

Water-based Exercise Classes

Whangarei – Classes with Isobel

When: Every Wednesday during school terms

11:10am – 11:50am

12.00pm – 12.45 pm

Where: Whangarei Aquatic Centre

Description: The first session is for those who want more vigorous exercise. It's held in the 25m pool where the temperature is 28 degrees. The second session is for those less physically able and is held in the hydrotherapy pool (temperature 34 degrees). Both are facilitated by Isobel Finlayson, Registered Physiotherapist.

Cost: \$8.00 per person.

For further information please phone Isobel on 021 499 697 or email

icfinlayson.physio@xtra.co.nz

Te Hana

When: Every Wednesday during school terms

11:00am – 12:00noon

Where: Te Hana Pool

Description: Classes are small, fun and friendly. Exercises are tailored to suit the individual and focus on increasing joint mobility, strength and balance. The class is facilitated by Amy Griffiths, Registered Physiotherapist.

For further information please phone Amy on 021 207 2729 or email

amy.griffiths@restartrehab.co.nz