

ACTIVITY	VENUE	DAY	TIME	COST	CONTACT
<b>Advanced Exercises</b> Arthritis NZ	<b>Masterton</b> Arthritis Service Centre Ground Floor, Departmental	THUR	10-11am	\$3 per session	Arthritis NZ Flicka Gilbertson (06) 370 8318
<b>Aqua Deep</b> Taught in deep water with flotation aids – burns fat, tones butt & tummy	<b>Masterton</b> Genesis Energy Recreation Centre, Dixon St North	MON SAT	9.30am 5.30pm 8.15am	\$10-12 per wk	CLM (06) 370 0060 gerc@clmnz.co.nz
<b>Aqua Fit</b> High cardio intensity to increase fitness + muscle sculpting exercise	<b>Masterton</b> Genesis Energy Recreation Centre, Dixon St North	WED SUN	9.30am 5.15pm 9.30am	\$10-12 3 month minimum	CLM (06) 370 0060 gerc@clmnz.co.nz
<b>Aqua-robics</b> All levels, genders & ages	<b>Carterton</b> Indoor Pool Pembroke St, Carterton	MON TUES WED THUR	10.00am	\$4 per week or \$70 concession	Yvonne Ray (06) 3774022
<b>Aqua Senior</b> Low impact – wide variety of exercises – guaranteed to boost energy	<b>Masterton</b> Genesis Energy Recreation Centre, Dixon St North	TUES THUR	10.30am	\$10-12 per week 3 month minimum	CLM (06) 370 0060 gerc@clmnz.co.nz
<b>Athletics</b> Abilities from walking to A grade runners. Different venues – 6km adults 4 km juniors	<b>Masterton Road Series</b> <b><i>During Summer</i></b>  Masterton Cross Country Series – during Winter	Every 2 <sup>nd</sup> SUN		\$3	Graeme Butcher (06) 377 2356 Or see www.athleticsmasterton.org.nz
<b>Biathlons</b> 5km run, 20km cycle	<b>Masterton</b> Men's Shed, Henley Lake	THUR		\$3	John Allen (06) 377 0416
<b>Bowls</b>	<b>Carterton</b> Bowling & Croquet Club Inc. High St, Carterton <b>Eketahuna</b> Bowling Club  <b>Featherston</b> Bowling Club  <b>Greytown</b> Bowling Club  <b>Lansdowne</b> Bowling Club  <b>Martinborough</b> Bowling Club				Carol Voller (06) 379 8806  Peter Waring (06) 375 8464  Toots Boswell (06) 308 6155  Margaret Marshall (06) 304 7980  Myrtle Standford (06) 377 2084  Merv Smith (06) 306 8825

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	<b>Masterton</b> Bowling Club <b>Masterton</b> Park Bowling Club <b>South End</b> Bowling Club				Robyn Carlyon (06) 377 4651 Kim Davis-Simpson (06) 378 0166 Beryl Knowles (06) 379 8649
<b>Croquet</b>	<b>Wairarapa Croquet Assoc.</b> <b>Carterton</b> Bowling & Croquet Club Inc. High St, Carterton <b>Masterton</b> Croquet Club				Patricia Percy (06) 377 4014 Carol Voller (06) 379 8806 Patricia Percy (06) 377 4014
<b>Cycling</b> All abilities catered for	<b>Masterton</b> Carpark behind Lambert's Cycles	SUN	8.00am	Free	Brian Lambert (06) 378 8844
<b>Cycling Classes</b> Revolutions Studio Low impact to increase fitness and burn fat	<b>Masterton</b> Genesis Energy Recreation Centre, Dixon St North	MON TUES WED & THUR SAT	5.35am 5.45pm 5.45pm 5.35am 5.45pm 8.15am	Contact CLM	CLM (06) 370 0060 gerc@clmnz.co.nz
<b>Cycling Classes</b> Learn to ride in a group	<b>Masterton</b> Meet behind Happy Valley Cycle Shop, 8 Church St.	SUN	10.30am	Free	Brent Sowry (06) 377 1726
<b>Cycling – Women</b>	<b>Masterton</b> Meet behind Lambert's Cycles 14 Lincoln Rd.	MON	5.30pm	Free	Sue Lyttle (06) 379 9095
<b>Cycling – Women</b> (at least 60km) Road bikes only	<b>Masterton</b> Hadlow Preparatory School Carpark, 82a High St.	TUES	8.30am	Free	Sue Lyttle (06) 379 9095
<b>Cycling – Women</b> (60-70km ride) Road bikes only	<b>Masterton</b> Meet behind Lambert's Cycles 14 Lincoln Rd.	SAT	9.00am	Free	Sue Lyttle (06) 379 9095
<b>Dancing</b> Scottish Country Dancing	<b>Carterton</b> Carterton Scottish Country Dance Club	MON	7.30pm	\$70 sub per annum	Elaine 377 0322 Masterton Gary 379 5690 Carterton Kathleen 305 8874 Greytown

