

# Activities and Classes

## March 2025

Pool and Gym open Monday to Thursday 6:30am to 7pm, Friday 6:30am to 4.30pm, Saturday gym 8am to 4.30pm, Saturday pool 8.10am – 4.10pm: Classes are FREE for Moving Well members, \$10 for non-members.

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Satur day
9:00am	Circuits	Circuits	Circuits	Circuits	Circuits	
10:00am	Stretch & Core	Stretch & Core	Line Dancing	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	
11.30am		Strength & Balance			Box fit	Adapted Yoga
12:30pm	Aqua Blast	Aqua Blast	Aqua Blast	Aqua Blast	Aqua Blast	
1:45pm			Social Fitness 30mins			
2:00pm	Stride it Out	Brain Gym		Strength & Balance	Aerobic Blast	
2:30pm			Osteo Aqua			
3:00pm		Aqua Blast	Social Group 3:00pm – 5:00pm			

### Makeup Tips and Tricks Session

Wednesday, 5 March from 2:30pm



Hosted by Charissa from Life Pharmacy, Barrington. Our skin and makeup looks change as we age. Learn some makeup tips and tricks to keep you looking fresh and fabulous. Book at reception or online.

### First Quiz of the Year

Tuesday 25 March from 4:30pm

This quiz will be the first one for the year. Grab a team and book at reception to test your knowledge.



# Baseline Testing Sessions

**Friday, 7 March**

Baseline testing is a process that measures a person's initial performance or current state. This is a session that will cover hand-eye coordination, cardio, basic cognitive function, strength, balance and flexibility. The event signup sheet is available in the gym area.

## Available sessions:

- 11:00am - 11:30am
- 11:30am - 12:00pm
- 12:00pm - 12:30pm
- 12:30pm - 1:00pm
- 1:00pm - 1:30pm

Bookings are limited so book today.



## 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 group fitness class.

**Aqua Gentle:** Tuesday at 11am, a slower paced pool based work out.

**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.

## Parking

**47 Whiteleigh Ave, Addington.**

Parking on-site, at Show Place through gate.

## Additional Aqua Blast Session

Starting the first week in March, we will be adding an extra Aqua Blast class in the afternoon to the timetable.

Tuesdays at 3pm in the swimming pool and you can book online or at reception.

## Facebook

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

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

