

Activities and Classes

March 2024

Pool and Gym open Monday to Thursday 6:30am to 7pm, Friday 6:30am 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
9:00am	Circuits	Circuits	Circuits	Circuits	Circuits	
10:00am	Stretch & Core	Stretch & Core	Line Dancing	Tai Chi	Stretch & Core	BoxFit
11:00am	Aquarobics	Aquarobics	Aquarobics	Aquarobics	Aquarobics	11:30am Adapted Yoga
11:15am		Strength & Balance		Meditation		
12:30pm	AquaBlast	AquaBlast	AquaBlast	AquaBlast	AquaBlast	
1:30pm						
2:00pm		Brain Gym	SitFit			
2:15pm	Stride it Out			Stride it Out		
2:30pm			Osteo Aqua			

Life Without a Car

Wednesday 13 March, 10:00-11:30am

An information session about staying connected when we no longer drive. Not driving doesn't have to limit activities or prevent us enjoying life. Adjusting to life without a car doesn't mean losing independence or freedom.

Bookings available via Wendy Fox on: 03 3660 903 or wendy.fox@ageconcerncan.org.nz



Mindfulness and Nutrition

Monday 18 March, 1:15pm

Join Ara students, Priscilla and Mel, as they talk through the benefits of mindful eating at mealtime and what it means to eat mindfully. Take part in a mindful eating practice with some enjoyable treats!

Please note: Food will contain Raisins & Gluten, if you have an allergy & would like to attend, please let us know & we will do our best to cater to you.





Sunday 17 March

6km route starting Porritt Park. Get a group of friends together and join the City2Surf fun run/walk. All are to meet at Porritt Park and walk 6km to finish at the Rawhiti Domain. Please note there is a \$40 entry fee for this event charged by the organisers. For all information or to register, talk to the Moving Well Team.

Be sure to check out the new menu at Natter Café! All Good Friends Members receive 10% discount.



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.

Limited Capacity: Please book to secure your place.

Adapted Yoga (Saturday, 11:15am) For all levels from beginners to advanced. You can bring your own mat or sit on a chair.

Aquarobics (Monday to Friday, 11am) Work at your own pace with qualified instructors in our heated pool during this fun group fitness class. Tuesday at 11am: Aqua Gentle

Aqua Blast (Monday to Friday, 12.30pm) Low-impact strength and cardio pool exercise class.

BoxFit (Wednesday 11:15am, Saturday, 10am) Join a fun non-contact boxing session. Improve strength, core stability, coordination and balance. Suitable for any fitness level.

Brain Gym (Tuesday, 2pm) Develop seven elements of brain function. Work on memory, recall, concentration + more in a fun and social environment!

Circuits (Monday to Friday, 9.00am) Exercise stations designed 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 (Wednesday, 10am) The first 30 minutes from 10am will be for beginners and the experienced line dancers will join in at 10.30am for an hour.

Meditation (Thursday, 11.15am) We have an exciting new addition to the schedule. Catherine, from our Moving Well team, will be leading a guided meditation class every Thursday at 2pm. Step-by-step instructions and guidance provided.

Osteo Aqua (Wednesday, 2.30pm) A class designed to help with symptoms of arthritis. Build strength, ease stiff joints and relax sore muscles.

SitFit (Wednesday, 2pm) This gentle, chair-based workout strengthens muscles, builds balance and aids mobility.

Strength & Balance (Tuesday, 11.15am) Improve your balance, leg and core strength.

Stretch and Core (Monday, Tuesday & Friday, 10am) Core exercises – on a mat, chair or a combo of both.

Tai Chi (Thursday, 10am) Gentle exercises designed to strengthen the lower body and improve balance and coordination.

Stride it Out: Walking Coaching (Monday, Thursday, 2:15pm) A great way to improve your stability so that you can walk safely and improve your overall walking technique.

BoxFit Classes

Every Wednesday 11:15am and Saturday 10:00am

Join Moving Well Instructor, Belinda, for a fun non-contact boxing fitness workout. Improve strength, core stability, coordination and balance. Suitable for any fitness level. All equipment provided.



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

