

## CARDIAC CLUBS

All cardiac clubs affiliated to the Heart Foundation receive leadership training, advice and guidance, heart health information and support to help people manage their heart condition. If there isn't a cardiac club listed in your area, or you are interested in starting a club with the support of the Heart Foundation, please contact Jennifer Wrigley on (09) 526-8561, or email [jenniferw@heartfoundation.org.nz](mailto:jenniferw@heartfoundation.org.nz).

### NORTH ISLAND

#### Northland

##### Whangarei

###### **Sport Northland - Kiwi Seniors\***

Programme: Physical activity sessions (seated), walking groups, peer group support, fun and laughter

Day(s) and time(s): Monday, 9.30 am; Wednesday, 9.00-12.00 noon (gym workout); Thursday, 10.15 am; Sunday, 8.00 am-1.00 pm (gym workout)

Venue: ASB Leisure Centre, Western Hills Drive

Contact person: Henrietta Sakey

Phone: (09) 437-6395

Email: [kfc@sportnorth.co.nz](mailto:kfc@sportnorth.co.nz)

###### **Whangarei Cardiac Club\***

Programme: Gentle exercise, walking group, speakers on heart health and general interest topics, and peer group support

Day(s) and time(s): Thursday, 1.00 pm (monthly – 1<sup>st</sup> Thursday)

Venue: St John Ambulance Room, Western Hills Drive

Contact person: John & Judy Cook

Phone: (09) 436-0832

Email: [jazka@xtra.co.nz](mailto:jazka@xtra.co.nz)

#### Waitemata

##### Orewa

###### **Orewa One-to-One Healthy Hearts\***

Programme: A 6-week individual programme introducing various exercise options – the programme includes a private consultation, full health assessment, food and nutrition monitoring, support to get you started and keep you going, and gentle exercise. An information library is also available

Venue: Kinetics, 47 Riverside Road

Contact person: Victoria Hirst

Phone: (09) 427-4477

Email: [orewa.kinetics@xtra.co.nz](mailto:orewa.kinetics@xtra.co.nz)

Website: [www.kineticsrehab.co.nz](http://www.kineticsrehab.co.nz)

## Whangaparaoa

### **Hibiscus Coast Cardiac and Rehabilitation Club\***

Programme: Aqua and gym-based exercise, monthly education, resource library, and peer group support

Day(s) and time(s): Monday & Friday, 8.30 am (aqua), Wednesday, 8.30 am (group fitness) – all sessions are followed by morning tea

Venue: The Leisure Centre, 159 Brightside Road, Stanmore Bay

Contact person: Dorothy Cherry (Coordinator) or Paddy Stroud (Wellbeing Services Manager, The Leisure Centre)

Phone: (09) 428-1150 (Dorothy) or (09) 424-1914 (Paddy)

Mobile: (021) 254-6356 (Dorothy)

Email: [dmm.cherry@gmail.com](mailto:dmm.cherry@gmail.com) (Dorothy) or [paddy.stroud@aucklandcouncil.govt.nz](mailto:paddy.stroud@aucklandcouncil.govt.nz) (Paddy)

### **Peninsula Village Cardiac Club\***

Programme: The Peninsula Club offers a regular variety of exercise options for club members including aerobics, aqua-aerobics, tai chi, walking, line dancing, yoga, bowls – an information library, newsletter, and peer group support are also available

Venue: The Peninsula Club, 18/441 Whangaparaoa Road, Whangaparaoa

Contact person: Win Smith

Phone: (09) 424-8228

Email: [win.smith@lprimelife.com](mailto:win.smith@lprimelife.com)

## Helensville

### **Parakai GRx Heart Club\***

Programme: Aqua and tai chi classes, education, and peer group support

Day(s) and time(s): Tuesday, 9.30-11.00 am (tai chi); Wednesday, 9.30-11.30 am (aqua)

