



ITINERARY

MONDAY 8TH MARCH

YMCA	Free 7 day pass. Includes access to the gym and Les Mills classes for 7 days. Valid during Well Wāhine Week 8th - 14th March 2021. Just turn up to the front desk and quote "Wāhine week"	<i>Class timetables and gym hours can be found over on ymcagisborne.org.nz</i>
Opening Titirangi Hikoi	Come and join us as we kick off the week with a hikoi and a karakia at the summit.	<i>6.30am - 7.30am at Titirangi Hill. Meet at the base by the Marae</i>
Women's Institute Breakfast	Celebrate with the wāhine at the Women's Institute for 100 years and 90 years in Gisborne with a continental breakfast. Free. Just turn up.	<i>8am - 11am at the Kahutia Bowling Club, 165 Cobden Street</i>
Chick Fit Workout	A HIIT aerobic and strength conditioning workout. Combines full body strength and high intensity cardio bursts designed to tone your body, improve your endurance and overall fitness. Child friendly. Free for this week. Register with Michelle 021 1271 5171	<i>9am with Michelle at House of Breakthrough</i>
Tai Chi for Health	An introduction to Tai Chi for health. Easy-to-learn and proven by medical studies to improve balance, health and wellness. Free. Phone Kiri on 868 1399 to register	<i>9am - 10am at Senior Citizens Hall, 30 Grey Street</i>
Tu Wāhine Yoga/Pilates	An awesome low-impact class for strength, flexibility and recovery. Free first week for new members. Just turn up.	<i>9.30am - 10.30am at Te Kura Awhio, 16 Fitzherbert Street</i>
All Ages Surely Skate Skate Workshop	Skate workshops for beginners and all other skill levels. A good opportunity to try something new without fully committing to buying any skate equipment too soon. Boards provided or bring your own. Free. Contact 027 391 4989 to register or just turn up.	<i>3.30pm - 5pm at Alfred Cox Skatepark</i>
WOW Wāhine on Water	Opportunity for wāhine of all ages to give waka ama a go. Water is healing to us all and what better way than to get on a waka and have fun with other wāhine. Free. To register contact Vesna 021 253 4784	<i>4pm - 7pm at Marina Reserve, Vogel Street</i>
Wāhine Nature Walk	Learn more about our beautiful native trees. Free. Contact Kauri 021 125 9442 for more details or to book a spot.	<i>4.30pm - 5.30pm at DOC Okitu Scenic Reserve Carpark</i>
Surfing Workshop Surf & Connect with the Ocean	An exploration of ways to connect to te moana through mindfulness and surfing. Free. To register text Julie 022 697 0108	<i>4.30pm at the Gisborne Boardriders container at Midway Beach, left side of Surf Lifesaving Club</i>
Restorative Yoga & Breath	Supporting the body while in a pose to enable the body to release more into the position without having to feel the need to grip or squeeze muscles. Students need to be able to get on the floor, otherwise, all levels can attend this class with adaptations for any injuries. Free. To register contact Gill 021 041 4990	<i>4.45pm - 5.45pm at The Yoga Room, 113 Gladstone Road</i>



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<i>Have-a-go Badminton</i>	Have a go on the courts. Gear provided. Wear sports shoes and bring a drink bottle. Free. Just turn up. Enquiries to Linda 027 264 8660	5.30pm - 6.30pm at The Badminton Centre, 134 Roebuck Road
<i>Pregnancy Yoga</i>	From 14-40 weeks. This class is about developing your own awareness to connect with your ever-changing body and to make that connection with your growing baby. It includes gentle stretches breath work relaxation pelvic floor exercises and a 5 minute slot on positions for labour and delivery. Free. To register contact Gill 021 041 4990	6pm - 7pm at The Yoga Room, 113 Gladstone Road
<i>Trail Vixens Mountain Biking</i>	River and beach trail mountain bike ride. Free. Just turn up with bike and helmet.	6pm from Waiteata Park
<i>Dancefit Adult Fitness</i>	Modern day aerobics! Eight trending tracks to pump up your cardio, legs, arms and core. Free for this week. Just turn up!	6.30pm - 7.30pm at Dancefit Studios, 398 Palmerston Road

