

PARAKAI SPRINGS

Information Booklet



GREEN PRESCRIPTION AT PARAKAI

Opening Hours

Regular opening hours

Sunday - Thursday / 10am - 8pm

Friday - Saturday / 10am - 9pm

Green Prescription early opening hours

Tuesday & Thursday / 8.30am

Monday, Wednesday & Friday / 7.30am

Green Prescription Consult Times

Face to Face consultations will take place the first Thursday of every month.

Consultations will be held at Helensville District Health Trust at 1 Porter Crescent.

9:20am - 12pm / Private Wellbeing Consult

Swimming Membership Options

Parakai Springs

150 Parkhurst Rd, Parakai 0830

- \$13 (adults) & \$7 (seniors) casual visit (Mon-Fri)
- 3 months: \$175
- 12 months: \$350

Green Prescription Aqua Aerobics class

- \$7 per class & \$2 to Ruth
- Mon, Wed and Fri 9-10am
- Wednesday classes are followed by morning tea and educational workshop

Contact us: grx@harboursport.co.nz or call Harbour Sport on (09) 415 4657
Contact Parakai Springs: info@parakaisprings.co.nz or call (09) 420 8998



ACTIVE FAMILIES WESTWAVE REC

Active Families is a free community-based health programme that helps you and your children to get active and learn about healthy eating. Our sessions are a mix of games and healthy eating advice including:

- ✓ Free for all whanau
- ✓ Fun interactive games
- ✓ Cooking sessions
- ✓ Healthy snacks
- ✓ Spot Prizes

TUESDAYS
Westwave
Rec Centre
5.30-6.30PM

FREE



027 700 2212

activefamilies@harboursport.co.nz



GREEN PRESCRIPTION ACTIVITY PROVIDERS PRICES

GYMS

Fitness Matakana

1151 Leigh Road, Matakana 0948
021 211 2118
training@fitnessmatakana.co.nz

No joining fee

- \$10 casual rate
- \$55 6 classes
- \$80 1 month membership

Mad Mel Movement

155A Rodney Street, Wellsford
027 349 2682
madmelmovement@gmail.com

No joining fee

- Bronze membership includes 1x class a week, \$12 p/w down from \$15 p/w
- Silver membership includes X2 classes per week, \$16 p/w down from \$20
- Gold membership includes 3x class a week, \$88 p month down from \$110 p/m

Frost Fitness

25 Glenmore Drive, Warkworth, 0910 (09) 422 2600
info@frostfitness.co.nz
3,6 or 12 month contract
\$15 per week - \$30 Joining fee
10x classes \$110

YMCA - Massey

545 Don Buck Road, Massey, Auckland 0614
0800 949 078

Grx Membership:

- \$16.95 per week on open term
- \$13.95 per week on 6-month contract
- Includes full access to the gym, classes, consultation and an exercise programme

GRx casual rate:

- \$7 a visit
- Includes access to classes or gym

Fit Factory - Kumeu

156A Main Road, Kumeu, Auckland 0810
09 412 7224

- \$31.48 p/fortnight (\$15.99 p/week) - *usually \$18.99 p/week*
- No joining fee
- 2 week cancellation notice
- Includes gym and classes
- 24/7 Access

Forge Fitness Helensville

1/79 Mill Road, Helensville
(09) 420 6303

Joining fee of \$25

- \$17.95 per week for 4 months, joining fee \$40
- \$15 casual rate

COMMUNITY FITNESS CLASSES

Tai Chi Class

Wednesday 9.30am-10.30am

Tennis Club, Lions Lounge in the Rautawhiri Park, Helensville

\$12 per class

Instructor: Brian Barton / 021 747 947 / brianbarton8@gmail.com

FLexercise with Fitness League

Level 2 - Fitness League runs professionally taught, low impact exercise classes to music for all ages and abilities.

Friday 10am-11am

Catholic Church Hall, Helensville

\$7 per class

Christine Mowat / 021 260 2190 / r.cmowat@slingshot.co.nz

Hana's Group Fitness Class

Group fitness classes in Helensville inclusive of all ages and fitness levels. I am here to help you get moving safely and to keep you motivated towards gaining and maintaining a healthy level of fitness and to reach your fitness goals all while keeping it a fun and social atmosphere to workout in.

Classes:

Pilate's - Monday 9am & 6.30pm, Thursday 6.30pm

Boxing - Thursday 9am

Functional Fitness - Friday 9am

Location: Helensville Rugby Club (upstairs), 162 Awaroa Road, Helensville

Pease find up to date class details on Hana's Facebook page: *Hana's Group Fitness Classes*

COMMUNITY FITNESS CLASSES

ZUMBA with Jen

Zumba is a fun dance fitness class set to Latin and Pop music.

Zumba is for everybody! No matter your age, shape, gender or ethnicity. Come along and give it a go.

Monday and Wednesday at 7pm at the Helensville Primary School Hall.

\$15 (adults), \$7 (green prescription) casual.

Please find up to date class details on Jen's Facebook page: *ZUMBA with Jen*

Groovy Line Dancing

Groovy line dancing class

One hour of low impact easy dance moves to good music

Tuesday 9.30am

Scout Hall, Helensville



BODY COMPOSITION SCANS

Body composition scans are like having a personal coach on your fitness journey. They give you insights that you can't get from just stepping on a scale. Think of it as your body's report card, telling you exactly where you stand with fat, muscle, and even bone density.

Armed with this information, you can make smarter decisions about your workouts and nutrition. Whether you're trying to slim down, bulk up, or just get healthier, these scans help you track your progress with precision. They show you what's working and what's not, so you can adjust your game plan accordingly.

And let's not forget the motivation factor – seeing those numbers change over time is like watching your hard work pay off right before your eyes. So if you're serious about reaching your fitness goals, investing in a body composition scan is like giving yourself a roadmap to success.

BIA Scanning

- 1x BIA Scan \$10
- 2x BIA Scans \$15



Contact us: lilyc@harboursport.co.nz or call Harbour Sport on (09) 415 4657