

KORI TINANA EXERCISE GROUP

Kori Tinana is an exercise group that enjoys easy paced workouts and socializing. We love having fun and unwind at a local café afterwards. The group meets every Monday at 10am.



New faces are always welcome!

For more information please contact:

Kaiāwhina Hapori: AJ
at Hora Te Pai Health Services

Ph (04) 902 7095

Cell (021) 793 663

Monday - Friday 8.30am to 4.30pm
or leave a message after hours

HORA TE PAI



HEALTH SERVICES

New faces are always welcome!

The group meet at 318 Fitness, located in Paraparaumu, across the train tracks at 20-24 Tongariro Street.

Our Kaiāwhina will take you through a guided workout

Wheelchair access, accessibility ramp, disabled parking and toilets are all on location

Personal trainers and helpful staff are always close by

Transport to and from group is available if necessary

Hora Te Pai offer many services to support you and your whanau. Please contact AJ if you have any queries about how we can help you.

**318 Fitness
20-24 Tongariro Street
Paraparaumu**

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