





Active for Life – Green Prescription Consultations

Monday	Tuesday	Wednesday		Thursday	Friday
	 Group Consult Start 10am Jenna <i>West Wave</i>	 Group Consult Start 10am Amo <i>Massey YMCA</i>		 Drop ins 10am – 2pm Patrice <i>The FONO</i>	 Group Consult Start 9.30am Patrice <i>Rampage</i>
	 Drop ins 11.30am – 12.30pm Jenna <i>West Wave</i>	 Drop ins 11am – 12.30pm Amo <i>Massey YMCA</i>	 Drop ins 12pm – 3pm Eric <i>Rampage</i>		 Drop ins 10.30am – 12.00pm Patrice <i>Rampage</i>
	 Group Consult Start 1.30pm Jenna <i>West Wave</i>	 Drop ins 1.30 pm – 2.30pm Amo <i>Massey YMCA</i>	 Group Consult Start 4pm Eric <i>Rampage</i>		 Group Consult Start 12.30pm Patrice <i>Rampage</i>
	 Drop ins 2.30 – 3.30pm Jenna <i>West Wave</i>	 Group Consult Start 3pm Amo <i>Massey YMCA</i>			 Drop ins 1.30pm – 2.30pm Patrice <i>Rampage</i>

	Description
Group Consults 	Want to improve your general health and well-being? By working together, we can develop a plan to accomplish your goals. Book in for a group consult today and meet others, or even bring your whanau and friends to start this journey with you.
Drop In 	If you are unable to make the group consult, or you want to check in with your Healthy Lifestyle Advisor one-to-one, feel free to drop in and catch up with them during our drop-in times.

Active for Life – Green Prescription Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	
	 Walking group/ Have a go class 9am – 10am Patrice <i>Parrs Park</i>	 Circuit Class/ Walking Group. 10:30am – 11:30am Eric <i>Parrs Park</i>	 Have a go class 10am – 11am Amo <i>Royal Reserve Park, Massey</i>		
	 Walking group 11am – 11.30am Jenna <i>West Wave</i>	<h3>FREE exercise classes</h3> <p>Keep up to date with class times via our Facebook page</p>			

Class	Description
Pasifika class 	Where you see this symbol, the classes are targeted for Pasifika clients, but all are welcome.
Have a go - Low impact movement class 	Come and join us for some low impact exercise. The movements in these classes can be done by anyone and focus on improving flexibility, mobility, strength and balance to help you move better and keep your joints safe.
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.
Walking group 	Grab your walking shoes, a drink bottle and a friend and head on down to the meeting point ready to start. Join us for a brisk walk around a track near you whilst enjoying the outdoor scenery and some chat with like-minded people.

