

Activities and Classes

August 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
9:15am	Circuits	Circuits	Circuits	Circuits	Circuits	
10:00am		Stretch & Core	Line Dancing	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aquarobics Strength & Balance	Aquarobics	Aquarobics	Aquarobics	11.30am Adapted Yoga
12:30pm	Aqua Blast	Aqua Blast	Aqua Blast	Aqua Blast		
1.30pm				Walking Group		
2.00pm		Brain Gym	SitFit			

Walking Group - 1.30pm every Thursday

Thursday 4th August - 45 minutes with Laura

Addington - Leaving from the centre, we will walk around the local area including green spaces and church buildings.

Thursday 11th August - 45 minutes with Max

Mona Vale - 2 loops of the Mona Vale heritage gardens.

Thursday 18th August - 45 minutes with Laura

Hagley Park - Exploring the tracks of Hagley Park.

Thursday 25th August - 45 minutes with Max

Ngā Puna Wai - Picking up the track from Augustine Drive, we'll walk around Ngā Puna Wai sports complex. Track includes a small native forest and runs next to the Heathcote River.



The Spring Edition

If you love fashion and want to support sustainable fashion practises of reusing and recycling, think 'Nifty Thrifty'.

Hot on the heels of our July field trip, we're excited to announce our new date to catch up with the girls and visit the best of Christchurch Op Shops. Places are strictly limited so please book in advance.

Friday 9 September at 1pm.

Book online or with the reception team.

Please note: **Natter Café will be closed on Saturdays during August and September.** Open Monday to Friday, 8am-4.30pm as usual.



Join a team and get quizzing!

Don't miss out on all the fun at 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 25 August, 4.30-6pm, Natter Café.

\$10 non-member teams / \$5 member teams

Love the food at Natter but 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 is updated every Monday on our website (nattercafe.co.nz) and facebook page.

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



Natter @ Yours
TAKE HOME MEALS

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, 11am)

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

Aqua Blast (Monday to Thursday, 12.30pm)

Low-impact strength and cardio pool exercise class.

Brain Gym (Tuesday, 2pm)

Develop the seven elements of brain function.

Circuits (Monday to Friday, 9.15am)

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)

Learn the basics of line dancing.

SitFit (Wednesday, 2pm)

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

Strength & Balance (Tuesday, 11am)

Improve your balance, leg and core strength.

Stretch and Core (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 co-ordination.

Walking Group (Thursday, 1.30pm)

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, Tom and Max 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

