

## Active for Life – Green Prescription Consultations

Monday	Tuesday	Wednesday	Thursday			Friday
	 <b>Drop in</b> 9:30am – 10:30am Stan <i>Glenfield</i>	 <b>Drop in</b> 9am – 10:30am Matt <i>Stanmore Bay</i>	 <b>Group Consult</b> 1pm – 2pm Sarah <i>Glenfield</i>	 <b>Drop in</b> 1pm – 3pm Lauren <i>Albany</i>	 <b>Drop in</b> 9am – 10:30am Matt <i>Stanmore Bay</i>	
	 <b>Group Consult</b> 10:30am – 11:30am Stan <i>Glenfield</i>	 <b>Group Consult</b> 10:30am – 11:30am Matt <i>Stanmore Bay</i>	 <b>Drop in</b> 2pm – 4:30pm Sarah <i>Glenfield</i>	 <b>Group Consult</b> 3:30pm – 4:30pm Josh <i>Harbour Sport</i>	 <b>Group Consult</b> 10:30am – 11:30am Matt <i>Stanmore Bay</i>	
	 <b>Drop in</b> 11:30am – 1pm Stan <i>Glenfield</i>	 <b>Drop in</b> 9am – 10:30am Matt <i>Stanmore Bay</i>	 <b>Drop in</b> 5:30-6:30pm Sarah <i>Glenfield</i>		 <b>Drop in</b> 9am – 10:30am Matt <i>Stanmore Bay</i>	
			 <b>Group Consult</b> 6:30-7:30pm Sarah <i>Glenfield</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
			 <b>Bootcamp</b> 7am – 8am Matt <i>Orewa Beach</i>		 <b>Bootcamp</b> 7am – 8am Matt <i>Orewa Beach</i>
		<h3 style="margin: 0;">FREE exercise classes will begin the week of Monday 11<sup>th</sup> February</h3>			
 <b>Nuimovement</b> 6pm-7pm Romero <i>Birkdale Intermediate School</i>	 <b>Active Families</b> 4:45pm – 5:45pm Josh <b>Northcote Baptist Church</b>		 <b>NuiWays</b> 6pm-7pm Romero <i>Birkdale Intermediate School</i>		

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.