



# The Big List

## DIRECTORY

**Exercise classes suitable for older adults and those with long-term conditions**

**Fitness facilities**

**Gyms and pools**



**Version 3.1 – February 2024**

Information is correct at the time of printing. It is recommended that you make direct contact with the contact given for the latest details.



## Supported by:



The Active Canterbury Network members are an informal collective of exercise providers and advocates with the common goal of supporting Cantabrians to become more active more often.

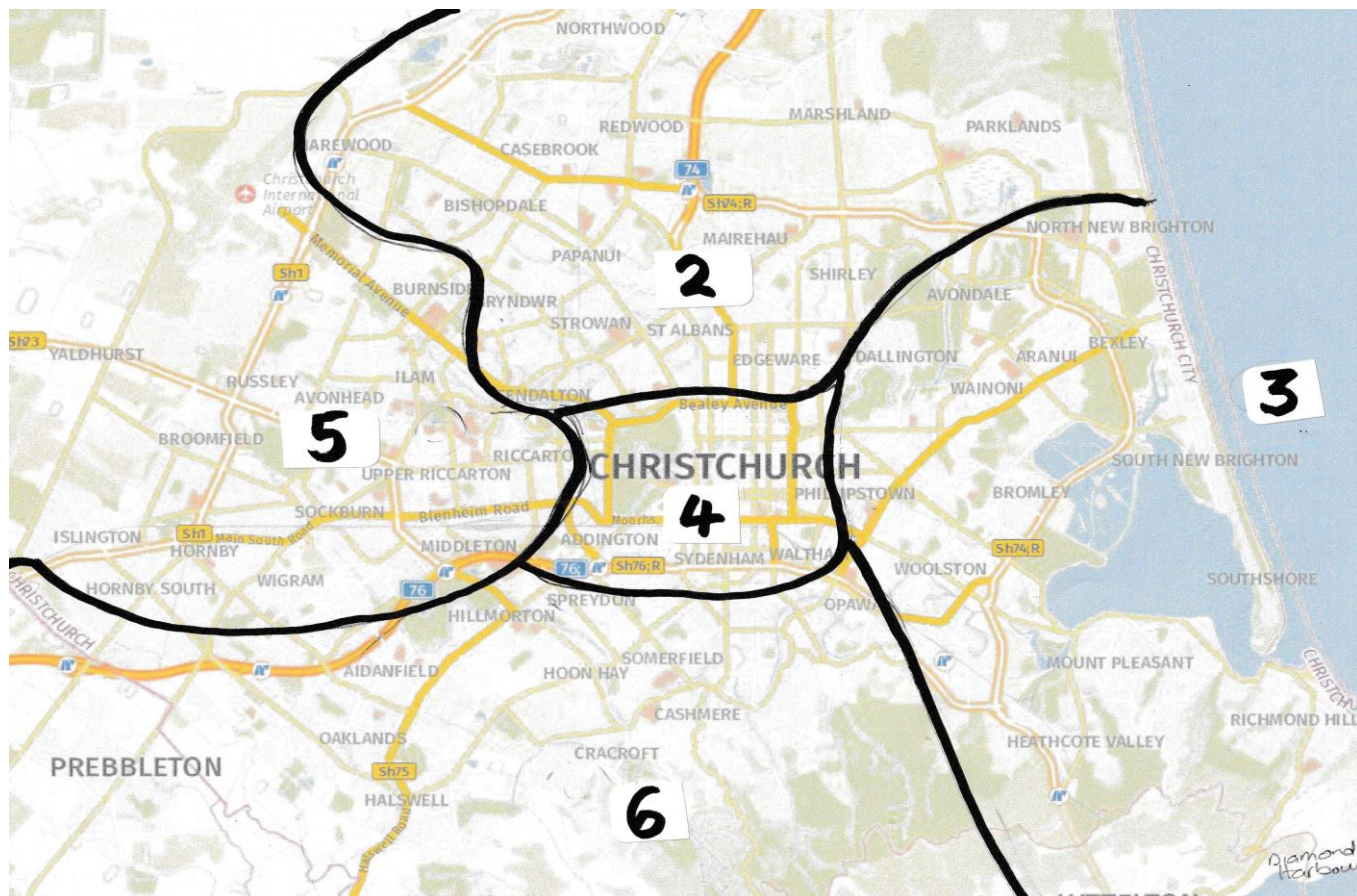
Contact us through the online contact form - <https://www.activecanterbury.org.nz/contact-us/>

Check out our Facebook page - <https://www.facebook.com/ActiveCanterburyNZ>

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A MAP OF THE ZONES IS SHOWN ON THE NEXT PAGE.



