

# Activities and Classes

## October 2025



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

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

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	Aerobic Blast	
2:30pm			Osteo Aqua			
3:00pm						

### Makeup Tips and Tricks

Wednesday, 29 October from 2pm



Hosted by Charissa from Life Pharmacy Barrington. Our skin and makeup looks change as we age. Learn makeup tips and tricks to keep you looking fresh and fabulous! Book at reception or online.

### Monthly Quiz

Tuesday, 28 October from 4:30pm

Come and join us for a pub-style quiz night, food and drinks available. \$5pp for members. Book your team in at reception.



## Events

### Grandies in the Pool

**Friday, 3 October from 3pm until 4:30pm**

You can bring your grandchildren along for a swim during the second week of the school holidays. Pool toys, noodles and water guns will be available



### Craft Members Market

**Friday, 24 October from 10am**

Celebrate local talent in the Natter Café. Explore and purchase beautiful crafts made by our talented members.

**The Living Well Centre will be closed on Monday, 27 October for Labour Day**

## 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.

**Aerobic Blast:** 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.

## Body Oil Making Course



The team from Linden Leaves Pure New Zealand Skincare will be hosting a body oil making class on Friday, 31 October for \$25 per person (**cash only**). Booking is essential due to limited spaces, so be sure to book online or at reception to secure your spot.

## Facebook

You can follow the Good Friends Facebook page for the latest updates and a link to the what's on schedule. Just search Arvida Good Friends and follow us today.

### 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](https://goodfriends.co.nz/whats-on)

