

Activities and Classes

November 2024

Pool and Gym open Monday to Thursday 6:30am to 7pm, Friday 6:30am to 4.30pm, Saturday gym 8am to 4.30pm, Saturday pool 8.10am – 4.10pm: 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	Line Dancing	Tai Chi	Box fit	
10:15am	Aquarobics				Aquarobics	
11:00am		Aqua Gentle	Aquarobics	Aquarobics		
11.30am	Stretch & Core	Strength & Balance		Meditation	Stretch & Core	Adapted Yoga
12:30pm	Aqua Blast	Aqua Blast	Aqua Blast	Aqua Blast	Aqua Blast	
2:00pm	Stride it Out	Brain Gym	Social Fitness	Stride it Out		
2:30pm			Osteo Aqua			
3:00pm			Social Group 3:00pm – 5:00pm		Swim Club	

Clothing Swap

Friday, 8 November from 11am until 2pm

Bring any used, good-quality clothing, shoes or accessories to swap upstairs.

Please bring items before Friday, 8 November.



Christmas Quiz

Tuesday 26 November from 4:30pm

This quiz will be the last one of the year and will be Christmas themed.

Book in your team at reception.



Monthly Class Focus Give it a go!

Anyone who books in for one of these classes throughout November goes in the draw to win three personal training sessions in the gym. The prize will be drawn on Monday, 2 December.

Social Fitness on Wednesdays at 2pm

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

Box fit on Fridays at 10am

A fun non-contact boxing session. Improve strength, core stability, coordination, and balance.

Check out the new menu in Natter Café!

Remember, all Good Friends Members receive 10% discount.

Natter Café Hours

Mon – Fri 7:30am – 4pm



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.

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.

Box Fit: A fun non-contact boxing session. Improve strength, core stability, coordination and balance.

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.)

Line Dancing: 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: Guided meditation class including step-by-step instructions and guidance provided.

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.

Swim Club: Class will aim to help with technique and confidence.

Good Friends Market

Try our new Chocolate Traders Bars. These come in a wide range of flavours including; Manuka honey, Raspberry, Cherry Coconut, Orange & Pistachio, etc. These are \$8 each. They are locally made in Lincoln.



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



