

Activities and Classes

Re-opening 10 January 2022

Open to all – 7am to 7pm Monday to Friday and 8am to 4.30pm on Saturdays

Public activities and classes. \$10 for Non-Members, \$5 for Living Well Members, FREE for Moving Well Members

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am	No classes	Stretch & Core	10.30am BoxFit	Tai Chi (20th January)	Stretch & Core	
11:00am	No classes	Aquarobics Balance & Strength	Aquarobics	Aquarobics Balance & Strength	Aquarobics	11.30am Adapted Yoga
2.00pm	No classes	Brain Gym	SitFit	Walking Group		



You must have your My Vaccine Pass to come into the Living Well Centre, café, salon, gym, pool, spa or to attend classes.

Staying Safe from Covid-19 at the Good Friends Living Well Centre

Our community is especially vulnerable to Covid. We are operating under the Covid-19 Protection Framework Traffic Light System, so there may be some extra requirements for entry as the light levels change.

- **If you are unwell, please don't enter the Living Well Centre.** Stay home until you are well. Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- **It is mandatory for all users of the centre to sign in** using either the Covid QR Scanning App or the Covid Manual Sign In form.
- **Please use hand sanitiser regularly** (this is a condition of entry in the gym/pool).



Try out our summer walking group Thursday at 2pm, starting Thursday 20 January:

Location	Duration	Info
Thursday 20 January - Tom		
Nga Puna Wai Sports Club	45-60 mins	Picking up the track from Augustine Drive, we'll walk around Nga Puna Wai sports complex. Track includes a small native forest and runs next to the Heathcote River.
Thursday 27 January - Laura		
Ernie Clark Reserve Walk	45-60 mins	Picking up the Heathcote River opposite the South Christchurch Library (Cashmere). This gravel track follows the river through a woodland park.

Happy New Year.

Please tell us about your 2022 Living Well Resolutions, we are here to help you achieve them.

Arvida Good Friends at Park Lane
0800 20 41 20
goodfriends.co.nz/whats-on



Make our space your space

Our Level 1 spaces are FREE for community groups and not for profit organisations.

We'd love you to host your meeting, book club, hobby or friendship group here. The Centre is also for hire for functions and events. We are licensed with delicious, good value catering.

Contact us at reception to discuss your needs.

Book a spot at our activities

- Book at the Good Friends Centre in person
- Call us on **0800 20 41 20** and book over the phone
- Email us at hello@goodfriends.co.nz
- Book online at www.goodfriends.co.nz
Click the yellow **Book Now** button.

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 (Kererū room, Level 1)

Suitable for all levels from beginners to advanced. You can bring your own mat or sit on a chair.

Aquarobics (Swimming pool)

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

Balance and Strength (Kererū room, Level 1)

Functional movement class to improve your balance, leg and core strength.

Boxfit (Kererū room, Level 1)

Feel strong, powerful and have fun at Boxfit class, for vitality and movement. BYO gloves if you prefer.

Brain Gym (Tuesday, 2pm)

Improve brain fitness by developing seven elements of brain function, including light physical exercise.

Sit Fit (Wednesday, 2pm)

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

Stretch and Core (Tuesday & Friday, 10am)

Exercises that will strengthen, tone and work your core – on a mat, on a 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, 2pm)

Explore the beautiful parks and gardens around the city, with a different 45-60 min route each week.

\$5 fee to cover transport from Good Friends Go, plus a coffee and treat from Natter Café.



Gym and Pool

Opening hours: 7am to 7pm Monday to Friday and 8am to 4.30pm on Saturdays.

You must have your My Vaccine Pass to come into the Living Well Centre facilities.

Please also remember your fob to swipe in.

Moving Well members must have booked a session time. You will need to use hand sanitiser on arrival and sanitise each piece of equipment after use. The spa pool operates on a 'one in, one out' policy.

Gym & Pool Capacity: 12 people per session.

Session duration: 45 minutes.

You must book a timeslot for the gym/pool at www.goodfriends.co.nz or book with our reception team.

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