

Activities and Classes – February 2026



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

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|------------------|-------------------|-------------------|------------|------------------|------------------|
| 8:30 am — 9:15 am | | Circuit | Circuit | Circuit | Circuit | |
| 10:00 am—10:30 pm | Stretch and Core | Stretch and Core | Renew and Recover | | Stretch and Core | Stretch and Core |
| 11:30 am - 12:15 pm | Aquarobics | Aqua Gentle | Aquarobics | Aquarobics | Aquarobics | |
| 1:00 pm - 1:45 pm | Aqua Blast | | Aqua Blast | | Aqua Blast | |
| 2:30 pm - 3:00 pm | | | Osteo Aqua | | | |
| 2:00 pm - 2:45 pm | Stride (30min) | Renew and Recover | Chair Champions | Brain Gym | F.A.B (30min) | |
| 5:15 pm - 6:00 pm | | | | Circuit | | |

Drawing Class

Tuesday, 17 February from 3pm until 4pm



Come and join artist Vicki Mangan on February 17th at 3:00 pm for a session focused on improving your drawing skills. Please book at reception or call **0800 20 4120**.

Monthly Quiz

Tuesday, 24 February from 4:30pm



Join us for a pub-style quiz night, food and drinks available. Entry is \$5 per person for members. Book your team in at reception.

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

Living Well Centre Classes

Class prices: FREE for Moving Well Members and \$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.

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.

F.A.B 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.