



The support groups

(Prices may change)

Amberley Motus Rehab Class ★

Tuesday and Thursday 10.30 to 11.30am
McAlpines Mitre 10 Mega Gym \$7
77 Carters Road, Amberley
Phone: Maree 03 314 8477

Templeton Respiratory Exercise ♥ ☕

Tuesday 10.30 to 11.30am
Templeton Community Centre
64 Kirk Road \$4
Contact: Linda 021 065 7179

Ashburton O₂Go ▲ ☕

Wednesdays 2 classes.
9.15am and 10.30am
Ashburton EA Networks Sporting Complex
20 River Terrace \$3
Contact: Jannette 03 308 3361

For more information on
respiratory health, go to

<https://Healthify.NZ>

(search **Pulmonary
Rehabilitation, Respiratory or
COPD**)



Waitaha Canterbury
Community Respiratory Service

PO Box 741
Christchurch 8140
breathe@betterbreathing.health.nz

Updated April 2026

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 tips
- ✓ Latest information on breathing topics

Regular exercise is the best way to improve your fitness and help your breathing, even if you have a breathing condition!

The support groups

(Prices may change)

Christchurch Respiratory Group

Thursday 1pm to 2.15pm

The Lounge, 1st floor

Pioneer Stadium

75 Lyttelton Street (lift available)

Contact: David 021 217 3955



\$5

Bishopdale Better Breathing Community Group

Tuesday 10.30 am to 11.45am

Bishopdale Community Centre

13 Bishopdale Court

Contact: Gary and Hetty 021 313 903



\$5

Linwood Better Breathing Coffee Group



Friday 1pm to 2.30pm

Linwood Salvation Army Hall

177 Linwood Ave

Contact: Neil 021 067 4801

\$3

New Brighton Snap Fitness Gym

Tuesday 1pm – 2pm

Thursday 11am - 12pm

New Brighton Snap Fitness

185 Bower Ave

Contact: Viki 027 205 3721



\$2

**K
E
Y**



Exercise trainer led



Physiotherapist led



Consumer led



Tea and coffee included