Venue: Rautawhiri Park, Rautawhiri Road, Helensville (tai chi); Aquatic Park Parakai Springs, 150 Parkhurst Road, Parakai (aqua)

Contact person: Annette Hemehema

Phone: (09) 420-8998

Email: [annette@parakaisprings.co.nz](mailto:annette@parakaisprings.co.nz)

## North Shore

### **Beachside Seniors Club\***

Programme: Supervised group circuits, aerobic exercise classes, social activities, and peer group support

Day(s) and times(s): Monday, Wednesday, Thursday & Friday, 11.00 am; Tuesday, 1.00 pm

Venue: Beachside Health Club, 30 Anzac Road, Browns Bay

Contact person: Julie Teixeira

Phone: (09) 479-2924

Email: [info@beachside.co.nz](mailto:info@beachside.co.nz)

### **YMCA North Shore Freedom Through Movement Class\***

Programme: Gentle exercise to music using specialised gym equipment, circuit class, and information library

Day(s) and time(s): Monday, Wednesday & Friday, 1.00 pm

Venue: YMCA, 5 Akoranga Drive, Northcote

Contact person: Shirley McKain

Phone: (09) 480-7099

Email: [strini.naidoo@nymca.com](mailto:strini.naidoo@nymca.com)

### **AUT never2old Active Ageing Programme\***

Programme: Supervised exercise programme, education and social/peer group support

Day(s) and time(s): Monday, Tuesday, Thursday & Friday, 9.30-10.30 am; Tuesday & Thursday, 1.00-2.00 pm; Wednesday, 9.30-10.30 am

Venue: AUT Sport & Fitness Centre, 90 Akoranga Drive, Northcote

Contact person: Phillipa Batts

Phone: (09) 921-9999 ext 7615

Email: [phillipa.batts@aut.ac.nz](mailto:phillipa.batts@aut.ac.nz)

Website: [www.never2old.net.nz](http://www.never2old.net.nz)

## **Waitakere**

### **Health Wise\***

Programme: Gentle exercise, low-impact aerobics, education, and support

Day(s) and times(s): Monday-Friday, 9.00 am; Friday, 12.00 noon (group exercise class)

Venue: Unitec Sports Centre, Unitec Institute of Technology, Gate 3, Carrington Road, Mt Albert

Contact person: Sue Dorman

Phone: (09) 815-2925

Email: [sdorman@unitec.ac.nz](mailto:sdorman@unitec.ac.nz)

### **New Lynn Cardiac Club\***

Programme: Weekly seated exercise, education, guest speakers, peer group support, and encouragement

Day(s) and time(s): Tuesday, 2.00 pm

Venue: New Lynn Community Centre, Totara Avenue, New Lynn

Contact person: Simone Taylor

Phone: (09) 818-4471

Email: [simone@engelhard.co.nz](mailto:simone@engelhard.co.nz)

### **West Wave Cardiac Club\***

Programme: Individually prescribed gym-based programme, aquatic exercise, information library, and peer group support

Day(s) and time(s): Tuesday, 1.30 & 2.15 pm (hydrotherapy); Wednesday, 10.30 am (aqua and water walking); Thursday (gym) – flexible times

Venue: West Wave Aquatic Centre, 20 Alderman Drive, Henderson

Contact person: Cindy Stewart

Phone: (09) 835-0767 ext 7604 or 7627

Email: [cindy.stewart@aucklandcouncil.govt.nz](mailto:cindy.stewart@aucklandcouncil.govt.nz)

### **The Trusts Stadium Cardiac Club\***

Programme: Supervised exercise programme, education, and peer group support

Day(s) and time(s): Monday & Friday, 9.00-11.00 am (gym); Wednesday, 9.00-10.00 am (group fitness)

Venue: The Trusts Stadium, 65-67 Central Park Drive, Henderson

Contact person: Marilyn Pullen

Phone: (09) 834-2172

Mobile: (021) 254-8767 (please text only)

Email: [marilyn.pullen@gmail.com](mailto:marilyn.pullen@gmail.com)

