

STANMORE BAY LEISURE CENTRE

Information Booklet



GREEN PRESCRIPTION AT STANMORE BAY

Opening Hours

Monday - Thursday / 5:30am - 9pm
Friday / 5:30am - 8pm
Weekends / 7am - 6pm

Green Prescription Consult Times

Private Wellbeing Consults
12pm - 2:50pm

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 Stanmore Bay: stanmorebaypools@aucklandcouncil.govt.nz or call (09) 424 9227



ACTIVE FAMILIES COAST

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

WEDNESDAYS

Orewa
Sea Scouts
Hall
4-5PM

FREE



activefamilies@harboursport.co.nz
027 700 2212

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



GREEN PRESCRIPTION ACTIVITY PROVIDERS PRICES

Silverdale Northern Arena

8 Polarity rise, Silverdale, Auckland 0932

Full access to gym, pool, classes. Free induction which includes a basic plan. A free re-programme at 6-8 week point.

- 3 membership/payment options
- 3 months - \$91 per month + \$29 activation fee at start.
- \$99 per month ongoing (once Green Prescription has expired)
- Upfront 3 months \$273 + \$29 activation fee at start.

Smart Health and Fitness

Orewa Community Hall
021387213

- Price is \$50 for 10 classes
- Age: Everyone
- Type of classes range from yoga to HIIT

Snap Fitness

61 Silverdale Street, Silverdale 0932
(09) 427 8326

- No joining fee
- 2 personal training sessions when you sign up
- \$15 casual rate, staffed hours
- \$19.95 plan, 24 hour access

Anytime Fitness Whangaparaoa

Corner Whangaparaoa and Beverley Roads Whangaparaoa,
Stanmore Bay, 0932

- 3 month short term agreement \$250 (saving \$97)
- Includes 24/7 key (saving \$49)
- Free Evolt body scan (\$50 value)
- 1-1 PT orientation

LEISURE CENTRES

Get into it Bronze Membership (Full access to gym, pool and classes)

Takapuna, Birkenhead, East Coast Road

- \$13.60 weekly
- \$27.20 fortnightly
- \$58.90 monthly
- \$353.60 6 months
- \$648.30 12 months
- \$25 joining fee

Get into it Silver membership (Full access to gym, pool and classes)

Albany, Glenfield, Stanmore Bay, West Wave

- \$16.60 weekly
- \$33.20 fortnightly
- \$71.80 monthly
- \$431.00 6 months
- \$790.10 12 months
- \$25 joining fee

STRENGTH AND BALANCE

Find a strength and balance class near you:

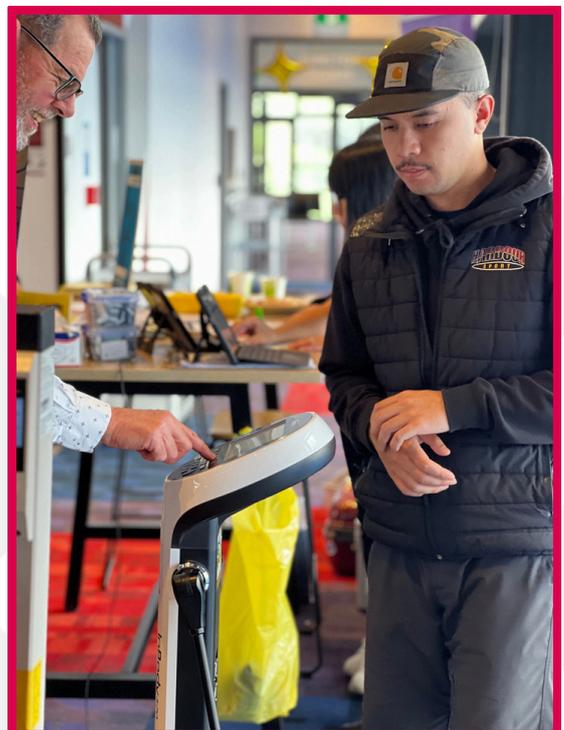
<https://www.livestronger.org.nz/home/find-class/find-a-class-near-you/>

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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