



















Monday	Tuesday	Wednesday	Thursday	Friday
<p>Marv's Bootcamp 6:00 – 6:45am</p> <p>Re-Activate with Marv 9:30 – 10:15am</p> <p>Fun Gym 12:30 – 1:15pm Preschoolers Cost: \$30 for 6 weeks Starts 2 March Ends 6 April Focusing on fine and gross motor skill development</p> 	<p>Energise Group Fitness 5:30 – 6:30am Bookings Essential</p>  <p>Cardio Tennis 9:00 – 10:00am Upper Moutere Tennis Club Bookings Essential</p>  <p>Stretch & Flex with Vicki 9:30 – 10:15am Starts 11 February</p>  <p>Country Cafe 10:30 – 12:00pm Drop in for a coffee and cake with friends and bring the kids for a play / Bouncy Castle 1st Tuesday of every month</p> <p>Girls Youth Class with Adele 5:00 – 5:45pm For ages 13-18 years</p> <p>Social Touch 6:00 – 7:30pm Gold coin donation</p>  <p>Box' n Burn with Adele 6:00 – 6:45pm</p> <p>Qigong/ Ren Xue Yuan Gong Advanced Class 7:00 – 8:30pm Contact Saija for more info on beginners class.</p>  <p>Adults Social Badminton 8:00 – 9:30pm Cost: \$3 Contact Mark to book your court time</p> 	<p>Powerhooping 9:15 – 10:15am Casual \$12 (includes powerhoop) Concession available Powerhoops available to purchase</p>  <p>Baby Playgroup 11:00 – 12:30am All welcome</p>  <p>Social Bowls 1:00 – 3:00pm Cost: \$3 Starts 11 March</p>  <p>Metafit with Cindus 6:00 – 6:30pm</p> <p>Core Foundations with Cindus 6:30 – 7:15pm</p> <p>Adults Social Table Tennis 7:15 – 9:00pm Cost: \$3</p>  <p>Ashtanga Yoga 6:00 – 7:30pm Starts 12 February Last class 1 April</p> 	<p>Energise Group Fitness 5:30 – 6:30am Bookings Essential</p>  <p>Midweek Tennis Coaching 9:00 – 10:30am Upper Moutere Tennis Club</p>  <p>Stretch & Flex with Vicki 9:30 – 10:15am Starts 20 February</p>  <p>Yoga for Beginners 9:30 – 11:00am A 4 week block course starting on the 27 February</p> <p>Junior Hot Shots Tennis Coaching 3:15pm onwards Classes for 5-12 yrs Upper Moutere Tennis Club</p>  <p>Boys Bootcamp with Marv 5:00 – 5:45pm For ages 13-18 years</p> <p>Marv's Bootcamp 6:00 – 6:45pm</p> <p>Adults Volleyball Social Grade 6:45 – 8:15pm Cost: \$3</p> 	<p>Metafit with Cindus 9:00 – 9:30am</p> <p>Core Foundations with Cindus 9:30 – 10:15am</p> <p>Playgroup 10:15 – 12:00pm All welcome</p>  <p>Rangers Cricket Adults Presidents Grade 6:00pm onwards Games played at Greenmeadows Pitches in Stoke</p>

All Fitness Centre classes are \$7 each for casual attendance or concession cards are now available for the purchase price of \$50 for 10 classes (\$5 per class). Fitness Centre classes are free for Fitness Centre members.

Energise Group Fitness
Metafit / Core Foundations
Cindus 027 358 7233

Badminton
Mark 022 424 3564

Tennis Coaching/Cardio Tennis
Vanessa 022 4600 320
claybrookestate@extra.co.nz

Yoga for Beginners
Charlotte 020 411 62336
charlottcec333@hotmail.com

Marv's Bootcamp
Marv 027 312 6435

Rangers Cricket Adults Presidents Grade
Jamie 021 191 5655

Social Touch
Mark 027 422 9949

Qigong/Ren Xue/Yuan Gong
Saija 543 2088
Saija.leaning@yahoo.co.uk

Playgroup Renee 027 293 7326
Baby Playgroup Lola 027 446 9320

Fun Gym
Contact Katrina MHCC for more info

Powerhooping
Sara 021 069 7522
powerhoopingnelson@gmail.com

Stretch & Flex & Ashtanga Yoga
Vicki 021 543 216