



Media Release

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Te Zumba classes on Huria marae popular with hapu

Since Te Zumba classes started at Huria marae in November last year, up to 100 local people have been attending per class. The classes are run twice a week at the marae and have been hugely popular.

The popularity of the classes can be attributed to several factors. “The winning formula is the access, affordability, whanau inclusiveness and ‘a can do attitude’ no matter what size you are. The ‘Marae Atea’ provides a safe and comfortable backdrop for this activity and embraces all people, race and creed,” says Sylvia Willison, Chief Executive Officer for Huria Management Trust.

Te Zumba classes are run by Zumba Fitness. “We plant the seed at the marae then train up the hapu to get it self-sustainable,” says Lena Kairau, Te Zumba Instructor. “We see 3 or 4 generations of whanau coming to classes. Even my Nana comes – and she’s 83!” says Lena.

Simon Bridges, MP for Tauranga came along to Huria marae last week to participate in Te Zumba. “It’s great to see a blend of old and young people giving it a go, being active and shaking it all around” says Simon Bridges. “It was very special and unique to have Te Zumba done at the marae and it was great fun and good exercise for me”.

The HEHA “Healthy Eating, Healthy Action” programme launched by the Bay of Plenty District Health Board in 2009 was the catalyst for which Huria Management Trust embraced the launch of Te Zumba, marae style. With the support of Steve Cameron, Kai Ora Facilitator from Te Kupenga Hauora, staff launched a series of nutrition workshops, followed by exercise regimes to complement these. Te Zumba is one of these exercise regimes, along with Tai Chi and Mau Rakau.

Te Zumba classes run every week at Huria marae on a Tuesday and Thursday from 5.30 to 6.30pm.



Photo: Simon Bridges participating in Te Zumba at Huria marae

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