

# ALBANY STADIUM POOLS

Information Booklet



# GREEN PRESCRIPTION AT ALBANY

## Opening Hours

Monday - Friday / 5:30am - 9:30pm  
Pools Monday - Friday / 5:30am - 7:pm /  
Weekends / 8am - 9pm  
Saturday / 8am - 9:30pm  
Sunday and Public Holidays / 8am - 7pm

## Green Prescription Consult Times

Private Wellbeing Consults  
10:40am - 12:40pm

## Gym Membership Options

### Get into it

**\$17.85 Weekly**

Usually \$21  
\$25 Joining fee  
(Usually \$50)

### Gym it

**\$14.60 Weekly**

Usually \$17.50  
\$25 Joining fee  
(Usually \$50)

### Move it

**\$14.60 Weekly**

Usually \$17.50  
\$25 Joining fee  
(Usually \$50)

### Swim it

**\$14.60 Weekly**

Usually \$17.50  
\$25 Joining fee  
(Usually \$50)

### Flexi Pass

**\$5 per visit**

Ability to load single visits or as many as you like. Access to the gym, pool, spa, sauna and group exercise classes.

**Contact us:** [grx@harboursport.co.nz](mailto:grx@harboursport.co.nz) or call Harbour Sport on (09) 415 4657

**Contact Albany:** [albanystadiumpool@aucklandcouncil.govt.nz](mailto:albanystadiumpool@aucklandcouncil.govt.nz) or call (09) 484 8123



# ACTIVE FAMILIES NORTHCOTE

Active Families is a free community-based health programme that helps you and your children to get active and learn about healthy eating. Our sessions are a mix of games and healthy eating advice including:

- ✓ Free for all whanau
- ✓ Fun interactive games
- ✓ Cooking sessions
- ✓ Healthy snacks
- ✓ Spot Prizes

**TUESDAYS**

88 College Road,  
Northcote  
Transformation  
Academy Gym  
**3.30-4.30PM**

**FREE**



Green Prescription  
**ACTIVE FAMILIES**  
Rongoā Kākāriki, whānau korī, whānau ora



[activefamilies@harboursport.co.nz](mailto:activefamilies@harboursport.co.nz)  
027 700 2212

# GREEN PRESCRIPTION ACTIVITY PROVIDERS PRICES

## **AUT Sport and Fitness Centre**

90 Akoranga Drive, AH building, Northcote, 0627  
(09) 921 9747

- \$16 weekly
- \$220 3 months
- \$350 6 months
- \$30 joining fee

## **Club Physical**

35 Mokoia Road, Birkenhead, Auckland 0626  
(09) 414 3972

birkenhead@clubphysical.co.nz

First two weeks are free when you take out a membership

- LIFESAVER - Gives you full use of all cardio, resistance and facilities seven days a week. Just 11.99 weekly for a minimum term of 18 months.
- CHAMPIONS - Gives you all of above, without a minimum term, just 16.99 weekly
- WINNERS - \$19.99 weekly and includes all of the above. TWO complimentary sessions with a Personal Trainer AND you can bring a friend FREE anytime you visit....AND there is NO minimum term!
- There is a once only Subscription fee of \$49, and a yearly Club Improvement fee of \$29 due in February each year.

## **Fitness HQ for Women**

Mitre 10 Support Building, Ground Floor, 67 Corinthian Drive, Albany, Auckland, 0632

(09) 444 8412 , info@fhq.co.nz

Women's only gym

- \$20.99 weekly for 3 months
- \$41.98 fortnightly for 6 months
- 4 starter appointments with a trainer – Including a free PT
- \$59 joining fee (including 24/7 access card)
- 10% discount for 3 months up front

Includes 24/7 access to main gym, unlimited group fitness classes

## **Shane Cameron Fitness**

129 Onewa Road, Northcote, 0627

Full Membership

- \$22.90 weekly for 6 months
- \$19.90 weekly for 12 months

Weights and Cardio Membership

- \$14.90 weekly for 6 months
- \$12.90 weekly for 12 months

\$18 casual visit

\$150 concession card - 10 visits

## **Snap Fitness**

Browns Bay, Albany, Birkenhead

- No joining fee
- \$16.95 a week flexible plan
- 2 personal training sessions when you sign up
- Staffed hours only
- \$15 casual rate