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<b>Easy Breathing Groups</b> People with breathing Problems e.g. CORD, asthma, emphysema	<b>Greytown</b> St John's Rooms Main Road, Greytown	WED	10.30am	Donation (cup of tea)	Wairarapa Asthma Society Diedre van Gerven (06) 377 1175
	<b>Masterton</b> Epiphany Church Hall Cnr Intermediate & High Sts	WED	1.30pm	Donation (cup of tea)	
<b>Exercises – Gentle</b> (Arthritis NZ)	<b>Masterton</b> Arthritis Service Centre Ground Floor, Departmental Building, 33 Chapel St	TUES 1 <sup>st</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> of month	1.30pm -2.30pm	\$3 per session	Arthritis NZ Flicka Gilbertson (06) 370 8318
	<b>Greytown</b> St John's Hall, Main Street Greytown	MON 1 <sup>st</sup> & 3 <sup>rd</sup> of month		\$3 per session	
<b>Exercises – Advanced</b>	<b>Masterton</b> Arthritis Service Centre Ground Floor, Departmental Building, 33 Chapel St	THUR	10.00am	\$3 per session	Flicka Gilbertson (06) 370 8318
<b>Exercises – Gentle Sit and Be Fit</b>	<b>Masterton</b> Solway Showgrounds	MON	9.30am	Gold coin donation	WOOPS (06) 377 0066
<b>Exercise – Line Dancing</b>	<b>Masterton</b> Solway Showgrounds	MON	10.30am	Gold coin donation	WOOPS (06) 377 0066
<b>Indoor Bowls</b>	<b>Carterton</b> Dalefield Indoor Bowls <b>Masterton</b> Central Wairarapa Indoor Bowls Association <b>Masterton East</b> Indoor Bowling Club <b>Lansdowne</b> Indoor Bowling Club <b>Morison's Bush</b> Indoor Bowling Club <b>Oddfellows</b> Indoor Bowling Club <b>South Featherston</b> Indoor Bowling Club <b>South Wairarapa</b> Indoor Bowling Association				Ian Hicks (06) 379 7775 Elva Simonsen (06) 377 4264  Majory Mahupuku (06) 378 9266 Dianne Kirven (06) 377 3761 Bill Bain (06) 304 9799 Gail Miller (06) 379 8341 Les Morgan (06) 308 9935 Gail Miller (06) 379 8341
<b>Kayaking</b> For different grades and abilities	<b>Masterton</b> Henley Lake (providing lake open)	MON	5.30pm	\$12 per series	Doug Alpin (06) 378 2959

