

# Activities and Classes

## June 2022



Pool and Gym open Monday to Thursday 7am to 7pm, Friday 7am to 4.30pm, Saturday 8am to 4.30pm.

Classes are FREE for Moving Well members, \$5 for Living Well Members and \$10 for non-members.

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am					Aquarobics	
10:00am		Stretch & Core	Line Dancing	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aquarobics	Aquarobics	Aquarobics	Aquarobics	11.30am Adapted Yoga
		Strength & Balance		Strength & Balance		
12:30pm		Aqua Blast		Aqua Blast		
2.00pm		Brain Gym	SitFit	Walking Group		

### Walking Group - 2pm every Thursday

**Thursday 2nd June - 45 to 60 mins with Tom**

**Hagley Park** - A walk through the beautiful botanic gardens of Hagley Park.

**Thursday 9th June - 45 to 60 mins with Laura**

**Halswell Quarry** - A walk around the quarry including the Sister City Gardens - a series of small gardens showcasing six of Christchurch's sister cities.

**Thursday 16th June - 45 to 60 mins with Tom**

**Christchurch City** - Exploring some of the green spaces within Christchurch city - Victoria Square and Latimer Square.

**Thursday 23rd June - 45 mins with Laura**

**New Brighton Beach** - A walk along New Brighton beach starting at the pier.

**Thursday 30th June - 45 to 60 mins with Tom**

**Christchurch Adventure Park** - Starting at the Adventure Park café, we pick up the forest loop track through the trees and native birds. (Note, sadly this track is not suitable for walkers/frames).



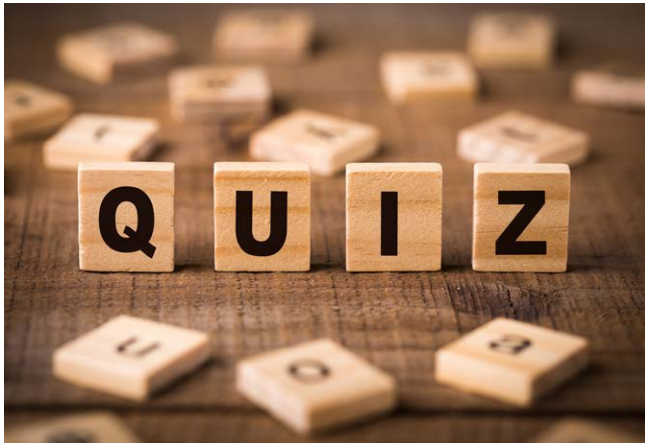
**Love the food at Natter?  
Can't be bothered cooking?  
Have friends coming over?**

Take your favourite Natter meals home to share or have all to yourself!

Choose from our menu of the week, which will be updated every Monday on our website ([nattercafe.co.nz](http://nattercafe.co.nz)) and on our facebook page.

**To reserve yours or to arrange delivery, please call 0800 20 41 20.**





## Join a team and get quizzing!

Following the success of the Anniversary Week Quiz Time, we are excited to bring you the Natter Quiz on the last Thursday of every month.

From 4.30pm to 6pm, join Quizmaster Tom and be put through your general knowledge paces. Enjoy a beverage or two and treat yourself to the Natter special pizza and chips menu.

**Thursday 30 June, 4.30pm to 6pm at Natter Café.**

**\$10 for non-member teams and \$5 for member teams**



## 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.

**Session duration:** 45 minutes.

**Limited Capacity:** Please book to secure your place.

### Adapted Yoga (Saturday, 11.30am)

Suitable for all levels from beginners to advanced. You can bring your own mat or sit on a chair.

### Aquarobics (Monday to Friday at 11am; and a new session on Friday at 9.30am)

Work at your own pace with qualified instructors in our heated pool during this fun group fitness class.

### Aqua Blast (Tuesdays & Thursdays, 12.30pm)

Low-impact strength and cardio pool exercise class.

### Strength & Balance (Tues & Thurs, 11am)

Functional movement class to improve your balance, leg and core strength.

### Brain Gym (Tuesday, 2pm)

Improve brain fitness by developing seven elements of brain function, including light physical exercise.

### Line Dancing (Wednesday, 10am)

Learn the basics of line dancing.

### SitFit (Wednesday, 2pm)

This gentle, chair-based workout strengthens muscles, builds balance and aids mobility.

### Stretch and Core (Tuesday & Friday, 10am)

Exercises that will strengthen, tone and work your core - on a mat, on a chair or a combo of both.

### Tai Chi (Thursday, 10am)

Gentle exercises designed to strengthen the lower body and improve balance and co-ordination.

### Walking Group (Thursday, 2pm)

45-60 min walk in the parks and gardens of the city.  
**\$5 fee for transport and coffee from Natter Café.**



## Give Personal Training a try...

Laura and Tom are experts at helping people achieve their fitness/wellness goals and we are excited to announce that they are now available to book for one-on-one personal training sessions. cardiovascular training, muscle toning, flexibility and coordination.

**\$20 for 30 minutes.**  
**Give us a call to book your session now on 0800 20 41 20 ext 4.**



### 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)**

