ARVIDA good friends AT PARK LANE

November 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

Natter
CAFÉ & MICROBAKERY

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Events and Updates

Christmas Quiz: *Tuesday 24th November at 4pm*
Location: Natter Cafe, Arvida Good Friends
This is the last quiz of the year. Come along for an evening of fun and testing your knowledge. Quiz entry is $5 per person. Dress up in your best Christmas attire.

Christmas Hours and Holds:
Due to the Xmas break, all memberships will be placed on hold from Saturday 19th December – restarting Tuesday 5th January 2027.
If you will be away before/after these dates, pick up & complete a hold form at reception or email us at hello@goodfriends.co.nz
Please submit your hold requests before Friday December 4th 2026.

Good Friends Centre Christmas Hours:
Last day of Natter Café & classes is Friday 18th December 2026
Last Stretch & Core class is Saturday 19th December 2026
Café, gym, pool & classes resume Tuesday January 5th 2027

Gym & Pool will remain open 6.30am – 5pm:
Monday 21st December
Tuesday 22nd December
Wednesday 23rd December
There is a cost of $8 per day to be paid at reception. (Membership will be on hold during this week, payment will be a casual daily rate instead)

Reminder: Payments are in arrears!
It is your responsibility to inform staff of Membership holds or adjustments. Any holds requested after December 4th are not guaranteed.