

Activities and Classes

May 2022

Pool and Gym open Monday to Thursday 7am to 7pm, Friday 7am 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
9:30am					Aquarobics	
10:00am	No classes	Stretch & Core	Line Dancing (cancelled 4 May)	Tai Chi – (on 5 May, class is restricted to 15 people)	Stretch & Core	
11:00am	Aquarobics	Aquarobics Strength & Balance	Aquarobics	Aquarobics Strength & Balance	Aquarobics	11.30am Adapted Yoga (7 May, at OTG Physio room, class restricted to 10 people)
12:30pm	No classes	Aqua Blast		Aqua Blast		
2.00pm	No classes	Brain Gym	SitFit	Walking Group (cancelled 5 May)		

Walking Group – 2pm every Thursday

Thursday 5th May

Due to an event, the walk on 5th May is cancelled

Thursday 12th May – 45 mins with Laura

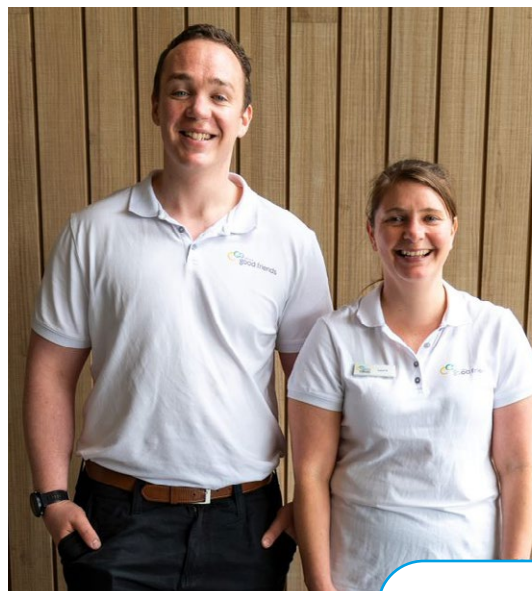
Charlesworth Reserve – Exploring the Wetland Edge Walk near Bromley. Walking past the wetlands vegetation with active birdlife and tidal pools.

Thursday 19th May – 45 to 60 mins with Tom

Travis Wetlands – A lovely walk around a freshwater wetland towards the east of Christchurch.

Thursday 26th May – 45 to 60 mins with Laura

Styx Mill Reserve – Following a natural river corridor in Northwood. A lovely wetland walk with lots of green space.



Give Personal Training a try...

Laura and Tom are experts at helping people achieve their fitness/wellness goals and they are now available to book for one-on-one personal training sessions. We'll set milestones with you to track your success. Sessions run for 30 minutes in either the gym, the pool or the group fitness room depending on your goals.

What do sessions cost?

\$20 for a 30 minute session.

How do I book a session?

You can book in person with Laura or Tom or give us a call on 0800 20 41 20 ext 4.

Freshen Up!

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Pay for any colour including foils, retouch and full tint and get your cut for free!

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Men's Express Haircuts for only \$30

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Open Tuesday to Saturday, 8.30am – 4.30pm.

Offer not available in conjunction with member 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.

Session duration: 45 minutes.

Limited Capacity: Please book to secure your place.

Adapted Yoga (Sat 11.30am – 7 May at OTG)

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

Aquarobics (Monday to Friday at 11am; and a new session on Friday at 9,30am)

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

Aqua Blast (Tuesdays & Thursdays, 12.30pm)

Low-impact strength and cardio pool exercise class.

Strength & Balance (Tues & Thurs, 11am)

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

Brain Gym (Tuesday, 2pm)

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

Line Dancing (Wed 10am – cancelled 4 May)

Learn the basics of line dancing.

SitFit (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 (Thurs 10am – 5th May, Kereru Room)

Gentle exercises designed to strengthen the lower body and improve balance and co-ordination.

Walking Group (Thurs 2pm – cancelled 5 May)

45-60 min walk in the parks and gardens of the city.

\$5 fee for transport and coffee from Natter Café.



Ignite at the Living Well Centre

CSO
Christchurch Symphony Orchestra

Designed for people in the early stages of dementia. Spend an hour listening, taking part and enjoying a range of musical activities in a comfortable and friendly environment. Chat with each other and with musicians of the CSO. Activities include singing familiar songs, playing instruments, music appreciation and musical bingo.

This programme runs over 8 weeks beginning in May – every Monday at 10am.

Attendance is free. Just talk to the Good Friends team to secure your spot.

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

 **ARVIDA**
good friends
AT PARK LANE