

Activities and Classes

December 2025

Check holiday season hours for Christmas on page 2 or you can find a flyer at reception. Normal hours will resume Monday, 5 January 2026

Classes are FREE for Moving Well members, \$12 for non-members.

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Circuits	Circuits	Circuits	Circuits	Circuits	
10:00am	Stretch & Core	Stretch & Core	Renew & Recover	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	
11.30am		Strength & Balance				Stretch & Core
12:30pm	Aqua Blast (45mins)	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	F.A.B Fitness	
2:30pm			Osteo Aqua		Fitness. Agility. Burst	
3:00pm						

'Grandies in the Pool'
Friday, 19 December. 9,
16, 23 and 30 January.
3pm until 4pm

The grandchildren are welcome to come for a swim in the swimming pool on Friday afternoons during the school holidays.



Monthly Quiz

Tuesday, 24 February from 4:30pm

Come and join in for a traditional pub-style quiz night with food and drinks available. Entry is \$5 per person for members. You can book your team in at reception.



Baseline Testing

Friday, 5 December

We're running baseline testing on two Fridays, between 11:30am and 3pm. If you're new or returning to fitness, it's a great opportunity to see where you're at - or compare your results to earlier in the year and track your progress.

Christmas Hours



We'll be remaining open over the Christmas break with only the public holidays closed:

25 December (Christmas Day)
26 December (Boxing Day)
1 January (New Year's Day)
2 January

From Friday, 19 December onwards the weekday hours will change slightly. We'll be open until 4:30pm each day. All other days we'll be operating as usual.

Living Well Centre Classes

Class prices: FREE for Moving Well Members and \$12 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.)

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

Social Fitness: A gentle workout with a focus on fun, balance and strength.

Strength & 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.

F.A.B Low impact, high intensity aerobics-style class mimicking aqua exercises.

Renew and Recover: Incorporating elements of yoga, Pilates and other forms of stretching and recovery.

Natter Café



The Natter Café will be closed from Friday, 19 December and will reopen on Monday, 5 January.

The 5 Acres Café within Arvida Park Lane community will remain open over the Christmas break (closed only on public holidays). The hours are 9:30am until 3pm.

Merry Christmas

To all of our Arvida Good Friends members, have a wonderful festive season with friends and family. We look forward to 2026 with more opportunities for you to reach your fitness goals with our support.

From the Arvida Good Friends 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



Activities and Classes

January 2026

Classes are FREE for Moving Well members, \$12 for non-members.

Pool and Gym open Monday to Friday 6:30am to 7pm and Saturday gym and Pool open 8am to 4.30pm

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am		Circuits	Circuits	Circuits	Circuits	
10:00am	Stretch & Core	Stretch & Core	Renew & Recover	Tai Chi	Stretch & Core	
11:30am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	
						Stretch & Core
1pm	Aqua Blast	Strength & Balance	Aqua Blast	Strength & Balance	Aqua Blast	
2:00pm	Stride it Out	Renew & Recover	Chair Champions	Brain Gym	F.A.B Fitness	
2:30pm			Osteo Aqua		Fitness. Agility. Burst	
5:15pm				Circuits		

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Virtual classes From Monday, 5 January 2026

Starting in January, we're adding virtual classes to our schedule, held upstairs in the Arvida Good Friends Living Well Centre. Please book.

Here's how it works:

- A television will show the workout and an instructor will start the class so make sure you have what you need and check in during the session.
- Classes are about 30 minutes long and perfect if you can't join a live class.

Classes we provide:

- **Legends in Motion** – Advanced circuit-style workouts.
- **Renew and Recover** – Gentle, yoga-inspired sessions.
- **Prime30** – A 4-day program that targets a different area each day. Advanced level, like Legends in Motion.

Virtual classes timetable

Monday

7am - Legends in Motion
12pm - Prime30 Upper
5:30pm - Legends in Motion

Tuesday

7am - Legends in Motion
12pm - Prime30 (lower body)
5:30pm - Legends in Motion

Wednesday

7am - Legends in Motion
12pm - Prime30 (core and cardio)

Thursday

7am - Legends in Motion

Friday

7am - Legends in Motion
12pm - Prime30 (full body)
5:30pm - Legends in Motion



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