## **YMCA - Northcote**

5 Akoranga Drive, Northcote, 0627  
(09) 480 7099

- \$18.95 p/w for seniors
- \$21.95 p/w for adults
- \$17 casual rate = full use of gym + wifi
- \$29 joining fee

## **Just Workout Clubs**

Albany, Forrest Hill, Milford, Takapuna, Birkenhead, Auckland Central and New Lynn

- \$19.95 per week for a 12 month contract
- \$21.95 per week for a 6 month contract
- \$39 joining fee

Membership includes initial health and fitness assessment, personalised program, entry to all group fitness classes



## **F45 Training Albany**

1325D Albany Highway, Albany, Auckland 0632  
0278447789

Transform Your Life with Team Training!

It doesn't matter whether you're just beginning your fitness journey or are 20 years into it, F45 workouts are designed to work at all levels. We're all in it together.

Achieving your fitness goals is easier – and a lot more fun – when you're part of a group. Because having a team behind you keeps you accountable and staying the course

F45 studios are no judgment zones where coaches and members work together to get results in an open, welcoming, supportive and protective environment that fosters a real sense of community.

F45 functional workouts are geared towards everyday movements and improving overall health and are supported by our meal plans to provide optimal nutrition.

We don't waste time. Our 45-minute workouts are one of the most time-efficient ways of training, and you'll burn up to 750 calories per session.

3-Month Membership: \$30 per week  
No joining fee

Includes:  
Nutrition Plan  
Unlimited Classes

Concession Pass: \$150 for 10 visits

\* Bring a Friend at the Same Pricing!



## **F45 Training Rosedale**

20C Constellation Drive, Rosedale, Auckland 0632  
0278447789

Transform Your Life with Team Training!

It doesn't matter whether you're just beginning your fitness journey or are 20 years into it, F45 workouts are designed to work at all levels. We're all in it together.

Achieving your fitness goals is easier – and a lot more fun – when you're part of a group. Because having a team behind you keeps you accountable and staying the course

F45 studios are no judgment zones where coaches and members work together to get results in an open, welcoming, supportive and protective environment that fosters a real sense of community.

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## **TAI CHI / QI GONG**

### **Albany Community Hub Courtyard**

575 Albany Hwy, Albany, Auckland 0632

Qi Gong with instructor Judy - Mondays 9:00-9:45am

- First class free, followed by \$5 per session

### **Devonport Community Centre**

32 Clarence Street, Devonport, 0624

Tai Chi for Beginners - Mondays/Wednesdays 11:30-12:30pm

- \$2 per class
- Contact North Shore Women's Centre 09 444 4618

## **WALKING GROUPS**

### **Devonport Community Centre**

32 Clarence Street, Devonport, 0624

Devonport Walkers - Tuesday and Sundays 8:30am

- \$10 for the year
- Contact Pat - 09 445 2743

## **YOGA**

### **Devonport Community Centre**

32 Clarence Street, Devonport, 0624

Gentle Flow Yoga - Mondays 10-11:15am

- \$15 per class
- Contact Heather - 022 106 5606

### **Adaptive Yoga - Yoga for ALL**

Glenfield Senior Citizens Club- 7 Mayfield Road, Glenfield

Friday 10:30 - 11:30am

Contact: Jennie Jackson 021 0262 0259

- \$10 per class

# BODY COMPOSITION SCANS

Body composition scans are like having a personal coach on your fitness journey. They give you insights that you can't get from just stepping on a scale. Think of it as your body's report card, telling you exactly where you stand with fat, muscle, and even bone density. Armed with this information, you can make smarter decisions about your workouts and nutrition. Whether you're trying to slim down, bulk up, or just get healthier, these scans help you track your progress with precision. They show you what's working and what's not, so you can adjust your game plan accordingly. And let's not forget the motivation factor – seeing those numbers change over time is like watching your hard work pay off right before your eyes. So if you're serious about reaching your fitness goals, investing in a body composition scan is like giving yourself a roadmap to success.

## BIA Scanning

- 1x BIA Scan \$10
- 2x BIA Scans \$15



**Contact us:** [lilyc@harboursport.co.nz](mailto:lilyc@harboursport.co.nz) or call Harbour Sport on (09) 415 4657