CHAPTER 12: FITNESS PROVIDERS AND SPA FACILITIES

ANYTIME FITNESS

Address: Cnr Te Ngae and Tarawera Roads Rotorua 3010
Phone: 07 562 5155
Website: www.anytimefitness.co.nz

24 hour gym, 7 days a week. Club membership and facilities, cardio equipment, strength equipment.

AQUATIC CENTRE

Address: 18 Tarewa Road Rotorua 3010
Phone: 350 1755
Fax: 349 1785
Website: www.rdc-aquatic.co.nz

Public, covered 25 metre pool, with outdoor 50 metre pool and indoor learner’s pool. Aqua jogging, learn to swim, spa pools, lazy river, splash pad, barbeques. Fin swimming, masters swim club. Open 6:00am to 9:00pm daily. Also offers aqua cardio, aqua max and Aqua Mum classes.

CITIZENS ADVICE BUREAU

Address: Community House 1115 Haupapa Street Rotorua 3010
Phone: 348 3936
Fax: 348 3540
Email: cab.rotorua@xtra.co.nz
Website: www.cab.org.nz

Call for information on dance clubs and classes, martial arts, Pilates, yoga and fitness classes and clubs.

FAMILY LIFESTYLE COACH

Address: Sport Bay of Plenty 1148 Amohia Street PO Box 323 Rotorua 3040
Phone: 348 4125 ext. 604
Fax: 348 8101
Email: buddy@sportbop.co.nz
Contact: Buddy Meyer
Website: www.sportbop.co.nz

Sport Bay of Plenty offers a free Family Lifestyle Coach programme that aims to support, encourage and motivate families to increase their physical activity and make healthy food choices. The programme is funded by RAPHS and is made available to families who have children between the ages of 4 ½ and 18 years old, who have weight issues. Face-to-face meetings with the family allow the Family Lifestyle Coach to help them set goals and provide them with the tools they need to participate in community events and sporting opportunities.
### Fit as a Fiddle Functional Fitness Centre and Gravity Studio

<table>
<thead>
<tr>
<th>Address:</th>
<th>1070 Eruera Street Rotorua</th>
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<tbody>
<tr>
<td>Contact:</td>
<td>Charlotte Porter</td>
</tr>
<tr>
<td>Phone:</td>
<td>027 647 2499</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:fitasafiddle@xtra.co.nz">fitasafiddle@xtra.co.nz</a></td>
</tr>
</tbody>
</table>

We provide a variety of fitness classes including Pilates, GRAVITY, Boot Camp and personal training.

Our approach to exercise is based upon sound principals of biomechanics, scientific research and successful technologies. We genuinely care that our clients are achieving their health, fitness and where required, rehabilitation goals.

### Fitness at QE Health

<table>
<thead>
<tr>
<th>Address:</th>
<th>QE Health 1073 Whakaue Street PO Box 1342 Rotorua 3040</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:aaron.randell@qehealth.co.nz">aaron.randell@qehealth.co.nz</a></td>
</tr>
<tr>
<td>Phone:</td>
<td>349 5254</td>
</tr>
<tr>
<td>Contact:</td>
<td>Dr Aaron Randell</td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.qehealth.co.nz">www.qehealth.co.nz</a> <a href="http://www.spaatqe.co.nz">www.spaatqe.co.nz</a></td>
</tr>
</tbody>
</table>

Large, user friendly gym with modern equipment. Personalised fitness programmes, assessments and training sessions. Pilates and Nordic Walking classes offered as well as massage, spa, physiotherapy and orthotic services onsite. One, three, six and 12 month membership options available, including gym/spa combo memberships. Access 6.00am to 8.30pm weekdays and 9.00am to 4.30pm weekends.

