



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

\$5

77 Carters Road, Amberley

Phone: Heather 03 314 8477

Kaiapoi Silver Fitness



Tuesdays 10.30 to 11.30am and Fridays 10.15 to 11.45am

\$4 single

Kaiapoi Fitness Centre

\$6 couple

48 Hilton Street

Ashburton O₂Go



Wednesdays 10.15 to 11.15am

\$2.50

Ashburton EA Networks Sporting Complex

20 River Tce

Contact: Georgina. 03 307 8022



Community Respiratory Service

PO Box 741

Christchurch 8140

david.chen@ccn.health.nz

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 February 2021)

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: David Chen 372 5100

\$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



City North Better Breathing Coffee Group

Tuesday 10.30 am to 11.30am

Bishopdale Community Centre

13 Bishopdale Court

Contact: Gary 359 5493



\$2

Edgware Better Breathing Coffee Group

Tuesday 10.30 – 12pm

Thursday 10am – 11.30am

CanBreathe

196 Hills Road

Contact: Pauline (03) 381 0547



\$2

Linwood Better Breathing Coffee Group

Friday 1pm – 2pm

Linwood Salvation Army Hall

177 Linwood Ave

Contact: Pauline (03) 381 0547



\$2

New Brighton Better Breathing Coffee Group

Friday 10.30am – 11.30am

St Andrew's Anglican Church

109 Marriotts Road

Contact: Tarihira (03) 389 6728



\$5

Phillipstown Better Breathing Coffee Group

Monday 10am- 11.30am

Phillipstown Community Hub

39 Nursery Road

Contact: Pauline (03) 381 0547



\$2

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



\$2

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

Redwood Sit & Be Fit

Monday 10.30 to 11.30am

St Lukes Lounge. 2 Daniels Road, Redwood

Contact: Margaret Moore (03) 352 5153



\$3