

Activities and Classes

May 2025 Excluding Pool Closure



Classes are FREE for Moving Well members, \$10 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	Line Dancing Renew & Recover	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	
11.30am		Strength & Balance			Box fit	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		Izac's Tech Time (1:00pm-2:00pm)	
2:00pm	Stride it Out	Brain Gym		Strength & Balance	Aerobic Blast	
2:30pm			Osteo Aqua Social Group			
3:00pm		Aqua Blast	3:00pm – 5:00pm			

New Class Renew & Recovery

Come and join Charlotte a Good Friends staff member for a very basic 30 minute stretch and recovery class. Wednesday at 10:00am upstairs at Good Friends

Book Online or at Reception



Monthly Quiz

Tuesday 27 May at 4:30pm

Come and join us for a pub style quiz night, food and drinks available. \$5 per person for members. Book your team at Reception.



Events

Friday, 16 May at 1:30pm Beverages and Bingo

Hosted in Natter Cafe. Grab a drink & prepare for a fun round of Bingo! Win some fun prizes. \$5 to play.

Monday, 19 May at 1pm Planning a Funeral Chat

Brent Ruru, an independent advocate is hosting a presentation giving advice & guidance in pre-planning the funeral you or your loved one wants.

Monday, 26 May 9.30am-2pm Park Lane Knitting Group Market at Natter Cafe

Please check out the new menu in Natter Café!

Remember, all Good Friends Members receive 10% discount.

Natter Café Hours

Mon – Fri 7:30am – 4pm

Living Well Centre Classes

Class prices: FREE for Moving Well Members, \$5 for Living Well Members /\$10 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.

Box Fit: A fun non-contact boxing session. Improve strength, core stability, coordination and balance.

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.)

Line Dancing: The first 30 minutes from 10am will be for beginners and the experienced line dancers will join in at 10.30am for an hour.

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

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

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

Stretch and 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.

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

Izac's Tech Time: Learning how to use and operate smartphones, tablets and laptops as well as answering any other questions regarding technology.

Parking

47 Whiteleigh Ave, Addington.

Parking onsite, at Show Place through the gate.

New Class – Izac's Tech Time

Located in the Natter Nook
Every Friday 1-2pm
Book a 5min one on one, today!
Ring reception to book your spot.

Facebook

You can follow the Good Friends Facebook page for the latest updates and a link to the what's on schedule. Just search Goodfriends and follow us today.

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Parking onsite and at Show Place through gate.

0800 20 41 20

goodfriends.co.nz/whats-on