### Go 360 Health and Wellbeing Centre

<table>
<thead>
<tr>
<th>Address:</th>
<th>1070 Eruera Street Rotorua 3010</th>
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<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:info@go360.co.nz">info@go360.co.nz</a></td>
</tr>
<tr>
<td>Phone:</td>
<td>348 1770</td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.go360.co.nz">www.go360.co.nz</a></td>
</tr>
</tbody>
</table>

Fully fitted gym, two group fitness studios, Personal Trainers, Massage Therapist, reflexology, Maori Healing, Nutrition Advice, Natural Therapist, On-site Health Shop, Café and more. Bootcamp 360 – a range of boot camps to suit all levels.

Go 360’s purpose is to offer choices, solutions and encouragement. Life is a journey and we can assist with your map. Real people for real life.

Open 7 days.
## GOLD’S HEALTH AND FITNESS

<table>
<thead>
<tr>
<th>Address:</th>
<th>100 Old Taupo Road Rotorua 3015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:reception@golds.co.nz">reception@golds.co.nz</a></td>
</tr>
<tr>
<td>Phone:</td>
<td>348 8998</td>
</tr>
<tr>
<td>Fax:</td>
<td>348 8067</td>
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Rotorua’s largest air-conditioned fitness centre, with a large selection of cardiovascular and high quality resistance training equipment. Affiliated with the Rotorua District Council Aquatic Centre, with membership which offers unlimited swimming and spa pool facilities.

## GREEN PRESCRIPTIONS

<table>
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<tr>
<th>Address:</th>
<th>Sport Bay of Plenty 1189 Amohia Street PO Box 323 Rotorua 3040</th>
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<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:laurena@sportbop.co.nz">laurena@sportbop.co.nz</a></td>
</tr>
<tr>
<td>Phone:</td>
<td>348 4125 or 0800 228 483</td>
</tr>
<tr>
<td>Fax:</td>
<td>348 8101</td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.sportbop.co.nz">www.sportbop.co.nz</a></td>
</tr>
<tr>
<td>Contact:</td>
<td>Lauren Atkinson</td>
</tr>
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An exercise prescription issued by general practitioners encouraging their patients to improve their level of physical activity and nutrition and to improve health outcomes.

## HELL’S GATE GEOTHERMAL PARK

<table>
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<tr>
<th>Address:</th>
<th>Hell’s Gate, Tikitere PO Box 7199 Te Ngae Rotorua 3040</th>
</tr>
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<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:bookings@hellsgate.co.nz">bookings@hellsgate.co.nz</a></td>
</tr>
<tr>
<td>Phone:</td>
<td>345 3151</td>
</tr>
<tr>
<td>Fax:</td>
<td>345 6481</td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.hellsgate.co.nz">www.hellsgate.co.nz</a></td>
</tr>
</tbody>
</table>

Place of healing for 700 years. Sulphur based spa water, which is excellent for the skin. Body scrubs, polishes and facials. Mud baths. Massage on-site incorporating aspects of mirimiri. Geothermal park walking area. Rates for locals.

## LAKE CITY ATHLETIC CLUB INC

| Phone:   | 345 9362                                               |
| Website: | www.lakecity.co.nz                                     |
| Email:   | info@lakecity.co.nz                                    |

Organises track and field events and running/walking clinics in summer and cross country and harriers in winter. For runners and walkers of all ages, from tiny tots to veterans. Children’s athletics.
MID ISLAND GYM SPORTS (M.I.G.S.)

Address: Te Ngae Road
Rotorua 3010
PO Box 490
Rotorua

Email: admin@migs.co.nz

Phone: 349 3108
Website: www.migs.co.nz

A trampoline and gymnastics club which provides both children and adults, a fun way to get fit and become an active person in the community. Self-confidence, coordination and flexibility are all improved no matter what your age.

NO LIMITS FITNESS

Address: 15 Taui Street
Ngongotaha
Rotorua

Email: info@nolimitsfitness.co.nz

Phone: 07 460 0755 or 027 533 0297

No Limits personal and small group training provides a quality workout in a modern facility. One on one training through to small group training to CrossFit. Satisfaction and results guaranteed.

