

PEGASUS COMMUNITY CENTRE CALENDAR OF EVENTS – MAY 2023

Regular Weekly Activities Timetable:

Please contact the event organiser to check if spaces are available, 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: PRGI PCC Subcommittee on email: 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
	4.00pm	Ballet with Bex <i>Hip-Hop for beginners (4 year plus) Musical Theatre (4 years plus)</i>	Rebecca: 027 271 0785 or Email: tait_bex@hotmail.com <i>No classes during school or public holidays</i>
	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 Steps Spiritual Recovery Inclusive AA meeting for 12 Step recovery, other addictions accepted. <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: PRGI PCC Subcommittee on email: 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
	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

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DAY	TIME	ACTIVITY	CONTACT
Thursday	9:30am-10:30am	Pilates – Intermediate	Alexandra: 021 044 3208 or Email: pilatesforyou.alexandra@gmail.com
	10:35am-11:30am	Pilates – Beginners - ACC accredited <i>Concentrates on the correct engagement of the Pelvic floor muscle and the deep abdominal muscles, learning to contract the Glutes and 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 No booking required; all welcome!
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 No classes during school or public holidays
	10:00am–12noon	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: PRGI PCC Subcommittee on email: pcc@pegasusresidentsgroup.com

Monthly or One-off Activities Timetable:

Please contact the event organiser to check if spaces are available, costs etc.

DATE	TIME	ACTIVITY	CONTACT
Thu 4 th May	7:00pm	PRGI committee meeting in the Todd Room	prgi@pegasusresidentsgroup.com
Sat 6 TH May	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 May	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 May	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.