## **Auckland City**

### **Auckland City YMCA never2old Programme\***

Programme: Supervised exercise programme, education, and peer group support

Day(s) and time(s): Monday, 9.15 & 10.30 am; Wednesday, 10.00 am & Friday, 9.30 am

Venue: YMCA Auckland, 149 Greys Avenue

Contact person: Kate Churcher (Fitness Manager) or Claudia Gallur (n2o Coordinator)

Phone: (09) 303-2069

Email: [kate.churcher@nzymca.com](mailto:kate.churcher@nzymca.com) (Kate) or [never2old.aucklandcity@nzymca.com](mailto:never2old.aucklandcity@nzymca.com) (Claudia)

## **Glen Innes**

### **Auckland Cardiac Rehabilitation Clinic\***

Programme: Supervised exercise programme (aerobic and resistance training), and education

Day(s) and time(s): Monday, Wednesday & Friday, between 6.00-11.00 am

Venue: The University of Auckland Clinics, UniSports Training Centre, 71 Merton Road

Contact person: Lance Dalleck

Phone: (09) 373-7599 ext 83766

Email: [acrc@auckland.ac.nz](mailto:acrc@auckland.ac.nz)

Website: [www.cardiacrehab.org.nz](http://www.cardiacrehab.org.nz)

## **Counties/Manukau**

### **Howick**

#### **Howick & Districts Cardiac Club Inc\***

Programme: Weekly exercise, education, and peer group support

Day(s) and time(s): Thursday, 10.00 am

Venue: Nixon Park Community Hall, 70 Sale Street

Contact person: Beverley Rogers

Phone: (09) 576-0161

Email: [k.scahill@xtra.co.nz](mailto:k.scahill@xtra.co.nz)

### **Papatoetoe**

#### **Papatoetoe Ezy Exercise & Cardiac Club\***

Programme: Weekly exercise, information library, and peer group support

Day(s) and time(s): Thursday, 1.30 pm

Venue: Papatoetoe Town Hall, St George Street

Contact person: Kath Scahill

Phone: (09) 298-4577

Email: [k.scahill@xtra.co.nz](mailto:k.scahill@xtra.co.nz)

## Papakura

### **Papakura Heart Club**

Programme: Weekly exercise, guest speakers, social events, and peer group support

Day(s) and time(s): Thursday, 10.00 am

Venue: Masonic Lodge, Cnr Wood & Duke Streets

Contact person: Eleanor Bower

Phone: (09) 268-6056

Email: [elliebowernz@hotmail.com](mailto:elliebowernz@hotmail.com)

## Pukekohe

### **Pukekohe Cardiac Club\***

Programme: Weekly exercise, guest speakers, social events, and peer group support

Day(s) and time(s): Friday, 10.00 am

Venue: Library & Arts Building, 12 Massey Avenue

Contact person: Alma Wilson

Phone: (09) 269-7489

Email: [awadng@yahoo.co.nz](mailto:awadng@yahoo.co.nz)

## Waikato

## Whitianga

### **Mercury Bay Health Support Trust**

Programme: Guest speakers, education library, social and peer group support

Day(s) and time(s): Thursday, 1.30 pm (monthly – 1<sup>st</sup> Thursday)

Venue: Whitianga Social Services, 2 Cook Drive

Contact person: Wendy Algie or Gwen Wheatley

Phone: (07) 867-1333 (Wendy) or (07) 866-5008 (Gwen)

Email: [wendy.algie@gmail.com](mailto:wendy.algie@gmail.com) or [mgwheatley@xtra.co.nz](mailto:mgwheatley@xtra.co.nz)

## Hamilton

### **Hamilton Cardiac Care & Heart Support Group**

Programme: Monthly education sessions, peer group support, and occasional social activities

Day(s) and time(s): Monday, 9.30 am (monthly – 2<sup>nd</sup> Monday)

