



Templeton Respiratory Exercise

Tuesday 10.30 – 11.30am

Templeton Community Centre

64 Kirk Road

Contact: Margaret 03 347 8033



\$2

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

24 May 2023

Canterbury Community Respiratory Support and Exercise Groups

Ngā Rōpū Kai Tiaki ō 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 Gym Circuit

Tuesday & Thursday 1pm to 2pm
New Brighton Snap Fitness
85 Bower Ave
Contact: Violet 021 1513790

▲
\$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

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\$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 10.30am – 11.30am
St Andrew's Anglican Church
109 Marriotts Road
Contact: Tarihira (03) 389 6728

♥ ☕
\$3

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