

## Walking Groups

Kaka Point Ramblers  
Monday 10:00am - At Kaka Point Store  
Contact: Allan Lamond  
Phone: 03 412 8238  
Contact: Allan and Faye Lowery  
Phone: 03 412 8677

Monday Morning Walking Group  
Meet at 10:00am behind the Balclutha Town Hall  
Contact: Betty Sell  
Phone: 03 418 3050

Waihola Walkers Unlimited  
Wednesday 9:30am – Waihola Community Hall  
Contact: Yvonne Dobbie  
Phone: 03 417 4447

Blue Mountain Walking Group  
Saturday, Sunday and Monday  
Contact: Kerry Frances  
Phone: 03 204 8339

Tuapeka Walking Group  
Contact: Allan Wightman  
Phone: 03 485 9562

## Tramping Clubs

Clutha Tramping Club  
Contact: Anne Shanks  
Phone: 03 418 0804

Rotary Tramping Club  
Contact: Peter Vollweiler  
Phone: 03 417 7190



*Proudly supported by:*



Sport Clutha

4 Clyde Street  
Balclutha

Phone: 03 418 3046

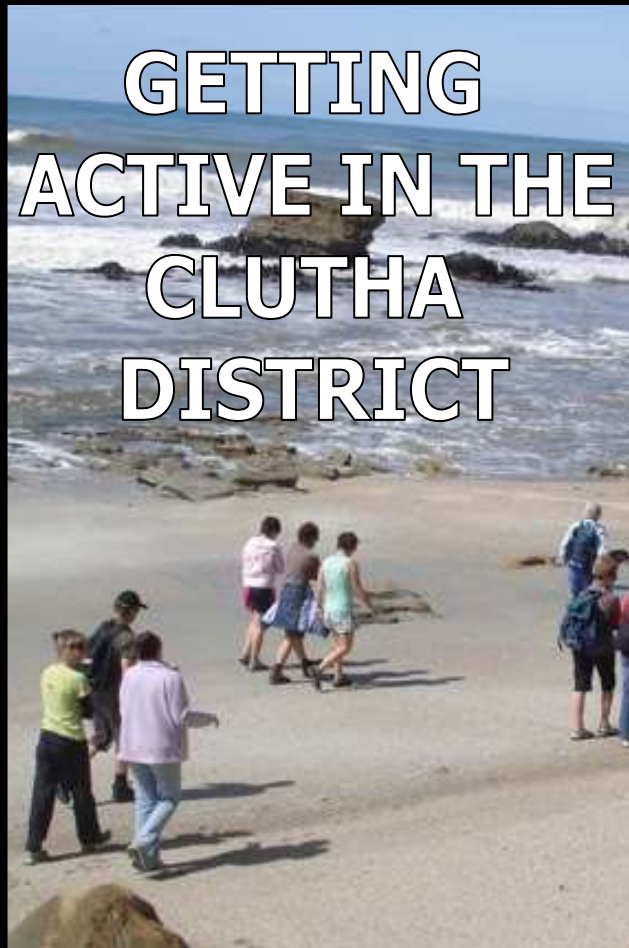
Email: [sportclutha@sportotago.co.nz](mailto:sportclutha@sportotago.co.nz)

Web: [www.sportotago.co.nz](http://www.sportotago.co.nz)

*Last Updated: 7 July 2010*

# PUSH PLAY

## GETTING ACTIVE IN THE CLUTHA DISTRICT



## Dance Groups

### Big River Line Dancers

Contact: Joy Murdoch  
Phone: 03 418 0706  
Venue: Balclutha Pipe Band Hall

#### *Beginners*

Wednesday 1:00pm - 3:30pm

#### *Mixed Group*

Thursday 7:00pm - 9:30pm

### No Mean Feet Dance Studio

Contact: Robyn Gardner  
Phone: 03 418 3237 or 027 418 3096  
Email: nomeanfeet@xtra.co.nz

### Zumba

Contact: Jasmin Soodwim  
Phone: 03 418 2818  
Venue: City Impact Church  
59 Clyde Street, Balclutha  
Times: Monday 7:00pm, Tuesday 12:15pm

## Aquatic Centres

### Balclutha Centennial Pool

Venue: Centennial Avenue  
Phone: 03 418 1049

### Kaitangata Pool

Venue: St Albans Street  
Phone: 03 413 9501

### Lawrence Pool

Venue: Whitehaven Street  
Phone: 03 485 9062

### Milton Pool

Venue: Taylor Park  
Phone: 03 417 7010

## Gyms

### Studio Fit

Contact: Sue Downs  
Phone: 03 418 3489  
Venue: 37 Malcolm Terrace

Full range of gym equipment available -

Offers:

- Pilates classes, Tai-Chi, Circuits, Massage
- Other classes by arrangement
- Seniors welcome

### Muscle & Fitness

Based at Balclutha Centennial Pool  
Phone: 03 418 1049

Full range of gym equipment available

### Personal Trainers

Contact: Paul Skipper  
Balclutha  
Phone: 021 890 369

Contact: Bev Kenny

Lawrence  
Phone: 03 204 8747

### Toko Recreation Centre

Contact: Sharlene Pepper  
Venue: Park Road, Milton  
Phone: 03 417 7066  
Email: tokogym@gmail.com

- Full range of gym equipment available
- Also runs *Swiss Ball* and *Keep Moving* classes
- Tai-Chi for the elderly (\$3.00)
- Gymnasium which can be used for \$2.00

### Chisel

Venue: 30 Northumberland Street, Tapanui  
Phone: 03 204 8747

## Other Fitness Providers

### Karmar Body Technicians

Contact: Karen and Mark Robinson  
Phone: 03 413 9177 or 0274 570 052  
Offers: Tai Chi, Qigong and Massage

### Low Impact Aerobics Class

*Designed to give you a little huff and puff and prevent heart disease and arthritis*

Contact: Margaret Heaps  
Phone: 03 418 1057  
Venue: St Andrews Church  
Cost: \$1.00 (for a cup of tea afterwards)  
Age: 40+  
Time: Held every Tuesday - 1:00pm - 2:30pm

### Balmoral Dance Club

Contact: Carol Creighton  
Phone: 03 418 0977  
Times: Friday 7:30pm - 9:30pm  
- *Teaching available*  
- *Old time and modern sequence*

## Clubs

For a range of sports and recreation providers in the Clutha district, see [www.cluthadc.govt.nz](http://www.cluthadc.govt.nz) and go to About Clutha/Community Directory.