Venue: Celebrating Age Centre, 30 Victoria Street

Contact person: John Stirling

Phone: (07) 853-3441

Mobile: (027) 204-9017

Email: [anita.home@xtra.co.nz](mailto:anita.home@xtra.co.nz)

### **Life Fit – Healthy Heart Club\***

Programme: Supervised cardio and resistance programme, monthly education sessions, peer group support, and social activities

Day(s) and time(s): Tuesday & Friday, 7.00-9.30 am

Venue: Uni Rec Centre, Waikato University, Knighton Road, Hillcrest

Contact person: Charlie Dean

Phone: (07) 838-4177

Email: [charlie@uleisure.co.nz](mailto:charlie@uleisure.co.nz)

Website: [www.reccentre.co.nz](http://www.reccentre.co.nz)

## **Matamata**

### **Heart Fit Heart Health Matamata\***

Programme: Supervised exercise programme, education through regular speakers and resource library, social activities, and peer group support

Venue: Matamata Sports Centre, Meura Street

Day(s) and time(s): Thursday, 10.30 am

Contact person: Charmaine Donaldson

Phone: (07) 888-7476

Email: [ecdonaldson@clear.net.nz](mailto:ecdonaldson@clear.net.nz)

## **Bay of Plenty**

## **Tauranga**

### **Body+Soul – for over 50's\***

Programme: Low aerobic exercise, education, and peer group support

Day(s) and time(s): Monday & Friday, 9.15-10.15 am; Tuesday, 9.15-10.15 am; Wednesday, 9.15-10.15 am

Venue: Greerton Hall, Cameron Road (Mon & Fri); Wesley Church Hall, 13<sup>th</sup> Avenue (Tue); City Church Hall, 252 Otumoetai Road (Wed)

Contact person: Dianne Mannington

Phone: (07) 576-5031

Email: [body+soul@maxnet.co.nz](mailto:body+soul@maxnet.co.nz)

### **Recycled Teenagers\***

Programme: Gentle exercise for the mature person or for accident or illness rehabilitation, monthly guest speaker, education library, safe social meeting group, and peer group support

Day(s) and time(s): Monday & Wednesday, 9.00-10.30 am (Club); Wednesday, 10.45-11.45 am – gentle exercise in water (Fernlands Spa)

Venue(s): Tauranga Senior Citizens Club, 14 Norris Street; Fernlands Spa, 250 Cambridge Road

Contact person: Jennifer Butler

Phone: (07) 571-1411

Mobile: (027) 206-0776

Email: [lochwood@xtra.co.nz](mailto:lochwood@xtra.co.nz)

### **Tauranga Heart Support Group\***

Programme: Exercise and education, guest speakers, social activities, and peer group support

Day(s) and time(s): Thursday, 9.30 am

Venue: City Church, 252 Otumoetai Road

Contact person: Dianne Mannington

Phone: (07) 576-5031

Email: [body+soul@maxnet.co.nz](mailto:body+soul@maxnet.co.nz)

### **The Cardiac Clinic Ltd\***

Programme: A 12-week supervised exercise programme following the ACSM guidelines (with provision to extend beyond the 12 weeks), education programme, and peer group support

Day(s) and time(s): Monday, Wednesday & Friday, 6.00-10.00 am

Venue: BOP Polytechnic, Sport & Recreation Department, 70 Windermere Drive

Contact person: Nan McKenzie

Phone: 0508-227-342

Email: [nan@thecardiacclinic.co.nz](mailto:nan@thecardiacclinic.co.nz)

Website: [www.thecardiacclinic.co.nz](http://www.thecardiacclinic.co.nz)

## **Mt Maunganui**

### **Global Heart Exercise Group\***

Programme: Group circuit training, guest speakers, handouts, and peer group support

Day(s) and time(s): Wednesday, 2.00 pm; Friday, 11.00 am

Venue: Global Fitness Health Club, 150 Newton Street

Contact person: Vikki Searle

Phone: (07) 575-0470

Email: [rotovegans@xtra.co.nz](mailto:rotovegans@xtra.co.nz)

