

GYM/PERSONAL TRAINING

Silverdale Snap Fitness

(09) 427 8326
24/7 Gym, Personal Training at time to suit
Venue: Silverdale Snap Fitness

ONE ON ONE

1 two 1 Healthy Hearts Programme

Ph: (09) 427 4477 / (027) 481 6959
Time: To suit you
Venue: 47 Riverside Road, Orewa / to suit you

YOGA

Ph: (09) 427 5359 / 021 735 327
Time: Wednesday 6:45pm
Venue: Orewa College Arts and Events Centre

Ph: 021 132 7992 / (09) 420 5553
Time: Wednesday 9—10am (beginners) plus various other classes
Venue: Waitoki Village (Private Studio)

SPORT AND COMMUNITY FACILITIES

Silverdale Hall

7 Silverdale Street
Hibiscus Coast
(09) 426 4479

Peninsula Golf Club

65 Main Road
Orewa
(09) 426 4001

Orewa Tennis Club

Victor Eaves Park
Florence Ave
Orewa
(09) 426 8276

Orewa Community Hall

368 Hibiscus Coast Hwy
Orewa
(09) 426 5338

Hibiscus Coast Youth Centre

214 Hibiscus Coast Hwy
Orewa
(09) 426 5005

Pro Aim Golf Club Driving Range

2182 East Coast Rd
Silverdale
(09) 427 4300

Waiwera Thermal Resort

21 Main Road
Waiwera
(09) 427 8800

Orewa Surf Lifesaving Club

Hibiscus Coast Hwy
Orewa
(09) 426 5058

Silverdale Tennis Club-War Memorial Park

Hibiscus Coast Hwy
Silverdale
(09) 426 9791

Waitoki Hall

Kahikatea Flat Road
Waitoki
(09) 420 5111

Silverdale Squash Club

Hibiscus Coast Hwy
Silverdale
(09) 426 6821

Harbour Sport
Stadium Drive, Albany
Ph: (09) 415 4610

LOCAL

ACTIVITIES

OREWA, SILVERDALE & WAITOKI



More People, More Active, More Often

OUTDOOR SPORTS

Rock Climbing

(09) 426 5005
Mon 4-5pm, Sat Afternoon, By Booking
Venue: Hibiscus Coast Youth Centre

INDOOR SPORTS

Hibiscus Coast Badminton Club

(09) 426 5618
Various Times
Venue: Orewa Badminton Hall, Victor Eaves Park

DANCE

Line Dancing

(09)428 1223
Wed 10-12pm (Int) - Stanmore Bay (hall opposite Church)
Fri 1.30-2.30pm (Beg) - Stanmore Bay Hall

Dance Fitness

021 750 909
Tues 12.30pm
Venue: Orewa Community Hall

Zumba

(09) 421 9700
Time: Mon 9.15am
Venue: Northern Arena (8 Polarity Rise, Silverdale)

WALKING

Y's Walker

(09) 426 6461
Sun 8am
Meet: Various, Call to confirm

AQUA ACTIVITIES

Aquarobics

(09) 427 8800
Mon, Wed, Fri 9.30-10.30am
Venue: Waiwera Thermal Resort & Spa

SwimFit

(09) 421 9700
Mon-Fri 5.30-7am, 7-8am, 9-10.15am, Mon 12.30, Tues-Fri 12.15pm
Venue: Northern Arena

EXERCISE CLASSES

Aerobics/Step, Womens Strength training, Box Fit, Outdoor Cross Training (Summer Only)

(09) 426 8492
Various Times
Venue: Orewa Beach Gym

Various Les Mills Classes

(09) 421 9700
Various Times
Venue: Northern Arena

(09) 424 1914
Various Times, 7 Days a Week
Venue: The Leisure Centre

Bums & Tums, Zumba, Body Sculpt, Sports Conditioning, Box Fit, Senior Fit, Gentle Circuit, Cardiac Circuit, Never 2 Old, Super Circuit

(09) 424 1914
Various Times, 7 Days a Week
Venue: The Leisure Centre

The Fitness League

Ph: (09) 424 1914
Venue: Waitoki Village Hall

WHAT'S ON IN YOUR AREA?