

October Schedule

ph. 0800 20 41 20
47 Whiteleigh Ave 8024
book.goodfriends.co.nz

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM		Circuits	Circuits	Circuits	Circuits	
10:00 AM	Stretch & Core	Stretch & Core	Strong to the Core	Tai Chi	Stretch & Core	
11:30 AM	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	Stretch & Core
1:00 PM	Aquablast	Strength & Balance	Aquablast	Strength & Balance	Aquablast	
2:00 PM	Stride It Out	Renew & Recover	Chair Champions		F.A.B	
2:30 PM			Osteo Aqua			
5:15 PM				Circuits		

Gym Operating Hours
Mon - Fri. 6.30am - 7pm
Sat. 8am - 4pm
Sundays and Public Holidays - Closed

Natter Cafe Hours
Mon - Fri. 7.30am - 4pm
Saturday and Sunday - Closed



Events and Updates

Sing Along Aqua: Friday, 2 October at 11:30am

Join us for a fun-filled aqua workout where you can sing along to your favourite tunes with lyrics on the big screen, test your fitness and your voice, and enjoy plenty of laughs along the way.

Grandies in the Pool: Friday, 2 and 9 October at 3pm

Location: Pool, Arvida Good Friends

Our Moving Well Team will be on lifeguard duty as we welcome resident and member grandchildren into the Good Friends swimming pool. Come on down to the swimming pool for some fun, games and activities.

The Big Swap: Friday, 16 October

Bring in any clothes, books, puzzles and games for a big swap!

Beginner Drawing Class: Thursday, 15 October

Advanced Drawing Class: Thursday, 22 October

Join Vicki for a drawing class. \$5 cash per person. Bring in your practice drawings from home for advice if you wish. This could be colour, watercolour, black and white etc. Limited numbers, so book online or at reception

Monthly Quiz: Tuesday, 27 October at 4pm

Location: Natter Cafe, Arvida Good Friends

Come along for an evening of fun and testing your knowledge. Quiz entry is \$5 per person.

The Thinking Games: Friday, 30 October at 2:45pm

Location: Natter Cafe, Arvida Good Friends

Forget general knowledge quizzes.. this is about code breakers, puzzles, rebus, lateral thinking, pattern spotting, and problem solving games. You will work together, think creatively, and put your team's brainpower to the test. All activities are completed in teams, making it a fun and social challenge for everyone.