

Activities and Classes

May 2024

Pool and Gym open Monday to Thursday 6:30am to 7pm, Friday 6:30am to 4.30pm, Saturday 8am to 4.30pm. Classes are FREE for Moving Well members, \$10 for non-members.

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Circuits	Circuits	Circuits	Circuits	Circuits	
10:00am	Stretch & Core	Stretch & Core	Line Dancing	Tai Chi	Stretch & Core	BoxFit
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	11:30am Adapted Yoga
11:15am		Strength & Balance	BoxFit	Meditation		
12:30pm	AquaBlast	AquaBlast	AquaBlast	AquaBlast	AquaBlast	
1:30pm						
2:00pm		Brain Gym	SitFit			
2:15pm	Stride it Out			Stride it Out		
2:30pm			Osteo Aqua			

Christchurch Symphony Orchestra

Friday 10 May, 1:15pm

Recognised internationally, celebrated locally. Please join us at Good Friends for an afternoon of wonderful music, showcasing the latest CSO music.

Limited spaces available, bookings essential.



May Quiz Night

Tuesday 28 May, 4:30pm

Join us for Quiz Night on the last Tuesday of each month. Grab a drink and a bite to eat from the new menu! Please remember to book your table, or let the team know if you wish to be placed into an existing team.





Transition Navigator Talk Thursday 9 May, 1:30pm

Please join Robyn Johnston for a talk on preparing for the future. Topics of discussion include downsizing, organising, decluttering and help with living arrangements.

Robyn founded Transition Navigators because she recognised that many older people and their families needed help navigating the changes to their living arrangements.

Please check out the new menu in Natter Café!

Remember, all Good Friends Members receive 10% 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.

Limited Capacity: Please book to secure your place.

Adapted Yoga (Saturday, 11:15am) For all levels from beginners to advanced. Can be completed on a mat or on a chair.

Aquarobics (Monday to Friday, 11am) 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 (Monday to Friday, 12.30pm) High intensity strength and cardio pool exercise class.

BoxFit (Wednesday 11:15am, Saturday, 10am) A fun non-contact boxing session. Improve strength, core stability, coordination and balance.

Brain Gym (Tuesday, 2pm) Develop seven elements of brain function. Work on memory, recall, concentration + more in a fun and social environment!

Circuits (Monday to Friday, 9.00am) 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.)

Line Dancing (Wednesday, 10am) The first 30 minutes from 10am will be for beginners and the experienced line dancers will join in at 10.30am for an hour.

Meditation (Thursday, 11.15am) Guided meditation class including step-by-step instructions and guidance provided.

Osteo Aqua (Wednesday, 2.30pm) A class designed to help with symptoms of arthritis. Build strength, ease stiff joints and relax sore muscles.

SitFit (Wednesday, 2pm) A gentle, chair-based workout. Builds balance, strength and mobility.

Strength & Balance (Tuesday, 11.15am) Improve your balance, leg and core strength.

Stretch and Core (Monday, Tuesday & Friday, 10am) Core exercises on a mat, chair or a combo of both.

Tai Chi (Thursday, 10am) Gentle exercises designed to strengthen the lower body and improve balance and co-ordination.

Stride it Out: Walking Coaching (Monday & Thursday, 2:15pm) A great way to improve your stability so that you can walk safely and improve your overall walking technique.

Blue Earth
NATURAL BOTANICAL SKIN CARE

Good Friends Market

We have a new selection of Blue Earth products in the Good Friends Market. Blue Earth products are made in Ashburton from natural ingredients. New items include soap gift packs and lip balm. Great for last-minute gifts!

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



