

Rongoā Kākāriki GREEN PRESCRIPTION



Wellbeing
Wednesdays!



Super
Saturdays!

Only \$5

Green Prescription classes

9:15– 9:45am Aqua walking class
12:00-12:30pm Circuit Class

FREE 1 on 1 consultations

- Goal setting
- Nutrition advice
- Personalised exercise plans

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Only \$5

ANY TIME
Help us support you
on your fitness
journey. Book your
fitness induction
today (09) 424 9227



Where? : Stanmore Bay Pool and Leisure Centre

Who? : Green prescription clients

How? : Ask your doctor/nurse for a Green Prescription or contact Matt at Harbour Sport on (09) 415 4617 or 027 700 4015
Mattr@harboursport.co.nz

**Exclusive Price List starting
August 14th 2017**

- Memberships **DISCOUNTED** to-
⇒ \$33/fortnightly (Direct Debit) or \$771/year
- ⇒ Seniors: \$205/6months or \$410/year

****NO JOINING FEE!****

Casual Visits **DISCOUNTED ONCE YOU
HAVE COMPLETED FITNESS CENTRE
INDUCTION**

- ⇒ Gym or group fitness classes \$5
- ⇒ *Aqua classes \$5
- ⇒ *Pool entry \$5
- *includes spa/sauna

Get more from your Green Prescription!



Waitemata
District Health Board
Best Care for Everyone



MINISTRY OF
HEALTH

MANATŪ HAUORA

**Auckland
Council**

Te Kaunihera o Tāmaki Makaurau



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