

September Schedule

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47 Whiteleigh Ave
book.goodfriends.co.nz

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM		Circuits	Circuits	Circuits	Circuits	
10:00 AM	Stretch & Core	Stretch & Core	Strong to the Core	Tai Chi	Stretch & Core	
11:30 AM	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	Stretch & Core
1:00 PM	Aquablast	Strength & Balance	Aquablast	Strength & Balance	Aquablast	
2:00 PM	Stride It Out	Renew & Recover	Chair Champions		F.A.B	
2:30 PM			Osteo Aqua			
5:15 PM				Circuits		

Gym Operating Hours
Monday - Friday 6:30am - 7pm
Saturday 8am - 4pm
Sundays and Public Holidays - Closed

Natter Cafe Hours
Monday - Friday 7:30am - 4pm
Saturday and Sunday - Closed



Events and Updates

2026 General Election Candidate Meetings

The Good Friends Centre will be hosting a series of election meetings ahead of the 2026 General Election.

All political parties have been offered the opportunity to speak with our residents and community. To ensure fairness, each party will have its own individual meeting to present its policies and answer questions.

Residents, family, friends, and community members are welcome to attend. Free entry.

To find out which political parties are speaking and their meeting dates, please check the noticeboard at Reception.

Beverages & Bingo Friday, 25 September at 2:45pm

Location: Natter Cafe, Arvida Good Friends

Come along for a fun round of Bingo with great prizes to be won. Food and drinks will be available to purchase from the Cafe. This event has a \$5 entry fee per person. You can book online, by phone or at reception.

Sing-along Aqua Friday, 25 September and Friday, 02 October at 11:30am

Join us for a fun-filled aqua workout where you can sing along to your favourite tunes with lyrics on the big screen, test your fitness and your voice, and enjoy plenty of laughs along the way.

Monthly Quiz Tuesday, 29 September at 4pm

Location: Natter Cafe, Arvida Good Friends

Come along for an evening of fun and testing your knowledge. Quiz entry is \$5 per person.

Grandies in the Pool Friday, 02 October at 3pm

Location: Pool, Arvida Good Friends

Our Moving Well Team will be on lifeguard duty as we welcome resident and member grandchildren into the Good Friends pool. Come on down to the pool for some fun, games and activities.