**Zone 1 (NOT SHOWN ON MAP)**

Rangiora –Pegasus – Woodend - Kaiapoi (Waimakariri DC)

**Zone 2**

Northwood-Parklands-Redwood-Casebrook-Bishopdale-Papanui-Harewood-Mairehau-Shirley  
St Albans-Bryndwr-Burnside-Fendalton

**Zone 3**

New Brighton-Burwood-Wainoni-Aranui-Bexley-Richmond-Bromley-Linwood-Woolston- Heathcote  
Ferrymead-Mt Pleasant-Redcliffs-Sumner-Lyttelton-Diamond Harbour

**Zone 4**

City-Merivale-Phillipstown-Addington-Sydenham-Waltham

**Zone 5**

Riccarton-Ilam-Burnside-Avonhead-Middleton-Russley-Hornby-Hei Hei-Wigram

**Zone 6**

Barrington-Spreydon-Somerfield-Hillmorton-Halswell-Cashmere

**Zone 7 (NOT SHOWN ON MAP)**

Lincoln – Rolleston (Selwyn DC)

**Zone 8 (NOT SHOWN ON MAP)**

Ashburton



# INTRODUCTION

## The need for this directory

The Active Canterbury Network is more committed than ever to bringing exercise advocates and exercise providers together to share meaningful information about the exercise and activity opportunities in our region.

We have always had a strong core of passionate activity providers in Canterbury. Now we have literally dozens of exercise advocates committed to guiding individuals to becoming more active on a regular basis with:

- the creation and growth of the Health Coach and H.I.P. role in medical practices over the last 3 years;
- the recent Pae Ora initiative and numerous other stakeholders in place that appreciate and endorse the importance of exercise for us all.

Where do they send them? What is available in their area?

This directory hopes to capture as much of that information relating to classes and facilities.

## What is included

This directory includes group exercise classes that are appropriate for **adults** with long-term conditions, or who may be older or unused to exercise.

Gyms and pools are also featured and are listed within their location zones.

Classes with accreditation as a Live Stronger for Longer (LSFL) community strength and balance class will be shown with the LSFL logo.



## The power of exercise in a class or group

Whilst facilities have been listed (and we know joining a gym and working out independently will appeal to some people) the case for encouraging people into appropriate classes is a very strong one. Not only can group leaders ensure participants are working at an appropriate level and provide modifications as necessary, but the camaraderie and socialisation aspect that is inherent in a group situation cannot be underestimated as a powerful element in providing overall well-being. In short, motivation, accountability and social support is all provided through group exercise.

The role of a group leader or trainer is very much one of being the 'social glue' that serves to bind people and communities together.

## Forging connections in your area

It is our hope that the compilation of this directory will enable exercise advocates to seek out the exercise providers in their area and vice-versa. This will forge relationships to better serve our common goal of supporting Cantabrians become more active more often.



# BACKGROUND INFORMATION

## The Fitness Industry

From a consumer perspective, the fitness industry is made up of **facilities** (gyms) and **individuals** who deliver the exercise product (personal trainers, group instructors).

Facilities can be roughly placed in one of four categories summarised below.

### Big Box Gyms

These facilities provide an extensive range of equipment for the variety of activities that they offer:

- Cardio including treadmills, cycles, rowers, ellipticals, stairclimbers, ski ergs etc.;
- Fixed resistance machines;
- Free weights such as dumb-bells, barbells and squat racks for powerlifting;
- Functional toys such as kettle bells, bosu/swiss balls, battle ropes, squat bags, slam balls, sledges, agility ladders etc.

**Examples:** Chains like CityFitness (6), Snap Fitness (10), Anytime Fitness (11), Christchurch City Council recreation centres (Jellie Park, Taioira QEII, Graham Condon, Pioneer and the new Parakiore Centre due for completion in 2024/5), YMCA (Bishopdale and City), Les Mills (City). MainPower Stadium (Rangiora) and EA Networks (Ashburton)

All are membership based and cost tends to be at the budget end. Most have 24/7 access and classes – Anytime Fitness and Snap don't generally have classes. All have personal trainers available at an extra charge.

### Independent Gyms

These can range in size from small to large and with a range of equipment like the big box gyms. Membership is usually more expensive, but the independents aim for high touch and strive to demonstrate more personal service than their big box cousins. They will also provide personal trainers, and many run classes and are open 24/7.