### **Recycled Teenagers\***

Programme: Gentle exercise for the mature person or for accident or illness rehabilitation, monthly guest speaker, education library, safe social meeting group, and peer group support

Day(s) and time(s): Tuesday, 9.00-10.30 am

Venue(s): St Mary's Church Hall, Cnr Girven Road & Marlin Street, Bayfair

Contact person: Jennifer Butler

Phone: (07) 571-1411

Mobile: (027) 206-0776

Email: [lochwood@xtra.co.nz](mailto:lochwood@xtra.co.nz)

## **Rotorua**

### **Heart of Gold\***

Programme: Gym-based exercise, information library, and peer group support

Day(s) and time(s): Tuesday & Thursday, 11.00 am

Venue: Golds Health & Fitness, 86 Old Taupo Road (next to Video Ezy)

Contact person: Steve & Raewyn Gardiner

Phone: (07) 348-8998

Email: [raewyn.gardiner@xtra.co.nz](mailto:raewyn.gardiner@xtra.co.nz)

### **Ace of Hearts\***

Programme: Gym-based exercise, education sessions around lifestyle changes, library of Heart Foundation resources, and peer group support

Day(s) and time(s): Monday & Wednesday, 10.15 am

Venue: Go360 Health & Wellness Centre, 1070 Eruera Street

Contact person: Belinda Bennett

Phone: (07) 348-1770

Email: [belinda@go360.co.nz](mailto:belinda@go360.co.nz)

## **Eastern**

### **Gisborne**

#### **Gisborne Cardiac Support Group\***

Programme: Supervised exercise sessions, information library, guest speakers and peer group support

Day(s) and time(s): Tuesday, 10.30 am

Venue: Anglican Church Hall, Derby Street

Contact person: Rona Brownlie

Phone: (06) 867-5170

### **Waipukurau**

#### **Oxygym Central Hawkes Bay\***

Programme: Aqua jogging, swimming, circuit training, stretching, education and peer group support

Day(s) and time(s): Tuesday & Thursday, 10.00 am

Venue: Westpac Indoor Pool, 10 River Terrace

Contact person: Michele Hayes

Phone: (06) 858-8972

Email: [aqua.wpk@xtra.co.nz](mailto:aqua.wpk@xtra.co.nz)

## **Central**

### **Wanganui**

#### **Cardiac Support Wanganui**

Programme: General get-together, discussion group, invited speakers, information library, referral to cardiac nurse if required and peer group support

Day(s) and time(s): Thursday, 7.30 pm (monthly – 1<sup>st</sup> Thursday)

Venue: Dempsey & Forrest, Forrest Lounge, 208 Guyton Street (Hatrack Street entrance)

Contact person: Christine Jones

Phone: (06) 344-8311

Mobile: (027) 226-6972

Email: [mikejonesplumbing@xtra.co.nz](mailto:mikejonesplumbing@xtra.co.nz)

## Wellington

### Kapiti Coast

#### **Kapiti Cardiac Club\***

Programme: Various walking groups, bimonthly education and information newsletter (including programme release for the following 3 months activities), bimonthly members meeting, bimonthly members social lunch, weekly communication for members on email (e.g. information for walks, meetings, cardiac rehab news, Heart Foundation mailings etc), and peer group support

Day(s) and time(s): Tuesday, 9.50 am (1 hour walk); Thursday, 9.30 am (approx.) (2 hour walk – times vary but always ends up with lunch at a cafe)

Venue: Walking groups generally leave from Otaihanga Domain

Contact person: Graham Priest

Phone: (04) 293-7872

Email: [graham.priest@xtra.co.nz](mailto:graham.priest@xtra.co.nz)

### Wellington Central

#### **WELL Heart Manawa Ora**

Programme: Wide range of community-based exercise programmes (gym, pool, walking groups), bimonthly educational programmes (seminars, guest speakers, advice), regular social activities (outing, restaurant visits, movie nights), quarterly newsletter, emotional and peer group support, and information library

