



Templeton Respiratory Exercise

Tuesday 10.30 – 11.30am

Templeton Community Centre

64 Kirk Road

Contact: Margaret 03 347 8033



Amberley Motus Rehab Class

Tuesday and Thursday 10.30 to 11.30am

McAlpines Mitre 10 Mega Gym

77 Carters Road, Amberley

Phone: Maree 03 314 8477



\$5

Kaiapoi Silver Fitness

Tuesdays 10.30 to 11.30am

Thursdays. 9.15 to 10.15am and

Fridays 10.15 to 11.45am



\$5 single

\$6 couple

Kaiapoi Fitness Centre

48 Hilton Street

Phone Holly 327 7892

Ashburton O₂Go

Wednesdays 10.15 to 11.15am

Ashburton EA Networks Sporting Complex

20 River Tce

Contact: Jannette 03 3083361



\$2.50



Community Respiratory Service

PO Box 741

Christchurch 8140

david.chen@ccn.health.nz

16 July 2024

Canterbury Community Respiratory Support and Exercise Groups

Ngā Rōpū Kai Tiaki o Ōtautahi



For Better Breathing

What can we offer?

- ✓ FUN and EASY exercises
- ✓ Everyone is welcome
- ✓ Make new friends
- ✓ Share your breathlessness coping experience
- ✓ Latest information on breathing topics



The support groups

(Cost is accurate as of November 2022)

New Brighton Snap Fitness Gym

Tuesday 1pm – 2pm

Thursday 11am - 12pm

New Brighton Snap Fitness

185 Bower Ave

Contact: Kat 0204261108



\$2

- ▲ Exercise trainer led
- ★ Physiotherapist led
- ♥ Consumer led

Tea and coffee included

Bishopdale YMCA Sit & Be Fit

Thursday 10am to 11am

at 13A Bishopdale Ct, Bishopdale.

Contact: Reception at YMCA 359 8320



\$5

Spreydon Respiratory Relief Society

Thursday 1pm to 2.15pm

The Lounge, First floor, Pioneer Stadium

75 Lyttelton Street (lift available)

Contact: David (03) 332 4471



\$4

Bishopdale Better Breathing Community Group

Tuesday 10.30 am to 11.30am

Bishopdale Community Centre

13 Bishopdale Court

Contact: Gary 021 313 903



\$3

Richmond Better Breathing Coffee Group

Thursday 10.30am – 12pm

Avebury House, 9 Eveleyn Couzins Ave

Contact: Pauline 0274196328



\$3

Linwood Better Breathing Coffee Group

Friday 1pm – 2.30pm

Linwood Salvation Army Hall

177 Linwood Ave

Contact: Pauline 0274196328



\$3

New Brighton Better Breathing Coffee Group

Friday 10am – 11.30am

St Andrew's Anglican Church

109 Marriotts Road

Contact: Tarihira (03) 389 6728 or

021 028 54898



\$4

Rangiora Keep Breathing Group

Monday 10.30 – 11.30am

Wednesday 1.30pm to 2.30pm

Friday 10.30am to 11.30am

Function Centre, Show Grounds

Ashley St, Rangiora

Contact: Amanda 021 142 0813



\$3

St Albans Respiratory Relief Society

Tuesday 1pm to 2.15pm

St Albans Uniting Church

Cnr Nancy Avenue & Knowles Street

Contact: David (03) 332 4471



\$4

**COMMUNITY
RESPIRATORY SERVICES**