

PEGASUS COMMUNITY CENTRE CALENDAR OF EVENTS – JULY 2024

Regular Weekly Activities Timetable: *Please contact organiser to check spaces are avail, costs etc.*

DAY	TIME	ACTIVITY	CONTACT
Monday	2pm–4pm	Community Centre open <i>Welcome Bags for new residents, local maps, activity info and much more. Our friendly volunteers are here to help! If you are a reader, find a book to borrow from the Book Cave.</i>	Any queries, please email the Pegasus Residents' Group Incorporated (PRGI) Subcommittee on: pcc@pegasusresidentsgroup.com
	5:30pm-6:30pm	Yoga	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
	6:35pm-7:35pm	Mens Pilates	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
Tuesday	9:15am-10:15am	Advanced Pilates	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
	10:20am-11:20am	Yoga	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
	4:00 pm	Ballet with Bex - Hip-Hop for beginners (4 year plus), Musical Theatre (4 years plus)	Rebecca: 027 271 0785 or Email: tait_bex@hotmail.com
	5:45pm-6:40pm	Advanced Pilates	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
	6:45pm-7:45pm	Yoga	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
	7:30pm	12 Step Recovery Programme AA, a way forward for problem drinking. <i>Held in the Todd Room</i>	Richard 0272078155 or Email: carr56@gmail.com
Wednesday	10am-12pm	Community Centre open <i>Welcome Bags for new residents, local maps, activity info and much more. Our friendly volunteers are here to help! If you are a reader, find a book to borrow from the Book Cave.</i>	Any queries, please email the Pegasus Residents' Group Incorporated (PRGI) Subcommittee on: pcc@pegasusresidentsgroup.com
	3:30pm-5pm	Pegasus Brownies <i>For girls aged 7 – 9 ½ years. Using fun, adventure, and friendship to build confidence and life skills.</i>	Jan: 021 116 0644 or Email: pegasusbrownies@gmail.com <i>No classes during school or public holidays</i>
	5:45pm-6:40pm	Pilates – Intermediate	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
	6:45pm-7:45pm	HIIT - high-intensity-interval-training session. <i>We use free weights and our own body for the strength and cardio part of the training.</i>	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
	9:30am-10:30am	Pilates – Intermediate	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
Thursday	9:30am-10:30am	Pilates – Intermediate	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com

PEGASUS COMMUNITY CENTRE CALENDAR OF EVENTS – JULY 2024

Thursday	10:35am-11:30am	Pilates – Beginners - ACC accredited <i>Concentrates on correct engagement of the Pelvic floor muscle & the deep abdominal muscles, learning to contract the Glutes & back muscles without holding tension.</i>	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
	1:30pm	SayGo Falls Prevention Exercise Class <i>Improve your balance, strength, flexibility, general fitness, and wellbeing. \$2 per class.</i>	Email Kay: kaymillsnz@gmail.com <i>No booking required; all welcome!</i>
	4pm-5pm	Improv and Theatre sports Workshop <i>Activity class. Bookings are welcomed.</i>	Lee: 020 4161 0516 or Email: Lee.pockson@gmail.com
	7pm-8pm	No Gym Bunnies Here <i>Do you feel embarrassed, too fat, or unfit for the GYM???</i> <i>This is a group for like minded ladies, seeking group fitness, using low impact dance.</i> <i>Sessions will cater for overweight, underweight, unfit females from 45-99yrs.</i> <i>Feel free to be yourself. No males allowed.</i>	Find us on Facebook “No Gym Bunnies Here” Suzi: 020 488 1889 <i>Wear your most comfortable bottoms and a loose T shirt.</i> <i>Remember water bottle & towel.</i>
Saturday	9:00am	Ballet with Bex <i>Ballet & Dance classes for 3 - 8-year-olds.</i>	Rebecca: 027 271 0785 or Email: tait_bex@hotmail.com
	10am–12pm	Community Centre open <i>Welcome Bags for new residents, local maps, activity info & more. Our friendly volunteers are here to help! If you are a reader, find a book to borrow.</i>	Any queries, please email the Pegasus Residents’ Group Incorporated Subcommittee on: pcc@pegasusresidentsgroup.com

Monthly or One-off Activities Timetable: *Please contact organiser to check spaces avail, costs etc.*

Thu 4 th July	7:00pm	PRGI committee meeting in the Todd Room	prgi@pegasusresidentsgroup.com
Sat 6 th July	10:30am – 11.30am	Justice of the Peace (JP) drop-in session. No appointment necessary. Please bring a photocopy of your ID if required for your documentation.	pcc@pegasusresidentsgroup.com
Wed 10 th July	10:00am	Ronel’s Community Cuppa <i>Free morning tea. All residents of Pegasus, Woodend/Ravenswood and Waikuku welcome. Meet new people, hear our guest speakers.</i>	Ronel: 021 072 4636 or Email: waioralinks@gmail.com
Sat 20 th July	10:30am – 11.30am	Justice of the Peace (JP) drop-in session. No appointment necessary. Please bring a photocopy of your ID if required for your documentation.	pcc@pegasusresidentsgroup.com

For more information about activities at the Pegasus Community Centre, please visit www.pegasusresidentsgroup.com.