

Tinana

FREE COMMUNITY GYM



SIGN UP

NOW

Get access to equipment, group classes, pop up clinics, nutritional information, and better health outcomes for you, your whānau and the community.

HE WAKA TAPU

Me mahi tahi tātou mo te oranga o te whānau



WHAT'S AVAILABLE

- Strength Equipment
- Cardio Equipment
- Group Fitness
- Individual Training
- Health Clinics & Education
- Tinana Community Classes

COMMUNITY CLASSES*

- Monday, Wednesday & Friday, **Cardio & Weights**, 1:00–2:00^{pm}
- Tuesday, **Mobility**, 12:00–1:00^{pm}
- Thursday, **Skill Session/Mobility Session**. 1:30–2:30^{pm}
- Sunday, 7:30–8:30^{am}
Mere-Ana Brenan

**subject to change*

HE WAKA TAPU CLINICS*

- #WeR Wellness
- Hauora Assessment
- Nutrition Clinic
- Alcohol & Drug -Te Whaioranga
- Health Coach/PCW

**Check timetable for details*

CONTACT US



321 Pages Road, Wainoni, CHCH
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0800 HE WAKA (43 9252)

Opening hours:

Monday - Friday 8:30^{am}-4:30^{pm}