






GREEN PRESCRIPTION

FREE GROUP EXERCISE CLASSES
NORTH AUCKLAND



	Monday	Tuesday	Wednesday	Thursday	Friday
10am		 <p>Walking Group Naomi Birkenhead</p>			
11:45am-12:45am				 <p>Walking Group Natalie Albany Stadium Pool</p>	
4:45pm-5:45pm		 <p>Active Families Stef Northcote Baptist Church</p>			
6pm-7pm	 <p>Nuimovement Romero Birkdale Intermediate School</p>		 <p>NuiWays Romero Birkdale Intermediate School</p>		



Pasifika Class - Where you see this symbol, these classes are targeted for Pasifika clients, but all are welcome.



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 fellow walkers!



Active Families- Join us for some sports, fun games and nutritional information. 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.