



Templeton Respiratory Exercise

Tuesday 10.30 – 11.30am

Templeton Community Centre

64 Kirk Road

Contact: Margaret 03 347 8033



\$2

Darfield Exercise Group

Wednesdays at 10am

Darfield Recreation Centre, Darfield Domain

Contact: Sue Dockerill (03) 318 8358



\$2

Amberley Motus Rehab Class



Tuesday and Thursday 10.30 to 11.30am

McAlpines Mitre 10 Mega Gym

77 Carters Road, Amberley

Phone: Roger (03) 314 8722

\$5

Kaiapoi Silver Fitness



Tuesdays 10.30 to 11.30am and Fridays 10.15 to 11.45am

Kaiapoi Fitness Centre

48 Hilton Street

\$4 single

\$6 couple

Ashburton O₂Go



Wednesdays 10.15 to 11.15am

Ashburton EA Networks Sporting Complex

20 River Tce

Contact: Bruce (03) 308 5570

\$2.50



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 021 313 903



\$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



\$2

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 03 313 3101



\$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