TUESDAY 9TH MARCH

<i>Comet Swimming Session</i>	Beginner to stroke development. Coaches on hand to offer guidance. Free. To register contact Rochelle 021 0200 8007.	6am - 7am at the Olympic Pools
<i>REMIX - Hotstepper Workout</i>	A core abdominal and cardio hybrid workout designed to tone the female body. Child-friendly studio, so bring the little ones with you as well! Free for this week. Booking is essential via @RemixFitnessStudio1 Facebook page	7am at Remix Fitness Studio, 21 Pitt Street
<i>Tu Wāhine Fitness</i>	HIIT training, group circuits and partner workouts. Free first week for new members. Just turn up.	9.30am - 10.30am at Te Kura Awhio, 16 Fitzherbert Street
<i>Have-a-go Bowls</i>	Come along and play bowls with other women followed by morning tea. Flat soled shoes must be worn. Bowls and guidance available for new players. Free. Text 027 900 9622 or ring 868 7477 to register before Monday 8 March.	9.30am - 11.15am at Poverty Bay Bowling Club, 111 Ormond Road
<i>Intentional Wāhine Wellness Workshop</i>	A free flow kōrero about health, wellbeing, support and connection for our wahine in Te Tairāwhiti. There will be guest speakers, spot prizes and kai. Free. To register contact rawiniap@sportgisborne.org.nz	11.30am at Toko United Domain, Tokomaru Bay
<i>Surely Skate 18+ Workshop</i>	Skate workshops for beginners and all other skill levels. A good opportunity to try something new without fully committing to buying any skate equipment too soon. Boards provided or bring your own. Free. Contact 027 391 4989 to register or just turn up.	4.30pm - 6pm at Alfred Cox Skate Park
<i>Aqua Cardio</i>	Helps participants improve general fitness and muscle strength. Exercise alternatives are offered if needed. Free for this week. Just turn up.	5.30pm - 6.15pm with Tori at the Olympic Pools



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Have-a-go Badminton

Have a go on the courts. Gear provided. Wear sports shoes and bring a drink bottle. Free. Just turn up. Enquiries to Linda 027 264 8660

5.30pm - 6.30pm at The Badminton Centre, 134 Roebuck Road

Trail Vixens Mountain Biking

Whataupoko Reserve mountain bike track. All skill levels welcome. Free. Just turn up with bike and helmet.

6pm from Waiteata Park

WEDNESDAY 10TH MARCH

REMIX - Material Girl Workout

A trainer-led live and engaging bodyweight workout designed to tone the body and increase fitness. Child-friendly studio, so bring the little ones with you as well! Free for this week. Booking is essential via @RemixFitnessStudio1 Facebook page.

7am at Remix Fitness Studio, 21 Pitt Street

Well Wāhine on Waves

Have a go at surfing and water safety with Surfing with Sarah. Free. Register with Sarah 022 073 9383 before Tuesday 9th March

8am - 10am at Midway Beach, opposite the Adventure Playground toilets

Chick Fit Workout

A HIIT aerobic and strength conditioning workout. Combines full body strength and high intensity cardio bursts designed to tone your body, improve your endurance and overall fitness. Child friendly. Free for this week. Register with Michelle 021 1271 5171

9am with Michelle at House of Breakthrough

NETFix

A fun social work out session with a netball twist. Free during this week. No registration required, just turn up.

9.15am - 10am at the Gisborne Netball Centre Courts

Wellbeing Matters Workshop

A free flow kōrero about health, wellbeing, support and connection for our wāhine in Te Tairāwhiti. There will be guest speakers, spot prizes and kai. Free. To register contact rawiniap@sportgisborne.org.nz

11.30am at Hati Nati, Ruatoria

Tu Wāhine Yoga/Pilates

An awesome low-impact class for strength, flexibility and recovery. Free first week for new members. Just turn up.

4.45pm - 5.45pm at Te Kura Awhio, 16 Fitzherbert Street

Have-a-go Badminton

Have a go on the courts. Gear provided. Wear sports shoes and bring a drink bottle. Free. Just turn up. Enquiries to Linda 027 264 8660

5.30pm - 6.30pm at The Badminton Centre, 134 Roebuck Road

Have-a-go Hockey

Learn hockey. Skills and drills event with some rules and understanding of the game and finish off with a game. Free. To register contact Louise 027 381 6941

6pm - 8pm at Harry Barker Reserve, Property Brokers Turf

Sacred Circle for Wāhine

For wāhine 13 - 17 years. Womb wisdom and menstrual cycle empowerment! Free for this week. To register contact Aisling 022 323 4266

6pm - 7.30pm at Tatapouri Bay Ceremonial Belle Tent (next to cafe)



