





























West Auckland Timetable as 12th November 2018




Monday	Tuesday	Wednesday	Thursday	Friday
	 9am - Patrice Parrs Park – Glen Eden	 8am - Amo Massey		
	 10am - Jenna West Wave	 10am - Amo Massey YMCA	 9.30am - Patrice Rampage	
	 11am – 12.30pm Jenna West Wave	 10am – 2pm Patrice The FONO	 10.30am – 12.00pm Patrice Rampage	
	 1.30pm - Jenna West Wave	 11am – 12.30pm Amo Massey YMCA	 12.30pm - Patrice Rampage	
	 2.30 – 4pm Jenna West Wave	 12pm – 3pm Eric Rampage		
<p style="text-align: center;">All Classes and consults are FREE</p>		 1.30 pm – 2.30pm Amo Massey YMCA	 1.30pm – 2.30pm Patrice Rampage	
		 3pm - Amo Massey YMCA	 5pm - Eric Archibald Park, Kelston	
	 4.30pm - Eric West Wave Rec Centre	 4pm – Eric Rampage	 6.30pm - Romero Ranui Community Centre	
		 4.30pm - Patrice Parrs Park – Glen Eden		

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Class	Description
Pasifika class 	Where you see this symbol, the classes are targeted for Pasifika clients but all are welcome.
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 	A perfect opportunity to get out moving and meeting new people all while seeing more of your local community.
Active Teens 	
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.

Parrs Park Walking Group	Massey Walking Group
Meeting Place: In the corner of the park, by the exercise machines 	Address: 545 Don Buck Road Massey (Across the road from Placemakers) Meeting Place: Outside of the Massey YMCA library 