**Examples in Christchurch:** BodyFix, Advanced Fitness (Worcester Club), MINT, IHF, Koha, Womens Federation, Total Fitness, Active Health, Get Me Fit, Culture Fitness, Eternal, Papanui Club, Ara Gym.

### 'Functional' Facilities

These include many franchises that have come from the United States or Australia. They have minimal cardio equipment and more open space for functional exercise modalities. They tend to cater for a younger demographic and run instructor led sessions that work around a circuit format. Members attend sessions or classes rather than work out on their own. Memberships can be up to \$50 per week.

**Examples:** F45, CrossFit, Round 9, BFT, Orange Theory

### Private Studios

They are owned by a personal trainer and clients will only exercise there if they have a training session booked.

Private Yoga and Pilates studios are prolific. Costs are on the higher side (\$20 to \$25 per class) which may be out of reach for those on a tight budget.

## Individuals working in the industry

The industry body is Exercise NZ and there is also a register of exercise professionals known as REPs.

Individuals do not have to be registered in NZ to work as personal trainers or group instructors – unlike other health professionals. However, someone who is REPs registered must have completed a recognised training course, fulfil annual continuing professional development requirements (CPDs), hold a current First Aid Certificate and adhere to a Code of Conduct. This can indicate how seriously they take their profession and how much they want to support the 'bigger picture'.

For example: City Fitness, Les Mills and Snap Fitness require all their Canterbury trainers to be REPs registered.

One of Exercise NZ's responsibilities is to provide advocacy on the benefits of exercise and CEO Richard Beddie actively engages directly with Government agencies (such as the Ministry of Health). He is also frequently quoted or interviewed about the benefits of exercise for improved health and wellbeing.

 <https://www.exercisenz.co.nz/>

 <https://www.reps.org.nz/>

## Te Tumu Waiora: To head towards wellness

This new model of care provides rapid, targeted brief intervention to people who are experiencing mental distress or who need behavioural advice and support. The service is accessed through general practice via two roles:

- **Health Coaches** support more generalised behavioural or lifestyle changes including exercise or becoming more active.
- **Health Improvement Practitioners (HIPs)** are primarily focused on supporting patients with mental health or addiction issues.

Currently there are 38 HCs and 35 HIPs in various practices from Rangiora to Ashburton.

 <https://www.tetumuwaioracanterbury.co.nz/practice-map>

 <https://ccn.health.nz/Our-Work/Other-groups-and-enablers/Te-Tumu-Waiora-Canterbury>

## Pae Ora

This FREE service is available to all ages of Māori, Pasifika, culturally and linguistically diverse (CALD), remote rural and the LGBTQIA+ community.

A Pae Ora Healthy Lifestyles Connector works alongside whānau to set goals towards living a healthy lifestyle. The whānau ora approach supports whānau to remove barriers for achieving that healthy lifestyle and sustainable intergenerational change.

The service is provided in Canterbury by Waitaha Primary Health, Tangata Atumotu Trust, Whānau Whanake and Purapura Whetu Trust.

 <https://waitaha.health.nz/health-professionals/pae-ora/>

## Tautoku Hauora

Tautoku Hauora is a service that provides support to individuals who are either not enrolled in a general practice or who are enrolled but not accessing their general practice teams as frequently as required.

The service can assist Māori, Pasifika, CALD, Youth, Rainbow people, and those on low-incomes or with disabilities to access primary health care and social services in the Canterbury region. Kaitautoko/ support workers are a mobile workforce who can conduct home and community visits when appropriate.

The Tangata whai ora (person seeking wellness) will be assessed and a specific health and wellbeing plan created. The Tautoku Hauora service provides a one-off brief to medium term intervention and referrals can be made to other health services as needed.

 <https://www.pegasus.health.nz/health-professionals/tautoko-hauora/>

## Live Stronger for Longer (LSFL) Community Strength and Balance classes

The Live Stronger for Longer (LSFL) initiative was developed in 2017 by ACC with the aim of preventing falls among older adults in NZ. A set of nine research-based criteria were developed and these criteria must be adopted by programmes or classes to achieve accreditation. Classes are reviewed annually for re-accreditation purposes.

There are over 250 approved classes in the Canterbury region currently. Classes differ in day, time, intensity and style to accommodate as many older adults as possible.

All accredited classes are listed on the national Live Stronger for Longer website ([www.livestronger.org.nz](http://www.livestronger.org.nz)) that also has some excellent resources for both consumers and health professionals.

Sport Canterbury is the local lead agency ([LSFL@sportcanterbury.org.nz](mailto:LSFL@sportcanterbury.org.nz) or 027 771 7473).