OKATAINA OUTDOOR EDUCATION AND RECREATION CENTRE

Address: Okataina Road
PO Box 1696
Rotorua 3040

Phone: 027 334 1425 for bookings and enquiries

Contact: Gary Bell

School groups are encouraged to use the Centre during school weeks and it is available to responsible groups at the weekends and during school holidays. Facilities include three main dormitories accommodating 91 beds, a fully equipped kitchen with fridge/freezer and storeroom, a dining/meeting room, two study rooms, and toilet block with hot/cold showers. Activities centre around the native bush, wildlife and water.

PILATES @ QE HEALTH

Address: QE Health
1073 Whakaue Street
PO Box 1342
Rotorua 3040

Email: jenni.whittfield@qehealth.co.nz

Phone: 349 5254
Contact: Jenni Whittfield
Website: www.qehealth.co.nz

Physiotherapy directed Pilates classes available for all fitness levels and ages. Good fun and great low impact exercise for all. For more details see the website.
FITNESS PROVIDERS & SPA FACILITIES

PILATES FOCUS

Address: Level 1
1251 Tutanekai Street
(Cnr Tutanekai and Hinemoa Sts)
Rotorua 3010

Phone: 348 5567 or 021 035 4847

Email: info@pilatesfocus.co.nz
Contact: Sandy or Barry Bird
Website: www.pilatesfocus.co.nz

Specialists in the Pilates Fitness Method. Many different classes from beginners through to gentle for seniors, pre and post-natal and teams. Phone for class times.

PILATES PLUS

Address: Held at central Rotorua and Lynmore venues

Contact: Hollie Turner

Email: holliemaret@gmail.com
Phone: 022 194 4265
Website: http://physiotherpay.org.nz

Physiotherapy led pilates classes with a focus on injury prevention and rehabilitation, all over body strengthening and toning, in a low impact environment suitable for all ages and body types. Individual assessments available.

POLYNESIAN SPA

Address: Lakeside
Hinemoa Street
PO Box 40
Rotorua 3040

Phone: 348 1328
Fax: 348 9486

Email: info@polynesianspa.co.nz

Hot mineral bathing and spa therapies. Two hot mineral springs supply renowned therapeutic acidic water to the Priest Spa - and to the other pools, soothing alkaline water (that assists aches and pains). 26 thermal pools in a choice of four areas.

Adult pools - 7 pools: 1 large pool for light activity (38°C), 3 terraced pools (36 - 40°C), and 3 Priest spa pools (39 - 42°C).

Family pools - 1 fresh water chlorinated pool, with a toddlers section and small hydro slide, and 2 alkaline pools.

Private pools - 4 deluxe with lake views and 9 standard, available for a minimum of 2 adults for a half hour.

Deluxe Lake Spa - 4 lakeside rock pools, with a relaxation lounge and changing amenities.

Spa Therapies – spa and hydro spa therapies using natural ingredients are offered in an inviting haven.

Open 8.00am to 11.00pm daily (last entry at 10.15pm). Special rates for Rotorua residents. Enquire at the spa.
**FITNESS PROVIDERS & SPA FACILITIES**

**PROFILES**

| Address:          | 7 Ti Street  
|                  | Rotorua 3010  
| Email:           | Info4profilesgym@gmail.com  
| Phone:           | 346 0481  
| Fax:             | 3460481  

Full gym facilities, aerobics, step and circuit training classes. Fitness assessment. Shower facilities. Life Fitness equipment – cycles, rowers and steppers. We provide all Les Mills aerobic classes. See website for timetable.

**R.A.V.E.- ROTORUA ARTS VILLAGE EXPERIENCE – STACEY’S YOGA**

| Address:          | 1240 Hinemaru Street  
|                  | Rotorua 3010  
| Phone:           | 348 9008 or Stacey 346 8535 or 027 361 8565  

Yoga for the mind, body and heart. Mondays 10.45am to 12.15pm and Mondays/Tuesdays 5.30pm to 7.00pm.