Contact person: Peter Cagney

Phone: (04) 232-3692

Email: [cagney@xtra.co.nz](mailto:cagney@xtra.co.nz)

Website: [www.wellheart.org.nz](http://www.wellheart.org.nz)

### Lower Hutt

#### **The Take Heart Club - Hutt\***

Programme: Supervised gym exercise, pool, weekly walks, speakers on heart health and general interest topics, social activities and peer group support

Day(s) and time(s): Monday, 10.00 am (walk); Tuesday & Wednesday, 5.00 pm (gym); Wednesday, 5.00 pm (pool)

Venue: Hutt Hospital, High Street (exercise programme); The Professionals Meeting Room, Cornwall Street, Lower Hutt (education sessions)

Contact person: Dave Harrington

Phone: (04) 528-4011

Email: [bettyann@xtra.co.nz](mailto:bettyann@xtra.co.nz)

Website: [www.huttcity.com/takeheartclubhutt](http://www.huttcity.com/takeheartclubhutt)

## **SOUTH ISLAND**

### **Nelson/Marlborough**

#### **Nelson**

##### **Nelson Cardiac Club\***

Programme: Supervised gentle exercise, education, information library, and peer group support

Day(s) and time(s): Tuesday & Thursday, 11.00 am

Venue: City Fitness Nelson CBD, 40 Vanguard Street

Contact person: Sharon Standish-White

Phone: (03) 539-0348

Email: [sharon@cityfitness.co.nz](mailto:sharon@cityfitness.co.nz)

### **West Coast**

#### **Westport**

##### **Westport Heart Club\***

Programme: Gentle exercise, information library, emotional and peer group support

Day(s) and time(s): Wednesday, 10.00 am

Venue: Buller Hospital, Cobden Street

Contact person: Susan Taylor or Marla Hill

Phone: (03) 788-9202

Email: [taylorst@ihug.co.nz](mailto:taylorst@ihug.co.nz) (Susan) or [marla.hill@bullermed.org.nz](mailto:marla.hill@bullermed.org.nz) (Marla)

#### **Greymouth**

##### **Greymouth Cardiac Club\***

Programme: Gentle 30 min exercise programme, monthly guest speaker, resource library and cardiac rehabilitation nurse visits, peer group support, and cup of tea and chat with other survivors/carers

Day(s) and time(s): Monday, 10.00 am (fortnightly – 2<sup>nd</sup> and 4<sup>th</sup> Monday)

Venue: Trinity Centre, Tainui Street

Contact person: Marjorie Newcombe or Val Williams

Phone: (03) 768-7299 (Marjorie) or (03) 768-0958 (Val)

Email: [marjorie.vern@kinect.co.nz](mailto:marjorie.vern@kinect.co.nz) or [barryval@vodafone.co.nz](mailto:barryval@vodafone.co.nz)

### **Canterbury**

#### **Amberley**

##### **Amberley Healthier Hearts\***

Programme: Gentle exercise, monthly education sessions, information library, and peer group support

Day(s) and time(s): Thursday, 2.00 pm

Venue: Catholic Church Hall, Carters Road

Contact person: Katie Croft

Phone: (03) 314-3883

Email: [katie.charlie@clear.net.nz](mailto:katie.charlie@clear.net.nz)

## Christchurch

### **Christchurch Cardiac Companions\***

Programme: Supervised exercise programme, walking group, meetings with guest speakers, peer group support, and social activities

Day(s) and time(s): Monday & Wednesday, 7.30 pm; Friday, 10.00 am

Venue: Monday & Wednesday (Physiotherapy Department, Burwood Hospital); Friday (Wharenui Pool)

Contact person: Neville Wootton

Phone: (03) 942-5453

Email: [jennya@heartfoundation.org.nz](mailto:jennya@heartfoundation.org.nz)

