

Activities and Classes

November 2023

Pool and Gym open Monday to Thursday 6:30am to 7pm, Friday 6:30am to 4.30pm, Saturday 8am to 4.30pm. 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	Line Dancing	Tai Chi	Stretch & Core	Boxfit
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	11.30am Adapted Yoga
11:15am		Strength & Balance		Meditation		
12:30pm	Aqua Blast	Aqua Blast	Aqua Blast (45mins)	Aqua Blast	Aqua Blast	
1.30pm	Stretch & Core			Walking Group		
2.00pm		Brain Gym	SitFit			
2.30pm			Osteo Aqua			

Staying Safe: Refresher Courses for Older Drivers

Wednesday 29th November, 10am-2pm
Waka Kotahi (NZTA) and Age Concern offer a course to help keep older people safe on the roads. This theory-based refresher course is an opportunity to re-familiarise with traffic rules and safe driving practices.
\$10 entry includes lunch.

To book a place, please contact Wendy Fox (Programme Facilitator) directly on 03 331 7808 or Wendy.Fox@ageconcerncan.org.nz



Exercise: Weekly Workout Schedule Talk

Thursday 9th November, 1:30pm
Join Tom, Moving Well Coordinator, for a talk on how to effectively plan a week of exercise and activity. Find out more about how much exercise you should be doing, what is too much and the effects of over-training. Learn how to keep doing your favourite activities, classes and hobbies whilst factoring in rest days.





Be sure to check out our new range of Linden Leaves products in the Good Friends shop. We have hand creams and some lovely gift sets in time for Christmas!

We also have some scented candles from Lyttleton Lights.

Current offers: 10% off all food products. Two Airborne Honey jars for \$16.

Announcements/ updates

Due to the Good Friends Go service disestablishing, there is some uncertainty around the availability of van for the walking group on a Thursday. For the rest of the year, there will be no van outings. All walks that leave from the centre will be free of charge and self-guided.

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 (Saturday, 11.30am) Suitable for all levels from beginners to advanced. You can bring your own mat or sit 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.

Aqua Gentle (Tuesday, 11.00am) A gentle version of our standard Aquarobics class, great if you are new and would like a slower-paced workout.

Aqua Blast (Monday to Friday, 12.30pm) Low-impact strength and cardio pool exercise class.

BoxFit (Saturday, 10am) Join a fun non-contact boxing fitness workout. Improve strength, core stability, coordination and balance. Suitable for any fitness level.

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) Exercise stations designed 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) We have an exciting new addition to the schedule. Catherine, from our Moving Well team, will be leading a guided meditation class every Thursday at 2pm. 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) This gentle, chair-based workout strengthens muscles, builds balance and aids 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 co-ordination.

Walking Group (Thursday, 1:30pm) Enjoy a 45 minute walk once per week leaving from Good Friends. Self-guided, maps available at reception.



Saturday BoxFit Class

Join Moving Well Instructor, Sjoerd, for a fun non-contact boxing fitness workout. Improve strength, core stability, coordination and balance. Suitable for any fitness level. All equipment provided.

Every Saturday, 10am

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