**ROTORUA LAKES COUNCIL HIP – HOBBIES, INTERESTS, PASSIONS PAMPHLET FOR BABY BOOMERS**

| Address:          | Rotorua Lakes Council  
|                  | Fenton Street  
|                  | Private Bag 3029  
|                  | Rotorua 3046  
| Phone:           | 348 4199  
| Website:         | rotorualakescouncil.nz  
| Email:           | info@rotorualc.nz  

A six-monthly brochure produced by the Rotorua Lakes Council, aimed at getting “soon-to-be seniors” (people over 50) involved in Hobbies, Interests and Passions.

Copies of the brochure can be obtained from the Rotorua District Lakes Customer Services Centre and community locations e.g. CAB, on line at rotorualakescouncil.nz key word recreation, or by email to info@rotorualc.nz

**SPA AT Q.E**

| Address:          | Cnr Fenton and Whakaue Streets  
|                  | Rotorua Lakefront  
|                  | Rotorua 3040  
| Email:           | spaservices@qehealth.co.nz  
| Phone:           | 343 1665  
| Website:         | www.spaatqe.co.nz  

Spa at QE is a geothermal health spa, and is the director successor of The Bathhouse, developed in the early 1900s as the Spa of the South Pacific. It continues today as a treatment centre for people with all forms of arthritis and chronic pain conditions. Spa at QE is frequented by locals and tourists alike, offering mud baths, mineral pools and therapeutic massage. Specialty massage such as Pregnancy, Reflexology and Lymphatic Drainage are also available. Open 7 days.
### SPORT BAY OF PLENTY

| Address       | 1189 Amohia Street  
|               | PO Box 323 
|               | Rotorua 3040 |
| Email:        | admin@sportbop.co.nz |
| Phone:        | 348 4125 |
| Fax:          | 348 8101 |
| Website:      | www.sportbop.co.nz |

Sport Bay of Plenty has a role in the community to encourage and support active lifestyles. This is done collaboratively working together with a variety of partners including Rotorua District Council, Clubs, Recreation Providers and Health organisations. Sport Bay of Plenty has a wide range of information about the sport and recreation sector available at the office on Amohia Street or on the website.

Play in the Bay is a monthly calendar of recreation opportunities and can also be picked up at the Sport BOP office or downloaded from the website.

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### TE PAPA TAKARO O TE ARAWA

| Address       | 38 Koutu Road  
|               | Tumahaurangi Marae  
|               | Koutu  
|               | Rotorua  
|               | PO Box 1658  
|               | Rotorua 3040 |
| Email:        | paora@papatakaro.org.nz |
| Phone:        | 348 3377 |
| Fax:          | 348 0877 |
| Contact:      | Paora Te Hurihanganui |

To encourage a healthier lifestyle for Māori people of all ages through increased participation in appropriate sport, recreation and leisure activities. Health promotion and seminars; event organisation; development of sporting programmes; Marae based programmes.

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### TE WAIROA TRUST CAMP

| Address       | Mead Road  
|               | Near the Buried Village  
|               | PO Box 566  
|               | Rotorua 3040 |
| Phone:        | 348 5051 |
| Fax:          | 348 5032 |

To give young people a chance to experience camping under canvas. Leader’s accommodation and kitchen. Big barn – available for school and other youth groups.
FITNESS PROVIDERS & SPA FACILITIES

THE BLUE WATER CARDIO STUDIO

<table>
<thead>
<tr>
<th>Address</th>
<th>Contact</th>
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<tbody>
<tr>
<td>100 Old Taupo Road Rotorua 3010</td>
<td>Steve or Anaru</td>
</tr>
</tbody>
</table>

Phone: 348 8998

One to one personal training. Unlimited swimming, body shaping, fitness assessments, nutritional advice and support. Full access to Rotorua Aquatic Centre pools.

