



Aro Valley Community Centre
Regular classes and groups
Updated
SEPTEMBER-OCTOBER 2021

****CSA Organic Food Co-op**
 New location just around the corner in **Abel Smith St.**
 Please contact CSA Wairarapa Eco Farm for more information.
Drop off is on a Thursday morning.

Monday

Time	Activity	Contact
8:30 – 9:30am HALL or outside, weather dependent	Tai Chi Class Koha	Yi Ching Mao community@arovalley.org.nz 021 203 3905 / 04 384 8499
2:00-3:00pm HALL	Zumbini! Zumba for kids \$8 per class. Please RSVP as spaces are limited.	Geraldine Cariel zumbini.geraldine@gmail.com

Tuesday

12:00 – 12:45pm HALL	Sit and Be Fit Seniors fitness group Koha	Kristin McGuigan kristingiorgi@gmail.com / community@arovalley.org.nz 04 384 8499
6:00 – 7:00pm HALL	Yoga with Bridget Koha/donation for the teacher PLEASE BRING YOUR MAT!	Bridget Kelly bridgetannekelly@gmail.com
7:15-8:30pm HALL	Capoeira Suggested: \$10 (or \$70 x 10 classes, check with Kate)	Kate Turner kate.turner.espe@gmail.com

Wednesday

8:30 – 9:30am HALL or outside, weather dependent	Tai Chi Class Koha	Yi Ching Mao community@arovalley.org.nz 021 203 3905 / 04 384 8499
10 :00 – 11:00am HALL	Open Yoga Class with Bridget Everyone welcomed! Koha/donation for the teacher PLEASE BRING YOUR MAT!	Bridget Kelly bridgetannekelly@gmail.com

Thursday

6:00 – 7:00pm HALL	Samba at Aro \$10 per class	Hillary Reid Hillary.Reid@vuw.ac.nz 021 230 8732
7:30 – 8:30pm HALL	Yoshukai Karate \$10 (or pay what you can afford)	Colin Berry Cberry2020@gmail.com 04 475 9985 / 027 249 5342

Friday

8:30 – 9:30am HALL or outside, weather dependent	Tai Chi Class Koha/donation for the teacher	Yi Ching Mao community@arovalley.org.nz 021 203 3905 / 04 384 8499
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