

# Activities and Classes

April 2024 🥚🥚🥚

Pool and Gym closed Friday 29, Saturday 30, Sunday 31 and Monday 1 for Easter. 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	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	11:30am Adapted Yoga
11:15am		Strength & Balance	BoxFit	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			

## Water Confidence Course

**Saturday 11:00am, starting 13 April**

Join Moving Well Instructor, Catherine, for a 6-week confidence building course in the pool. Work on boosting your confidence in the water, safety and finding a new and enjoyable way to keep active!



*Limited spaces available, bookings essential.*

## April Quiz Night

**Tuesday 30 April 4:30pm**

Join us for Quiz Night on the last Tuesday of each month. Grab a drink and a bite to eat from the new menu!

*Bookings essential.*





Grandies Pool Party is back for the Easter Holidays! Bring your grandchildren along for fun and games in the pool with the Moving Well Team.

Friday April 19  
 Saturday April 20  
 Friday April 26  
 Saturday April 27  
 3:00pm-4:00pm

*Limited spaces available, bookings essential.*

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. Can be completed on a mat or 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's class at 11am is **Aqua Gentle**.

**Aqua Blast (Monday to Friday, 12.30pm)** High intensity strength and cardio pool exercise class.

**BoxFit (Wednesday 11:15am, Saturday, 10am)** A fun non-contact boxing session. Improve strength, core stability, coordination and balance.

**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)** 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 (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)** Guided meditation class including 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)** A gentle, chair-based workout. Builds balance, strength and 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.



### Age Concern: Life Without a Car

**New date!**

**Wednesday 17 April, 10:30-12:30**

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

wendy.fox@ageconcerncan.org.nz

### 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](http://goodfriends.co.nz/whats-on)