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THURSDAY 11TH MARCH

<i>Comet Swimming Session</i>	Beginner to stroke development. Coaches on hand to offer guidance. Free. To register contact Rochelle 021 0200 8007.	6am - 7am at the Olympic Pools
<i>REMIX - Thank U Next Workout</i>	A pure cardio workout designed to get you moving and shaking. Child-friendly studio, so bring the little ones with you as well! Free for this week. Booking is essential via @RemixFitnessStudio1 Facebook page.	7am at Remix Fitness Studio, 21 Pitt Street
<i>Mums & Bubs Crossfit</i>	A light Crossfit class that's designed for all the mums out there looking to get back in shape after baby or mums looking for that next challenge in their journey. Free for this week. To register contact 022 152 2689	9.30am or 5.30pm at Crossfit 4010, 108 Roebuck Road
<i>Holistic Approach Workshop</i>	A free flow kōrero about health, wellbeing, support and connection for our wāhine in Te Tairāwhiti. There will be guest speakers, spot prizes and kai. Free. To register contact rawiniap@sportgisborne.org.nz	11.30am at Hicks Bay Motel, Wharekahika
<i>Tu Wāhine Only Striking</i>	A boxfit style cardio class. Free first week for new members. Just turn up.	5pm - 6pm at Te Kura Awhio, 16 Fitzherbert Street
<i>Netball with MAGIC</i>	Try Walking Netball or Fast5. Both super social and great for wāhine of all ages and levels. Get your friends and whānau together and join in the fun with the girls from WBOP MAGIC! Free. Register with Mon 021 1000 290	5.30pm - 6.30pm at the Gisborne Netball Centre Courts
<i>Nutrition for Women Workshop</i>	A session exploring key nutrients for women and tasty recipes to try. Free. Register with Kelly 021 183 8053	5.30pm - 6.30pm at Sport Gisborne Tairāwhiti Boardroom, Level 1, 74 Grey Street
<i>Have-a-go Badminton</i>	Have a go on the courts. Gear provided. Wear sports shoes and bring a drink bottle. Free. Just turn up. Enquiries to Linda 027 264 8660	5.30pm - 6.30pm at The Badminton Centre, 134 Roebuck Road
<i>Trail Vixens Mountain Biking</i>	Matokitoki Valley Loop. All skill levels welcome. Free. Just turn up with bike and helmet.	6pm from Waiteata Park
<i>Tu Wāhine Fitness</i>	HIIT training, group circuits and partner workouts. Free first week for new members. Just turn up.	6pm - 6.30pm at Te Kura Awhio, 16 Fitzherbert Street

FRIDAY 12TH MARCH

<i>Meet & Move with MAGIC</i>	An exciting opportunity for schools to get students enjoying some netball skills and drills led by the Waikato Bay of Plenty MAGIC team. Free but limited spaces. Register before 8 March with Mon 021 1000 290	10.45am - 11.30am. At the Gisborne Netball Centre Courts
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<i>Mums Getting Active</i>	Mums can bring their babies and/or a support person along. Free for Well Wāhine Week, then \$7 per class. To register email gisgymoffice@gmail.com	11am - 11.45am at the Gymnastics Club
<i>Tu Wāhine Women's Self Defence</i>	Learn the basics of self defence using body language, our voices & physical techniques. Free first week for new members. Just turn up.	4.45pm - 5.45pm at Te Kura Awhio, 16 Fitzherbert Street
<i>Women's Health Talk Hormone Happy Hour</i>	An overview of women's hormones and natural treatments for period problems, fertility and menopause. Free. Text "Hormone Happy Hour" and your name to Amanda on 021 880 343	5.30pm at Functional Again Clinic, 156 Ormond Road.
<i>Ladies #rungsborne the Night!</i>	Join other wāhine for a 5km night run. Free. See Gisborne Harriers Club Facebook page for more information and to register.	Meet at 8pm to run at 8.30pm at The Works carpark, 41 The Esplanade

SATURDAY 13TH MARCH

<i>Parkrun</i>	Celebrating Wāhine at Gisborne parkrun. Extending a warm invitation to any wāhine who would like to give parkrun a try and to acknowledge and thank our wāhine parkrunners with a pre-walk/run warm up and post parkrun pilates session focusing on how we can care for our bodies and stay injury free. Also, free coffee on site. Free. Register on parkrun.co.nz/register	7.45am - 9.30am at Waikanae Surfclub
<i>Tu Wāhine Brazilian Jiu Jitsu</i>	Learn the fundamentals of Brazilian Jiu Jitsu. An empowering martial art that will enhance all areas of health and wellbeing. Free first week for new members. Just turn up.	9.45am - 10.45am at Te Kura Awhio, 16 Fitzherbert Street
<i>Women's Turbo Touch</i>	Indoor touch game with modified rules. The game combines elements of touch, netball and basketball with forward, sideways and backwards passes being made to gain a touchdown in "the zone". This is a fun game for all wāhine, perfect for all ages, fitness levels and abilities. Free. Just turn up.	4.15pm - 6pm at Ilminster Intermediate School Gym

SUNDAY 14TH MARCH

<i>All Ages Skate Workshop</i>	Skate workshops for beginners and all other skill levels. A good opportunity to try something new without fully committing to buying any skate equipment too soon. Boards provided or bring your own. Free. Contact 027 391 4989 to register or just turn up.	1pm - 2.30pm at Alfred Cox Skate Park
<i>Well Wāhine Week Closing Ceremony</i>	Nibbles, drinks and networking while we celebrate the week and our Tairāwhiti wāhine. Spot prizes and live music. Free. Register with helaynar@sportgisborne.org.nz by the evening of Sunday 7 March.	3pm - 5pm at the Lawson Field Theatre, Rose Room