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<b>Kayak Training</b>	<b>Masterton</b> Henley Lake (providing lake open)	MON WED FRI	5.30pm	FREE	Doug Alpin (06) 378 2959
<b>Marching</b> Whoops-A-Daisies Ages 40+	<b>Masterton</b> Makoura College Gym, until Labour weekend then at Colombo Rd Netball Courts	TUES	5.00pm - 6.00pm	Free Become a member \$4 per wk	Cheryl Gunderson (06) 372 5522
<b>Petanque</b>	<b>Masterton</b> Petanque Club				Ralph Priddle (06) 377 3404
<b>Pilates Fifties Forward</b> Gentle exercises	<b>Masterton</b> Western Plains Plaza Rd 46 Upper Plains Rd <b>Greytown</b> Greytown Little Theatre Main Street	MON WED FRI TUES	11 am 11am 11am 9 am	Contact Linda Contact Susie	Linda Spence (06) 370 1121 www.bodymind.co.nz Susie Shaw (06) 370 3344
<b>Pilates – Beginners</b>	<b>Masterton</b> Western Plains Plaza Rd 46 Upper Plains Rd	MON WED THUR FRI	1.00pm 6.30pm 10.00am & 6.30pm 9.00am & 7.00pm 5.30pm	Contact Linda	Linda Spence (06) 370 1121
<b>Pilates – Intermediate</b> <i>A progression from beginners level</i>	<b>Masterton</b> Western Plains Plaza Rd 46 Upper Plains Rd	MON MON TUES WED THUR FRI	10.00am 12 noon 4.40pm & 5.30pm 9.00am 12 noon 6.30pm 9.00am 4.40pm 5.30pm 10.00am 12 noon 6.30pm 6.30am 10.00am	Contact Linda	Linda Spence (06) 370 1121
<b>Pilates – Men</b>	<b>Greytown</b> Greytown Little Theatre	THUR	9.00am	Contact Susie	Susie Shaw (06) 370 3344

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<b>Table Tennis – Social</b> <i>Table tennis ladder for those interested</i>	<b>Carterton</b> Dalefield Hall Thomas Road	MON	7.30pm	\$2 per evening	Colin Larsen (06) 379 5924
<b>Table Tennis</b>	<b>Masterton</b> Red Star Club Rooms	TUES	9.30am - 12 noon	\$25 per annum	Des Orange (06) 378 6682
<b>Tai Chi</b>	<b>Masterton</b> Solway Showgrounds	WED	10.30am	Gold coin donation	WOOPS (06) 377 0066
<b>Tai Chi – Modified</b>	<b>Carterton</b> St Mark's Anglican Church Hall	MON	1.15pm - 2.00pm	Contact YMCA	YMCA (06) 377 5499
	<b>Featherston</b> Featherston Community Centre	TUES	2.00pm - 2.45pm	Contact YMCA	YMCA (06) 377 5499
	<b>Martinborough</b> St Andrews Anglican Church Hall	THUR	9.45am - 10.30am	Contact YMCA	YMCA (06) 377 5499
	<b>Masterton</b> YMCA Conference Room 371 Queen Street	TUES & WED	9.30am - 10.30am	Contact YMCA	YMCA (06) 377 5499
	<b>Masterton</b> Genesis Energy Recreation Centre, Dixon St North Pirinoa Hall	FRI	1.00pm - 2.00pm	\$3	CLM (06) 370 0060 gerc@clmnz.co.nz
			TUES	10.30am - 11.15am	Contact YMCA
<b>Trim &amp; Tone Class</b> <i>Exercise &amp; discussion Any age welcome</i>	<b>Featherston</b> Featherston Community Centre	MON	5.30pm - 6.30pm	Contact Fiona	Fiona (06) 308 9104
<b>Walking &amp; Running Group Ruamahanga Ramblers</b> <i>(Donations to Child Cancer Foundation)</i>	<b>Various</b> (different venue each week)	TUES	6.00pm as from 20/10/09	Free	Ray Wallis (06) 377 0703
		SAT	2.00pm		
<b>Walk at your own pace</b> Everyone welcome	<b>Masterton</b> Sports Bowl, Blair Street	SUN	Summer 8.30am Winter 9.00am	Free	Brian Morrow (06) 378 7040
<b>Walking Group – Recreational</b>	<b>Masterton</b> Meet at Essex St carpark	WED	9.30am - 10.30am	\$5 annually	Trish Clark (06) 377 3834
<b>Yoga</b>	<b>Greytown</b> Kuranui College, East St.	THUR	6.00pm - 7.00pm	Contact Mary	Mary, Kuranui College (06) 304 9116