

GLENFIELD LEISURE CENTRE

Information Booklet



GREEN PRESCRIPTION AT GLENFIELD

Opening Hours

Monday - Friday / 5:30am - 10pm
Weekends / 7am - 7pm

Green Prescription Consult Times

Private Wellbeing Consults
11am - 3pm

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 or call Harbour Sport on (09) 415 4657

Contact GLC: glenfieldpools@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



activefamilies@harboursport.co.nz
027 700 2212

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



GREEN PRESCRIPTION ACTIVITY PROVIDERS PRICES

Link Health and Fitness

17/18 Link Drive, Wairau Valley, Auckland 0627

(09) 553 6565

- \$179.88 / 3-month up-front payment with no joining fee - x1 initial consult with physio to help design exercise program and 5x30 min follow up personal training sessions run by a physio all for FREE.
- \$14.99 per week / Subscription billed fortnightly - No minimum term and no joining fee - x1 initial consult with physio to help design exercise program and 5x30 min follow up personal training sessions run by a physio all for FREE.
- \$27.20 per class / Concession card x10 classes - x1 free hour initial private pilates session and then entered appropriate group there after.

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

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
- \$7 casual rate = full use of gym + wifi
- \$29 joining fee

Team Taban

Functional Fitness. 2/75 Ellice Road, Wairau Valley

020 4117 4409, www.teamtaban.com

20% off for GRx members with the code 'GREENRX'. Providing direct coaching through our weekly memberships which include tailored nutrition and/or training plans taking into account your personal experience, needs, and lifestyle preferences.

- Single membership - \$26.40 p/w (\$33 without discount)
- Dual membership - \$35.20 p/w (\$44 without discount)
- Elite membership - \$88.00 p/w (\$110 without discount)

TAI CHI

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

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

CLIMBING

Northern Rocks

Unit 17/101-111 Diana Drive, Wairau Valley, Auckland 0627

Mon - Fri: 10am - 10pm

Sat - Sun: 8am - 8pm

Adult (16yrs+):

- Day pass: \$18 entry
- Ten punch pass: \$170
- Monthly membership: \$25 per week (billed monthly)

Student (present current student ID):

- Mondays: \$15
- Day pass: \$18
- Ten punch: \$162
- Monthly membership: \$23 per week (billed monthly)

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



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