








# North Shore & Rodney Timetable *as 12<sup>th</sup> November 2018*



Monday	Tuesday	Wednesday	Thursday	Friday
 8.30am - Joel Milford Reserve	 10am - Stan Belmont	 7am - Matt Orewa Beach Surf Club	 9.30am – 10.30am Joel Glenfield Leisure Centre	 7am - Matt Orewa Beach Surf Club
		 9.30am-10.30am - Stan Glenfield Leisure Centre	 10.30am - Joel Glenfield Leisure Centre	
<p style="text-align: center;"><b>All Classes and consults are FREE</b></p>		 10.30am - Matt Stanmore Bay Leisure	 11.30am – 12.30pm Joel Glenfield Leisure Centre	
		 10.30am - Stan Glenfield Leisure Centre	 1.00pm – 3pm Lauren Albany Leisure Centre	
		 11.30am – 12pm Matt Stanmore Bay Leisure	 1.30pm – 4pm Joel Glenfield Leisure Centre	
	 4.30pm - Josh Northcote Baptist Church	 11.30 am – 1pm Stan Glenfield Leisure Centre	 3.30pm - Josh Harbour Sport Albany	
 3.30pm – Matt Warkworth Term time only	 6pm – Romero Onepoto Primary	 1pm – 3pm - Matt Stanmore Bay Leisure	 4pm - Joel Glenfield Leisure Centre	
 6pm – Romero Onepoto Primary	 6.30pm - Joel Glenfield Leisure Centre	 3pm - Matt Stanmore Bay Leisure Centre	 5pm - Josh Harbour Sport Albany	
	 7.30pm – 8pm Joel Glenfield Leisure Centre			

Class	Description
Niu Movement or Niu Ways 	Niu movement is a FREE 6 week support service for Pacific adults/teenagers who are inactive and needing extra motivation and are hoping to find that in group trainings like Niu Ways. Main focus is Boxing with a variety of exercises and circuits added during the sessions.
Circuit Class 	Circuit class: A series of body weight and light weight exercises to get you moving at your best again, with pro and regressions, good for any level of fitness!
Happy Feet Walking Group 	<p>Are you seeking to do more than just going to the mall shopping or watching TV? If you're looking to get into routine of regular exercise enjoy the weather and meet new friends then look no further...?</p> <p>Happy feet is Auckland's best coast, bush and city walking group. Our goal is not only to help you get more active, but to connect you with other providers in the area offering free exercise classes, and facilities that will keep you Active For Life.</p> <p>If you're looking for a fun easy way to get back into regular exercise then look no further.</p> <p>Join Happy Feet Today!!!</p>
Active Teens 	A programme designed to motivate teenagers aged between 13 – 17 to live healthier lifestyles through nutrition and exercise. There is recorded fitness testing, goal setting and fitness sessions, making teens more aware of the importance in keeping active, healthy and fit.
Active Families 	Join us for some sports, fun games, nutritional information and other exercises. Free to any whanau wanting to get some physical activity in. Full of fun, laughs and fruit to eat at the end. Nau mai haere mai ki Active Families.
Group Consults 	Improve on your general health and well-being. Develop together a plan to accomplish your goals. Book in for a group consult today and meet others and bring whanau or friends to start with you or support you.
Drop In 	If you can't make the group consult, or you want to check in with your Healthy Lifestyle Advisor feel free to drop in and have a conversation with them during our drop in times.