

ext 41144

Harbour Sport

Stadium Drive, Albany

Ph: (09) 415 4610

LOCAL ACTIVITIES

ALBANY



More People, More Active, More Often

INDOOR SPORT

Casual Badminton

Ph: (09) 414 0800 ext 41144

Time: Ring to check court availability

Venue: Massey Uni Rec Centre

Casual Tennis

Ph: (09) 414 5530 extn 706

Time: Various (contact to find suitable times)

Venue: More FM Tennis Park

AQUA ACTIVITIES

Fitness Groups and Swim Lessons for All

Abilities and Ages

Ph: (09) 414 5484

Time: Various, 7 days a week (contact to confirm suitable classes)

Venue: Hilton Brown Swim School

Learn to swim

Ph: (09) 477 2082

Time: Monday, Wednesday 6-6.30pm

Venue: Millennium Institute

Swim Fit

Ph: (09) 477 2082

Time: Monday, Wednesday, Friday 9.45-10.45am,
Tuesday, Thursday 8.30-9.30pm

Venue: Millennium Institute

Aqua Fit

Ph: (09) 477 2082

Time: Tuesday, Wednesday 6.30-7.30pm

Venue: Millennium Institute

EXERCISE CLASSES

Abs, Energiser, Flex, Kick, Sculpt, Step, X Ride,

Ph: (09) 444 9328

Time: Various, 7 days a week

Venue: Club Physical

Circuit, Step, Hi Lo, Power fit, Stretch, Zumba

Ph: (09) 414 0800

Times: Various

Venue: Massey University

Power, X55, Top Ride, Boxing, Core, Megadanz, Cycle Group, RunFit

Ph: (09) 477 2082

Time: Various, 7 days a week

Venue: Millennium Institute

Various Exercise Classes

Ph: (09) 477 3740

Time: Various, 5 days a week

Venue: Lifestyle Fitness @ Apollo

The Fitness League

Ph: (09) 424 0402

Time: Wednesday 9.30-10.30am

Venue: Albany Hall, Library Lane

Powercardio, Spin, Extreme 55, Zumba, Pilates, Circuits, UBound, Fat Burner Fun, Low Impact, Boxing

Ph: (09) 414 7796

Time: Various, 7 days a week

Venue: Contours (Women only)

WHAT'S ON IN YOUR AREA?