

Additional services

- **Green Prescription (GRx)**
We are a third-party provider of exercise and activity services to this Harbour Sport programme. Following free induction to our facility, get discounted access and fitness appointments. Find out more about this GP referral programme at www.harboursport.co.nz
- **Osteoarthritis Smart Course**
If the pain of arthritis is cramping your style, help reduce and improve your symptoms and lifestyle. Check with our staff when the next course is on.
- **Hibiscus Coast cardiac and rehab social group**
Support/social group for people who want to prevent/recover from heart problems or physical injuries. Choose any exercise class at 8.30am Monday/Wednesday/Friday, then meet for a free cuppa afterwards.
- **Dr Lam's Tai Chi**
Periodic courses – please check with our staff.

Prices

- **Memberships**
Please see our friendly staff at reception for a list of membership options available from just \$16 per week
- **Casual rates**

Pool entry (incl, spa/sauna)	\$7.50
Fitness gym/Group fitness class	\$15.50
Never 2 Old	\$6.30
Aqua class	\$9.00
Fitness consult	\$20.00

NB: Concession rates available for seniors, students, GRx, permanent disability and Community Service card holders

(10-visit passes available for swim/group fitness/aqua classes)

Facilities at Stanmore Bay Pool and Leisure Centre

Stanmore Bay Pool and Leisure Centre offers a wide variety of fitness and leisure options with state-of-the-art fitness equipment and staff to make it the perfect choice for your health and fitness needs. Our quality facilities include

- 25m heated lane pool
- 9.5m heated learners pool
- Hydraulic pool chair hoist
- Spa pool
- Sauna
- Splashpad (seasonal)
- Qualified Learn to Swim Instructors for all ages
- Fitness centre including pin-loaded machines, free weights and circuit area
- Les Mills™ group fitness classes
- Group fitness classes including yoga and aqua fitness
- Cycle studio
- 2 group fitness studios
- 2 stadiums
- 4 badminton courts
- School holiday programme
- Kauri Kids Early Childcare Centre
- Massage Therapist
- Personal Trainers
- Curl Café



Gentle Exercise programme

Stanmore Bay Pool and Leisure Centre



Phone 09 424 9227 or visit
159 Brightside Road,
Stanmore Bay
aucklandleisure.co.nz



REPs registered exercise specialists

Our gentle exercise programme is a general programme of low impact exercise delivered by our REPs registered fitness professionals.

This programme is suitable for those who would benefit from a gentle exercise programme or people entering exercise for the first time. We recommend* you ask your medical professional if exercise is right for you before starting any new exercise programme.

* For some conditions, medical clearance will be mandatory

Programme classes

Our gentle exercise programme classes offer options for everyone at a pace which suits you. Especially suitable for prehab, rehab, Green Prescription (GRx), cardiac, beginners and older adults.

- **Aqua classes (gentle exercise)**
8.30am Monday/Wednesday/Friday
12.30pm Monday and Wednesday
- **Gentle Fit classes**
8.30am Monday/Tuesday/Thursday/Friday – Gentle fit circuit
8.30am Wednesday – Gentle fit dance
- **Yoga classes (all)**
Please refer for our group fitness timetable for yoga class times/days.

New to exercise? Tips for success

There are many benefits to regular exercise at any age and any stage. When you start a new exercise programme it's important to start slow, build steadily and enjoy yourself**.

- Starting slowly for many may mean doing just the first 20 minutes of a new class for a few weeks and staying a bit longer as you get used to it.
- Initially try to exercise 2-3 times per week.
- Do take it easy – don't do too much too soon! If you're sore after exercising you have done too much!
- Keep trying new activities to find something you like.
- Classes can be great to meet new friends who can support you in your journey to build that exercise habit.



**LES MILLS™ call this SMART START®

Please ask our friendly staff for more details about any of our programmes.

Working out in water

Water is supportive and reduces impact, so it is kind to the joints and minimises chances of injury. It's suitable for all levels of fitness. Our gentle exercise programme aqua classes are fun shallow classes, good for those not too confident in water. Other aqua classes are low-impact too, though will be more challenging.



- **Lane availability**
We usually have plenty of lane space between 10am and 3pm for water walking and lane swimming. Free use of kick boards, pull buoys, buoyancy belts, fins and dumbbells.
Please check our pool schedule online at www.aucklandleisure.co.nz/stanmorebay
- **Spa and sauna**
Enjoy the therapeutic benefits of our spa and sauna for your post-workout recovery and relaxation. Please talk to our pool lifeguards for information regarding use – especially if it's your first time.