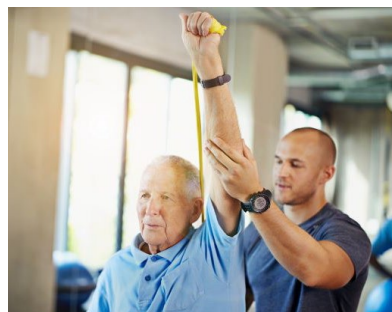


Activities and Classes – April 2025

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	Stretch & Core	Line Dancing	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	
11.30am		Strength & Balance			Box fit	Adapted Yoga
12:30pm	Aqua Blast (30mins)	Aqua Blast (30mins)	Aqua Blast (45 mins)	Aqua Blast (30 mins)	Aqua Blast (45 mins)	
1:45pm			Social Fitness 30mins			
2:00pm	Stride it Out	Brain Gym		Strength & Balance	Aerobic Blast	
2:30pm			Osteo Aqua			
3:00pm		Aqua Blast	Social Group			



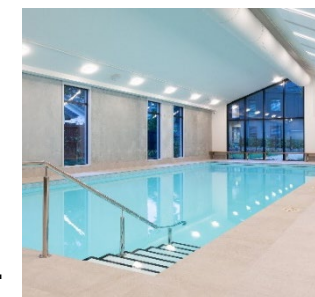
New Classes coming in May – Stretch and Recovery

Join the team for a basic 30-minute stretch and recovery class. They start from Wednesday, 7 May and every Wednesday upstairs at 10am. You can book online or reception.

Swimming Pool Temporary Closure

Monday to Friday, 14 to 18 April

The swimming pool will be closed for repairs for one week during April. You'll see the aqua classes affected have been highlighted above and a different schedule featuring alternative circuit and balance classes has been attached. We apologise for any inconvenience.



Events

Introduction to Advanced Care Planning

Wednesday, 16 April at 1:30pm

Everyone should have a plan for the future. Registered Nurse, Daana Watson will be providing useful information around advanced care planning. She'll cover what advanced care planning is and why it's so important to plan ahead.

IT Tech Talk

Thursday, 24 April at 1pm

Technology is evolving at a rapid pace. You can book online for this talk about basic technology skills and you'll be able to ask any technology related questions too.

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



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.

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.

Parking

47 Whiteleigh Ave, Addington.

Parking onsite, at Show Place through gate.

Upcoming Public Holidays

The Arvida Good Friends Living Well Centre will be closed for the following public holidays:

- Good Friday, 18 April
- Easter Monday, 21 April
- Anzac Day, 25 April

Monthly Quiz

Tuesday, 29 April from 4:30pm

Come and join us for a pub style quiz night. There is food and drinks available. It's just \$5 per person to join in on the fun. You can book your team in at our reception.



Alternative Activities Schedule

Monday, 14 April until Friday, 18 April only

While the swimming pool is undergoing repairs, we have arranged for some alternative aerobic and circuit classes for everyone. Please find the alternative schedule below.

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	
11:00am						
11.30am		Strength & Balance			Box fit	Adapted Yoga
12:30pm	Strength and Balance	Circuit (30 mins)	Aerobic Blast	Circuit (30 mins)	Circuit (30 mins)	
1:45pm			Social Fitness 30mins			
2:00pm	Stride it Out	Brain Gym		Strength & Balance	Aerobic Blast	
2:30pm			Osteo Aqua			
3:00pm		Aqua Blast	Social Group 3:00pm – 5:00pm			