WAIKITE VALLEY THERMAL POOLS

<table>
<thead>
<tr>
<th>Address</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>648 Waikite Valley Road Rotorua 3077</td>
<td><a href="mailto:thermalpools@xtra.co.nz">thermalpools@xtra.co.nz</a></td>
</tr>
</tbody>
</table>

Phone/Fax: 333 1861

Website: www.hotpools.co.nz

The pools are set in a peaceful and relaxing rural setting and are well renowned for their relief of aches and pains. Open seven days a week. Hours 10.00am to 8.30pm. Café meals available. Rotorua residents’ rates with ID.

WAI ORA LAKESIDE SPA RESORT

<table>
<thead>
<tr>
<th>Address</th>
<th>Email</th>
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<tbody>
<tr>
<td>77 Robinson Ave Holdens Bay Rotorua 3010</td>
<td><a href="mailto:info@waioraresort.co.nz">info@waioraresort.co.nz</a></td>
</tr>
</tbody>
</table>

Phone: 343 5100

Located at the Wai Ora Lakeside Spa Resort is Rotorua’s contemporary cultural spa, incorporating Maori healing practices in a modern spa interpretation. Geothermal mud therapies as well as volcanic stone massage.

WAIOTAPU FOREST SCHOOL CAMP TRUST

<table>
<thead>
<tr>
<th>Address</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td>PO Box 5052 Rotorua West 3044</td>
<td><a href="mailto:info@waiotapucamp.org.nz">info@waiotapucamp.org.nz</a></td>
</tr>
</tbody>
</table>

Phone: 347 8665

Website: www.waiotapucamp.org.nz

Outdoor education centre for schools and organisations. Situated behind Rainbow Mountain – Maunga Kakaramea – approximately 33 kms south of Rotorua, off SH5. The camp consists of 24 cabins that sleep 72 children, plus adult helpers. Cabins are equipped with bunks and mattresses. The dining room seats 72 and there is a large well equipped kitchen. There are also ablution areas, toilet blocks, washing and drying rooms and recreation hall. Activities include hiking, swimming, forest and soil studies. A confidence course including a flying fox. Glow worms can be seen in the area during night walks.
### WALKING GROUPS

For full list of walking groups contact the Rotorua Citizens Advice Bureau on 348 3936 or 0800 367 222.

### YOGA

<table>
<thead>
<tr>
<th>Contact</th>
<th>Email</th>
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<tbody>
<tr>
<td>Joy Wilkins</td>
<td><a href="mailto:arthandjoy@gmail.com">arthandjoy@gmail.com</a></td>
</tr>
<tr>
<td>Phone: 345 5659 or 021 064 3122</td>
<td></td>
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</tbody>
</table>

Physical wellbeing brought about by emphasis on correct breathing, posture, and relaxation. Contacts for International Yoga Teachers Association.

Classes held at Arawa Bowling Club on Thursdays 5.30pm to 7.00pm and Fridays 9.30 – 11.00am.

### YOGA STUDIO

<table>
<thead>
<tr>
<th>Contact</th>
<th>Email</th>
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<tbody>
<tr>
<td>Paul Barton</td>
<td><a href="mailto:yogapaulb@xtra.co.nz">yogapaulb@xtra.co.nz</a></td>
</tr>
</tbody>
</table>
| Address:     | Studio – 1158 Pukuatua Street  
                PO Box 1753  
                Rotorua 3040 |
| Phone: 349 1654 |

Offers the classical iyengar Yoga style teaching, with a clear emphasis on pranayama (breath work) and mindfulness training. Stress reduction classes also held. See website for classes and timetable.

### YOGA WITH KIM

<table>
<thead>
<tr>
<th>Contact</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Kim Pears</td>
<td><a href="mailto:kim.pears3@gmail.com">kim.pears3@gmail.com</a></td>
</tr>
<tr>
<td>Phone: 0210 2200 624</td>
<td></td>
</tr>
</tbody>
</table>

Every Thursday from 7.00pm until 8.30pm I teach a mindful hatha yoga class to relax the body, quieten the mind. It’s held at St Barnabas Centre, 16 School Road, Ngongotaha. The fee is $10/week or $35 for a four week course.