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## DANCE

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### Zumba

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Ph: (09) 444 6340

Time: Monday 12.10pm, Wednesday 6.30pm, Saturday 8.30am

Venue: Just Workout—Takapuna

Ph: (09) 489 7748

Time: Tuesday 9.30am, 6.30pm, Thursday 5.30pm, Sunday 9.30am

Venue: Just Workout—Milford (Women's only)

Ph: (09) 410 4902

Time: Wednesday 5.30pm

Venue: Sunnynook Community Centre

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### Tais Belly Dance

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Ph: (09) 410 4902

Time: Tuesday 6pm, 7pm, Thursday 6pm, 7pm

Venue: Sunnynook Community Centre (Tawa Studio)

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### Rock n Roll Dancing

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Ph: (09) 410 4902

Time: Wednesday 7-10pm

Venue: Sunnynook Community Centre

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### Country Music Dancing

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Ph: (09) 410 4902

Time: Every 2nd Sunday 7-10pm

Venue: Sunnynook Community Centre

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## SPORT AND COMMUNITY FACILITIES

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### North Shore Leisure

#### Takapuna

Killarney Street

Takapuna

Ph: (09) 444 6340

### Just Workout

79 Barrys Point Rd

Takapuna

Ph: (09) 486 0900

### NZ Pilates Unlimited

18 Northcroft Street

Takapuna

Ph: (09) 486 1018

### Takapuna Grammar

Lake Road

Takapuna

### Sunnynook Comm Hall

148 Sycamore Drive

Sunnynook

Ph: (09) 410 4902

### Ten Pin Takapuna

Fred Thomas Drive

Takapuna

Ph: (09) 489 9199

### St Peters Church

Killarney Street

Takapuna

### Milford Senior Citizens Hall

141a Kitchener Rd

Milford

Ph: (09) 486 3856

### The Yoga Tree

Corner of Lake Road

Tennyson Avenue

Ph: (09) 489 9311

### Takapuna Croquet Club

8 Auburn Street

Takapuna

Ph: (09) 418 2178

### Sunnynook Scout Den

Sunnynook Road

Sunnynook

### North Shore Squash Club

Shea Terrace

Takapuna

Ph: (09) 489 4760

### Harbour Sport

Stadium Drive, Albany

Ph: (09) 415 4610

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# LOCAL ACTIVITIES

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## TAKAPUNA, SUNNYSNOOK & MILFORD



*More People, More Active, More Often*

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## SPORT

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### Indoor Bowls

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Ph: (09) 410 4902  
Time: Thursday 1-3pm  
Venue: Sunnynook Community Centre

### Croquet

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Ph: (09) 489 5241  
Time: Various  
Venue: Takapuna Croquet Club

### Squash

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Ph: (09) 489 4760  
Time: Various  
Venue: North Shore Squash Clubs

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## AQUA ACTIVITIES

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Ph: (09) 444 6340  
Time: Monday-Sunday 10.30am, Monday 7.30pm,  
Wednesday 7.30pm  
Venue: North Shore Leisure—Takapuna

### Aqua Seniors

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Ph: (09) 444 6340  
Time: Tuesday, Thursday 12pm  
Venue: North Shore Leisure—Takapuna

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## EXERCISE CLASSES

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### The Fitness League

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Ph: (09) 410 4902  
Time: Friday 9.45am  
Venue: Sunnynook Community Centre

### Abs, Butt & Thighs/Step

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Ph: (09) 489 7748  
Time: Various  
Venue: Just Work Out—Milford (Women's only)

### Zumba, Pump, Abs, Core & Stability, Spin, Box Fit, Step

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Ph: 921 9999 extn 7254  
Time: Various  
Venue: AUT Sport & Fitness Centre

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## PILATES

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Ph: (02) 7 625 2131  
Time: Wednesday 7.15 - 8.15pm, 8.15-9.15pm  
Venue: Sunnynook Community Centre

Ph: (09) 486 1018  
Time: Monday 6.30pm, Wednesday 12pm, Saturday  
10am  
Venue: NZ Pilates Unlimited

Ph: (09) 444 6340  
Time: Tuesday 6.30pm, Friday 4.10pm, Saturday  
9.30am  
Venue: Just Workout—Takapuna

Ph: (09) 489 7748  
Time: Monday 5.30pm, Wednesday 9.30pm  
Venue: Just Workout—Milford (Women's Only)

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## YOGA

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Ph: (09) 410 4902  
Time: Thursday 5.45-7pm, Saturday 9.15-10.30am  
Venue: Sunnynook Community Centre

Ph: (09) 489 9311  
Time: Monday 7-8.30pm, Saturday 8-9.30am  
(General)  
Tuesday 7-8.15pm (Beginners)  
Venue: The Yoga Tree

Ph: (09) 444 6340  
Time: Tuesday 12.10pm, Thursday 6.30pm  
Venue: Just Workout—Takapuna

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## Tai Chi

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Ph: (09) 410 4902  
Time: Tuesday 11am-12pm  
Venue: Sunnynook Community Centre

**WHAT'S ON IN YOUR AREA?**