

Activities and Classes

January 2025

Pool and Gym open Monday to Thursday 6:30am to 7pm, Friday 6:30am to 4.30pm, Saturday Gym open 8am to 4.30pm, Saturday Pool open 8.10am to 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	Aqua Blast	Aqua Blast	Aqua Blast	Aqua Blast	
1:45pm			Social Fitness 30mins			
2:00pm	Stride it Out	Brain Gym		Strength & Balance		
2:30pm			Osteo Aqua			
3:00pm			Social Group 3:00pm – 5:00pm			

Grandies in the Pool

Our Moving Well team will be on lifeguard duty as we welcome resident and member grandchildren (grandies) into the swimming pool. Come on down to the pool for some fun, games and activities! Please book online or at reception.

Dates and times

Friday, 17 January 3pm - 4pm

Friday, 24 January 3pm - 4pm

Friday, 31 January 3pm - 4pm

Quiz Time

Tuesday, 25 February at 4:30pm

This quiz will be the first one for the year.

Book your team at reception.



Swim Carnival

Friday, 21 February, 2pm to 4pm

We can't wait for a swim fest like no other! Event sign-up sheets and more information available at the gym. The swimming pool distance is 15m.

Events:

- 30m freestyle (2 Laps)
- 30m Breaststroke (2 Laps)
- 30m Backstroke (2 Laps)
- 60m freestyle (4 Laps)
- 60m Breaststroke (4 Laps)
- 60m Backstroke (4 Laps)
- 120m freestyle (8 Laps)
- 120m Breaststroke (8 Laps)
- 120m Backstroke (8 Laps)

- Team Relay (1 Lap, freestyle, backstroke, breaststroke, run)

- Synchronized Swimming (4 in a Team, 1minute performance, pick your own music)



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.

Parking

47 Whiteleigh Ave, Addington.

Parking on-site, at Show Place through the gate.

Additional Strength & Balance class

We're adding an extra strength and balance class to the timetable.

The added day and time is Thursdays from 2pm upstairs.

Book online or at reception.



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://www.goodfriends.co.nz/whats-on)

