

## Activities and Classes

### June 2025

Classes are FREE for Moving Well members, \$10 for non-members.

**Pool and Gym open Monday to Thursday 6:30am to 7pm,  
Friday 6:30am to 4.30pm, Saturday Gym 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	Line Dancing Renew & Recover	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	
11.30am		Strength & Balance				Adapted Yoga
12:30pm	Aqua Blast (30mins)	Aqua Blast (30mins)	Aqua Blast (45 mins)	Aqua Blast (30 mins)	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						

### Renew and Recover Sessions

Come and join the team for a very basic 30-minute stretch and recovery class.  
The class runs every Wednesday from 10am - upstairs in the Arvida Good Friends Living Well Centre. You can book online or at reception.



### Monthly Quiz

**Tuesday, 24 June at 4:30pm**

Come and join us for a pub style quiz night, food and drinks available. \$5 per person for members.  
Book your team at Reception.



## Events

### Be Strong, Nourished and Move Well

**Monday, 9 June at 1pm**

Hosted upstairs in our event room. Enjoy hands-on learning, myth-busting discussions, and practical tools to help you feel your best without focusing on weight or restrictions.

### Travel Talk

**Monday, 16 June at 1pm**

Come and hear guest speaker, Brent Ruru as he shares his entertaining travel escapades.

You already know him - Brent is the 'Everything Funeral' speaker that has visited Arvida Good Friends before and spoken about funerals and affordability. However, this presentation is about living life to the fullest. Please book your attendance at reception and entry is a gold coin koha.

### New menu at Natter Café.

Come taste the new delights on the refreshed menu at Natter Café. The café hours are Monday to Friday, 7:30am until 4pm.



## 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.

**Adapted Yoga (Saturday, 11:15am)** For all levels from beginners to advanced. Can be completed on a mat or on a chair.

**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.)

**Line Dancing:** The first 30 minutes from 10am will be for beginners and the experienced line dancers will join in at 10.30am for an hour.

**Osteo Aqua:** A class designed to help with symptoms of arthritis. Build strength, ease stiff joints and relax sore muscles.

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

**Stretch and 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.

## Public Holidays

### We will be closed on the following Public Holidays

Kings Birthday - Monday, 2 June

Matariki - Friday, 20 June

### Booking system update

We have slightly adjusted our booking system so that you now have a profile where you can see all your bookings and cancel them. You will need to reset your password first though so please come see us at reception.

### Tai Chi Update

The Tai Chi classes held on Thursday, 5 June and Thursday, 19 June will be self-led as our instructor will be away. The normal time will be reserved upstairs for self-led participation.

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)

