

## Activities and Classes

### August 2025

Classes are FREE for Moving Well members, \$12 for non-members.

Pool and Gym open Monday to Thursday 6:30am to 7pm,  
Friday 6: 30am to 4.30pm, Saturday Gym 8am to 4.30pm

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Circuits	Circuits	Circuits	Circuits	Circuits	
10:00am	Stretch & Core	Stretch & Core	Renew & Recover	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	
11.30am		Strength & Balance				Adapted Yoga
12:30pm	Aqua Blast (30mins)	Aqua Blast (30mins)	Aqua Blast (45 mins)	Aqua Blast (30 mins)	Aqua Blast (45 mins)	
1:45pm			Social Fitness			
2:00pm	Stride it Out	Brain Gym		Strength & Balance	Aerobic Blast	
2:30pm			Osteo Aqua			
3:00pm						

### Indoor Doubles Ballon Tennis Tournament

**Friday, 22 August at 1:30pm**

Join us for a fast-paced doubles balloon tennis tournament. This event is perfect for all skill levels and equipment will be provided. You can book online or reception.



### Monthly Quiz

**Tuesday, 26 August at 4:30pm**

Come and join us for a pub style quiz night with food and drinks available. Entry is \$5 per person for members. Please book your team in at reception.



## Get the most out of the Gym

Wednesday, 6 August at 1:30pm



Wondering if you're really using our gym machines correctly? Join the Moving Well team for a hands-on session where you'll learn how to:

- Use machines safely and effectively
- Avoid common gym blunders
- Unlock tips and tricks to supercharge your workouts
- Reach your fitness goals faster (with less guess work!).

Toms got the know-how—and a few clever hacks—to help you train smarter, not harder.

Let's turn confusion into confidence - your muscles will thank you.



## Living Well Centre Classes

Class prices: FREE for Moving Well Members, \$12 for non-members. Equipment: All provided, please bring a towel.

**Adapted Yoga (Saturday, 11:15am):** For all levels from beginners to advanced. Can be completed on a mat or on a chair.

**Aquarobics:** Work at your own pace with qualified instructors in our heated pool during this fun group fitness class. Tuesday's class at 11am is **Aqua Gentle**

**Aqua Blast:** High intensity strength and cardio pool exercise class.

**Brain Gym:** Develop seven elements of brain function. Work on memory, recall, concentration + more in a fun and social environment.

**Circuits:** A higher energy class to improve all aspects of fitness. (Note: This class is designed for people who do not require the use of a walking aid.)

**Osteo Aqua:** A class designed to help with symptoms of arthritis. Build strength, ease stiff joints and relax sore muscles.

**Renew & Recover:** Incorporating elements of yoga, Pilates and other forms of stretching and recovery.

**Social Fitness:** A gentle workout with a focus on fun, balance and strength.

**Strength & Balance:** Improve your balance, leg and core strength.

**Stretch & Core:** Core exercises on a mat, chair or a combo of both.

**Tai Chi:** Gentle exercises designed to strengthen the lower body and improve balance and co-ordination.

**Stride it Out:** A great way to improve your stability so that you can walk safely and improve your overall walking technique.

**Aerobic Blast:** Low impact, high intensity aerobics-style class mimicking aqua exercises.

## How to Cardio

Wednesday, 20 August at 1:30pm



If you've been doing endless cardio but not getting the results, you're not alone. Join us for a light-hearted and useful session where you'll learn time-efficient cardio principles:

- How to make every minute count
- Why more isn't always better
- Smart tweaks that move the needle on fitness and fat loss.

You can sign-up at reception or online. Together we can you're your cardio journey into cardio progress!

Arvida Good Friends at Park Lane

47 Whiteleigh Avenue, Addington.  
Parking onsite and at Show Place through gate.  
**0800 20 41 20**  
[goodfriends.co.nz/whats-on](https://goodfriends.co.nz/whats-on)

