
SENIORS

60's Up Movement

Ph: (09) 444 0236

Time: 4th Monday of Month, 10am

Venue: Progress Hall, Anzac Road

Ph: (09) 478 7201

Time: 2nd Tuesday of Month, 1pm

Venue: Torbay Community Hall, Beach Road

MARTIAL ARTS

Tai Chi & Kempo

Ph: (09) 444 8668

Time: Various

Venue: Martial Arts Centre

For timetable visit: www.eightelement.co.nz

Choi Kwang Do

Ph: (09) 479 9956

Time: Various

Venue: Bays Martial Art Academy, 2/44 Anzac Rd,
Browns Bay

SPORT AND COMMUNITY FACILITIES

Massey University

Oteha Valley Road

Albany

Ph: (09) 414 0800

Extn 41144

Dance Dimensions

Bute Road

Browns Bay

Ph: (09) 478 5898

Outram Hall

478 Beach Road

Murrays Bay

Ph: (09) 479 6815

Progress Hall

Anzac Road

Browns Bay

Ph: (09) 473 6856

Millennium Institute

Antares Avenue

Mairangi Bay

Ph: (09) 477 2007

St Annes Hall

Corner Glencoe Road and

Beach Road

Browns Bay

Beachside Health Club

30 Anzac Road

Browns Bay

Ph: (09) 479 2924

North Shore Leisure—East

Coast Bays

12 Bute Road

Browns Bay

Ph: (09) 444 6340

Torbay Community Hall

Watea Road

Torbay

Ph: (09) 478 4091

Browns Bay Community

Centre

2 Glen Road

Browns Bay

Ph: (09) 478 4091

Classical Pilates @ Netfit

77 Beachfront Lane

Browns Bay

Ph: (09) 479 8635

Murrays Bay Primary

Clematis Avenue

Murrays Bay

Mairangi Swim School

6d Ascension Place

Mairangi Bay

Ph: (09) 479 6153

Harbour Sport

Stadium Drive, Albany

Ph: (09) 415 4610

LOCAL ACTIVITIES

EAST COAST BAYS



More People, More Active, More Often

OUTDOOR SPORTS

Petanque

Bob Murphy (09) 444 7429
Time: Tuesday, Thursday 1pm, Sun 10am
Venue: Kennedy Park Petanque Club

INDOOR SPORTS

Basketball, Soccer, Table Tennis & Badminton

Ph: (09) 478 3379
Time: Various
Venue: North Shore Leisure- East Coast Bays

DANCE

Belly Dancing

Ph: 0211704183
Time: Saturday 10:15am
Venue: Massey University

Variety of Dance and Private Lessons

Ph: (09) 478 5898
Time: Various
Venue: Dance Dimensions, Bute Road

Zumba

Ph: (09) 479 2924
Time: Wednesday 6-7pm
Venue: Beachside Health Club

Ph: (09) 473 5141
Time: Mon, Tues 6pm
Venue: St Annes Hall, Browns Bay

EXERCISE CLASSES

Abs, ABT, Step Circuit, Circuit, Insanity, KickFit, Pump, Seniors, Step, Stretch, Fusion

Ph: (09) 479 2924
Time: Various
Venue: Beachside Health Club

Body Attack, Pump, Combat, Balance, RPM, Step, SNR Movement, Cxworx, Sh'bam

Ph: (09) 444 6340
Time: Various, 6 days a week
Venue: North Shore Leisure– East Coast Bays

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

Ph: (09) 477 2082
Time: Various, 7 days
Venue: Millennium Institute

YOGA

Yoga

Ph: (09) 478 3379
Time: Monday 6pm, Wednesday 7.15pm
Venue: North Shore Leisure– East Coast Bays

Ph: (09)477 2007
Time: Tuesday 11am, Wednesday 7pm, Thursday 8am
Venue: Millennium Institute

Ph: (09) 479 2924
Time: Monday 7pm, Tuesday 10.15am, Friday 9.10am
Venue: Beachside Health Club

WALKING

Mairangi Walking Network

Ph: (09) 444 6435
Time: Monday, Wednesday, Friday, Saturday and Sunday
Contact to confirm as leave from different locations

WHAT'S ON IN YOUR AREA?