

Activities and Classes

July 2025

Classes are FREE for Moving Well members, \$10 for non-members.

**Pool and Gym open Monday to Thursday 6:30am to 7pm,
Friday 6:30am to 4:30pm, Saturday gym 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 (30mins)	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						

How fitness has evolved

Wednesday, 16 July from 1:00pm



Step back into time with Arvida Moving Well Team Member, Charlotte Glennie (supported by Archie), as they take you on a fun-filled journey through the wild evolution of fitness. From the quirky exercise trends to the ever-changing styles of workout clothes - discover how our approach to staying fit has transformed over the decades.

Monthly Quiz

Tuesday, 29 July at 4:30pm

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



Events

'Grandies in the Pool' – Friday 4 and 11 July, 3pm – 4:30pm

You're welcome to bring your grandchildren along for a swim in the swimming pool. Pool toys, noodles and water guns will be available.

'Tough love' talk with Thomas (Tom) Grindell - Wednesday, 23 July at 1:30pm

Join Tom to create a balanced weekly training schedule to help avoid training too much or too little.

Book Swap – Friday, 25 July from 10:00am – 2:00pm

Bring your books, board games and puzzles to swap with other members.



Living Well Centre Classes

Class prices: FREE for Moving Well Members, \$10 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.

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

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

Strength and 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.

How to be single in your 60s

It can be challenging to be single in your 60s, but Robyn Johnston offer advice on how to embrace being a singleton. This session is on Wednesday, 30 July at 1:30pm



 Meta

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

 **ARVIDA**
good friends
AT PARK LANE