

# Activities and Classes September 2025



Classes are FREE for Moving Well members, \$12 for non-members.

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

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Circuits	Circuits	Circuits	Circuits	Circuits	
10:00am	Stretch & Core	Stretch & Core	Renew & Recover	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	
11.30am		Strength & Balance				Stretch & Core
12:30pm	Aqua Blast (30mins)	Aqua Blast (30mins)	Aqua Blast (45mins)	Aqua Blast (30mins)	Aqua Blast (45 mins)	
1:45pm			Social Fitness			
2:00pm	Stride it Out	Brain Gym		Strength & Balance	Aerobic Blast	
2:30pm			Osteo Aqua			
3:00pm						

## Centre Extended Hours



Good news! Beginning Friday, 12 September, the centre will be permanently extending the weekday opening hours. The new hours Monday to Friday will be 6:30am until 7:00pm. Saturday hours remain the same.

## Monthly Quiz

**Tuesday 30 September from 4:30pm**

Join us for a pub style quiz night. Food and drinks will be available and entry is \$5 per person for members. You can book in your team at reception.



## Events

### Information Session Aspire Canterbury Monday, 15 September at 1:30pm

This talk will explain how to access a Total Mobility discount taxi card. There will also be demonstrations on useful mobility and accessibility equipment from Aspire Canterbury.



### 'Grandies' in the Pool Friday, 26 September and Friday, 3 October from 3pm until 4:30pm

It's the school holidays and it's a great time to bring your grandchildren along for a swim at the centre. Pool toys, noodles and water guns will be available.



## Living Well Centre Classes

**Class prices:** FREE for Moving Well Members, \$12 for non-members. Equipment: All provided, please bring a towel.

**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.

**Renew & Recover:** Incorporating elements of yoga, Pilates and other forms of stretching and recovery.

**Social Fitness:** A gentle workout with a focus on fun, balance and strength.

**Strength & Balance:** Improve your balance, leg and core strength.

**Stretch & 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.

## Self Defense Session

Join Marnix and Dave from Halswell Taekwan Do on Monday, 22 September at 2pm to learn some basic self defence techniques.



## Meta

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 and follow us today.

### 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)