## Ashburton

### **Ashburton Cardiac Companions**

Programme: Supervised exercise, walking group, education sessions, hospital and home visiting, social activities, and peer group support

Day(s) and time(s): Monday, 10.00 am (fortnightly)

Venue: Rakaia Room 2, Old Nurses Home, Elizabeth Street

Contact person: Bill Corbett

Phone: (03) 308-8398

Email: [bpcorbett@kinect.co.nz](mailto:bpcorbett@kinect.co.nz)

## Timaru

### **South Canterbury Cardiac Support Group**

Programme: Walking group, physio exercise, short (25 mins) meeting with 'information', guest speaker, social activities, and peer group support

Day(s) and time(s): Monday, 10.00 am (monthly – 1<sup>st</sup> Monday); mid-monthly walking group, 10.30 am (lunch/BBQ)

Venue: Methodist Parish Hall, Woodlands Road

Contact person: Rosemary Gibson

Phone: (03) 688-2362

Email: [marthyc@heartfoundation.org.nz](mailto:marthyc@heartfoundation.org.nz)

## Otago/Southland

## Oamaru

### **Whitestone Cardiac Support Group\***

Programme: Education and peer group support

Day(s) and time(s): Monday, 1.30 pm (monthly – 2<sup>nd</sup> Monday)

Venue: Oamaru Club Inc, 32 Severn Street

Contact person: Joy Rusbatch

Phone: (03) 437-0095

Email: [jank@heartfoundation.org.nz](mailto:jank@heartfoundation.org.nz)

## Dunedin

### **The Otago Phoenix Club\***

Programme: A supervised (physiotherapist) exercise programme adjusted to the abilities of the members, quarterly educational newsletter, an annual CPR training night (with trained instructors), various social activities, and peer group support

Day(s) and time(s): Monday & Thursday, 7.00 pm (exercise, table tennis, swimming); Wednesday, 9.00 am (bush working); Thursday, 9.00 am (walk); Sunday, 9.00 am (tramping)

Venue: Otago Hospital, Fraser Building, Cumberland Road

Contact person: John Young

Phone: (03) 488-3583

Email: [jandbev@clear.net.nz](mailto:jandbev@clear.net.nz)

## Mosgiel

### **Taieri Fit and Fun Group\***

Programme: A 1-hour low-aerobic exercise programme, library of Heart Foundation resources, peer group support, and occasional social gatherings

Day(s) and time(s): Tuesday & Thursday, 10.00 am

Venue: Taieri Bowling Club, Wickliffe Street

Contact person: Dorothy Phillips or Jeanette Grant

Phone: (03) 489-8172 (Dorothy) or (03) 488-0336 (Jeanette)

Email: [b.phillips@actrix.co.nz](mailto:b.phillips@actrix.co.nz) (Dorothy) or [grantsfarm@xtra.co.nz](mailto:grantsfarm@xtra.co.nz) (Jeanette)

## Queenstown

### **The Central Tickers Cardiac Club Inc\***

Programme: A supervised exercise programme, educational evenings, and peer group support

Day(s) and time(s): Tuesday, 1.30 pm (exercise); 1<sup>st</sup> Tuesday of each month (evening meeting)

Venue: Alpine Health & Fitness, Queenstown Events Centre, Joe O'Connell Drive, Frankton

Contact person: Louise Sheppard

Phone: (03) 441-4339

Email: [louise.sheppard@clear.net.nz](mailto:louise.sheppard@clear.net.nz)

## Invercargill

### **Cardiac Club of Southland**

Programme: Monthly guest speakers, social and peer group support, with exercise options at the local YMCA

Day(s) and time(s): Tuesday, 2.00 pm (monthly – 3<sup>rd</sup> Tuesday)

Venue: Richmond Grove Church Hall, Yarrow Street

Contact person: Clodagh O'Connor

Phone: (03) 214-5444

Email: [dublin@xtra.co.nz](mailto:dublin@xtra.co.nz)