

Prost-FIT Classes

About Classes

PCFNZ's Prost-FIT programme is built around aspects of training that research has shown are beneficial for men with prostate cancer, including pelvic floor strengthening exercises, cardiovascular fitness and strength training. Prost-FIT also helps combat fatigue and facilitate mental well-being in a fun social environment. Even if you have your own exercise routine, consider joining Prost-FIT. You may achieve improved results through exercise targeted to your needs.

If you would like to enquire about a class near you please email prost-fit@prostate.org.nz alternatively search below. Prost-FIT is proudly supported by the [Dry July NZ Trust](#), made possible through the efforts of kiwis who take on the challenge of doing dry in July, to help all those facing their own challenge with cancer.

Classes

Region

All



Search

Prost-FIT Rotorua

MAR
05

[Wednesdays at QE Health, 1084 Hinemoa Street, Rotorua](#)
03:00 pm
Admission: 0.00

To get started please contact trainer Shar Brown. 022 408 6979. sharsworx@gmail.com

Prost-FIT Mt Maunganui

MAR
06 [Thursdays at NextStep, Hocking Street, Mt Maunganui](#)
02:00 pm
Admission: 0.00

To get started please contact trainer Sam Baxter. 022 646 3926. sam@nextstepnz.com

Prost-FIT Taranaki

MAR
10 [Mondays at Rampage West, Sunley Street, Westown](#)
11:00 am
Admission: 0.00

To get started please contact Hannah Siffleet. 06 222 0066. tbinewplymouth@tbihealth.co.nz

Prost-FIT Whangarei

MAR
11 [Tuesdays at Smart Active Solutions, Ngunguru Road, Glenbervie.](#)
11:00 am
Admission: 0.00

To get started please contact trainer Waikeri Birch. 022 487 8692. smartactivesolutionspt@gmail.com

Prost-FIT Wellington

MAR
10 [Mondays at Jenkins Gym, Hutt Road, Alicetown, Lower Hutt.](#)
11:00 am
Admission: 0.00

To get started please contact trainer Daisy Hutton. 027 334 9522 daisy.hutton@tbihealth.co.nz

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Prost-FIT Palmerston North

MAR
11 [Tuesdays at OraKinetics Clinic. 91 Milson Line. Palmerston North](#)
10:30 am
Admission: 0.00

To get started please contact Sonja Dreyer. 021 663 115 sonja@orakinetics.co.nz

Prost-FIT Levin

MAR 07 [Fridays at 6 Hadfield Street. Levin](#)

11:00 am

Admission: 0.00

To get started please contact trainer Sandra Doherty. 022 641 5939. dohertysd@gmail.com

Prost-FIT Wanganui

MAR 07 [Fridays at River City Boxing, 100 Devon Rd, Springvale](#)

08:00 am

Admission: 0.00

To get started please contact Sandra Tofa. 06 344 8341. tofa-ten@xtra.co.nz

Prost-FIT Napier

MAR 07 [Fridays at Bay City Gym, Latham Street. Marewa. Post-class coffee at Sparrows Cafe, 1 Austin St, Onekawa.](#)

10:30 am

Admission: 0.00

To get started please contact trainer Cath Steiner. 021 450 067. exerciseforgood@registeredtrainer.co.nz

Prost-FIT Havelock North

MAR 06 [Thursdays at Peak Fitness. 24A Te Aute Rd, Havelock North. Post-class coffee at Bay Espresso](#)

02:00 pm

Admission: 0.00

To get started please contact trainer Cath Steiner. 021 450 067. exerciseforgood@registeredtrainer.co.nz

Prost-FIT Hamilton

MAR 07 [Fridays at UniRec, University of Waikato, Hillcrest, Hamilton](#)

09:30 am

Admission: 0.00

To get started please contact trainer Carrie Aspin. 027 463 0089. carrie@physiofithub.com

Prost-FIT Cambridge

MAR 07 Fridays at CrossFit Da Vinci, Satos Segedin Drive, Leamington
11:00 am
Admission: 0.00

To get started please contact trainer Carrie Aspin. 027 463 0089. carrie@physiofithub.com

Prost-FIT Wairau Valley

APR 15 Tuesdays at Shore Fit, 229A Archers Road, Wairau Valley.
03:30 pm
Admission: 0.00

Bookings required. Contact Lisa Gombinsky. 021 028 78470. lisa.gombinsky@gmail.com

Prost-FIT Hobsonville

MAR 10 Mondays and Thursdays at Unruly Company, Workspace Drive, Hobsonville.
09:30 am
Admission: 0.00

Bookings required. Please contact Lisa Gombinsky. 021 028 78470. lisa.gombinsky@gmail.com Coffee group after class at Deli Brothers.

Prost-FIT Pakuranga

MAR 11 Tuesdays at Growing Younger. 18D Highland Park Drive. Pakuranga
06:00 pm
Admission: 0.00

To get started please contact trainer Gavyn Bernsten. 021 062 9116. startafreshpt@gmail.com

Prost-FIT Orewa

MAR 12 Wednesdays at Northern Arena Gym. Silverdale.
11:30 am
Admission: 0.00

To get started please contact trainer Libby Augustin. 021 299 2253. libby.augustin@gmail.com

Prost-FIT Ashburton

JAN
13

[Mondays at EA Networks Centre Gym, River Terrace. Coffee after class at EAT Cafe.](#)

10:45 am

Admission: 0.00

To get started please contact Jenny Soal. 03 308 4020 jenny.soal@adc.govt.nz

Prost-FIT Lincoln

MAR
06

[Thursdays at Lincoln Events Centre. 15 Meijer Drive. Lincoln.](#)

05:00 pm

Admission: 0.00

To get started please contact Ingrid Phelan. 027 387 0065. info@phatsk8.co.nz

Prost-FIT Christchurch

MAR
05

[Wednesdays at the Kind Foundation Bishopdale.](#)

01:00 pm

Admission: 0.00

To get started contact Kris Tynan. 021 262 8886. kris@eamnz.com

Prost-FIT Blenheim

MAR
10

[Mondays at Marlborough Lines Stadium 2000, Kinross St, Blenheim](#)

06:00 pm

Admission: 0.00

To get started please contact Murray Eyles. 027 608 5667. marlborough@prostate.org.nz

Prost-FIT Blenheim

MAR
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[Wednesdays at Marlborough Lines Stadium 2000, Kinross Street, Blenheim](#)

10:30 am

Admission: 0.00

To get started please contact Murray Eyles. 027 608 5667. marlborough@prostate.org.nz

Prost-FIT Dunedin

MAR
11 Tuesdays at NRG Gym, King Edward St, South Dunedin
01:00 pm
Admission: 0.00

To get started please contact Trainer Jake Kelly. 027 433 5394 jakekelly.work@gmail.com

Prost-FIT Nelson

MAR
05 Wednesdays at CLM Richmond, Salisbury Road, Nelson
01:00 pm
Admission: 0.00

To get started please contact Leigh Dalzell; 021 547 811; leighsdream@gmail.com
