



SPORT

Updated: Wednesday, 3 July 2019 — Page 1 of 1

FitMix Bootcamps

Outdoor Bootcamp for ALL abilities

Contact Person: Anna Dolan

Cell: 022 019 7822

Hi, I'm Anna, and I have been running a successful Bootcamp for the last 3 years. My focus is on making you fitter and stronger than you thought possible, with motivational coaching within a supportive group of like-minded people. Based in Epsom, I have classes at Cornwall Park and Our Lady of the Sacred Heart School in Banff Ave. Come and try it out tomorrow, and train your way to next Summer.

Heartland Union Limited

Website: www.heartlandrugby.co.nz

Supporting Japanese rugby players to come to play rugby at High School. In fact, I have been sending about 20 students to SPC for the last 4 years.

Contact Person: Yasu Kishimoto

E: yasu@heartlandrugby.co.nz

ManaSys

Website: <http://www.manasys.co.nz/>

Computing, Training, Coaching and Consulting Services

Contact Person: Nick Ivanov

E: nick@manasys.co.nz

Business Hours: gam till 6pm

No job too big or small. We have 40 years experience in the field.

Zumba with Kellen

Website: <https://www.zumba.com/en-US/profile/kellen-pinheiro/68571>

Zumba Fitness and Strong by Zumba classes

Contact Person: Kellen Pinheiro

E: kellen.zumba@hotmail.com

Cell: 021 765 717

Address: Three Kings Primary, 944 Mt Eden Road

Business Hours: Monday 7.30pm, Tuesday 7.30pm, Wednesday 7pm, Thursday 7pm

Ola! I'm Kellen Pinheiro, I'm from Brazil and been living in Auckland since 2004. I've been teaching Zumba since March 2010 and I absolutely love this program. Every class feels like a party!! Classes are fun, energetic, and make you feel amazing! Come join me, I guarantee you will have a blast!

Strong by Zumba is a different program under the Zumba umbrella. This class is a high intensity interval class — think burpees, pushups, and other high-impact moves — that's synced to specific music.

Got questions, don't hesitate to drop me a message :-)