Referrals are accepted via:

- the Sport Canterbury website ([www.sportcanterbury.org.nz/what-we-do/live-stronger-for-longer](http://www.sportcanterbury.org.nz/what-we-do/live-stronger-for-longer)) or
- Health Pathways via Older Adults' Health > Falls Prevention.

**Nymbi** is a FREE app funded by ACC as part of the LSFL programme. It is designed to help people 50 and older stay on their feet, combining simple body movements with brain games to challenge both the brain and body. Research shows 10 minutes a day can improve balance by 30 percent.





## Age Concern

### Steady As You Go (SAYGo)

This is a peer led exercise class designed to help older people reduce their likelihood of having a fall. There are close to 40 classes across the region, many with waiting lists.

A current list of Greater Christchurch classes can be found on the Age Concern Canterbury website (<https://ageconcerncan.org.nz/courses-and-groups/falls-prevention/>).

**Cost:** \$2 per session.

**Contacts:**

- Christchurch, Selwyn and Waimakariri: 03 366 0903 or 0800 80 33 44.
- Ashburton: 03 308 6817, 0800 65 2 105 or [ageconcernashburton@xtra.co.nz](mailto:ageconcernashburton@xtra.co.nz)

### Walking Companion Service

Age Concern Canterbury also have a walking companion service. Volunteers provide one-on-one assistance for people who are finding it difficult to get out and about on their own.

**Contact:** 03 366 0903 or 0800 80 33 44.

 <https://ageconcerncan.org.nz/what-we-offer/companion-walking-service/>

## HealthInfo

This website has been developed for people to find useful locally approved information about wellbeing, health conditions, diagnosis, treatment and referral options. This site is designed to empower people to find out more about their diagnosed health conditions and to understand how the health system works.

The site has a mix of locally developed patient information, descriptions of local health services and supports, and links to local, New Zealand and international health and wellbeing information. It's intended to supplement the information that people access from their general practice team or other healthcare provider.

You can order business cards to promote to patients or participants (<https://www.healthinfo.org.nz/index.htm?Information-for-health-professionals.htm>).

 <https://www.healthinfo.org.nz>

## Health Quality and Safety Commission (HQSC)

Working with clinicians, providers, consumers and whanau to improve health and disability support services. You can sign up for their newsletter.

 <https://www.hqsc.govt.nz/>

## Healthify He Puna Waiora (formerly known as Health Navigator)

This website provides simple to read and understand information on conditions, medicines, apps and more!

 <https://healthify.nz/>

## Hāpai Card

A Hāpai card costs \$30 for 3 years and allows for many discounts in the community with the aim of reducing barriers for those with disability. Supporting evidence and documentation of access needs are required – such as a letter from your GP or relevant NGO (such as MS and PD, Cancer Society etc.)

 <https://www.hapaiaccesscard.org.nz>

## FUNDED PROGRAMMES

### Better Breathing: Pulmonary Rehabilitation Programme

Canterbury Clinical Network offers a free 8-week, one session per week 'Better Breathing' programme for people with long-term respiratory conditions.

Each session includes an hour of exercise followed by half an hour of education and discussion of various breathing topics. Note: There are entry requirements for this programme. Times and locations vary.

**Contact:** Catherine Harrison (03 353 9973).

 <https://www.healthinfo.org.nz/> and search for Pulmonary rehabilitation programme

### Community Respiratory Support and Exercise Groups

Community groups in several places around Canterbury provide support and exercise classes. The classes are led by volunteers or a professional and typically include light or medium weights, Theraband, stress ball and scarf exercises.

**Cost:** \$2 to \$5 per session.

**Contact:** Download the most current brochure with locations and meeting times

[https://ccn.health.nz/DesktopModules/Bring2mind/DMX/API/Entries/Download?Command=Core\\_Download&EntryId=4268&language=en-GB&PortalId=18&TabId=2444](https://ccn.health.nz/DesktopModules/Bring2mind/DMX/API/Entries/Download?Command=Core_Download&EntryId=4268&language=en-GB&PortalId=18&TabId=2444)

### Mobility Action Programme (MAP) for Osteoarthritis

The mobility action programme (MAP) is a free eight-week programme for people with osteoarthritis that affects their hip or knee. It's been shown to help people move more easily and to be able to do more in their everyday lives.

MAP programmes start regularly throughout the year and are held during the day or evening at various places in Canterbury. Online sessions may also be available.

Each weekly session lasts two hours and covers education topics such as pain management, nutrition, medication, and wellbeing as well as exercise. Sessions are run by a physiotherapist or exercise professional.

**Referral Process:** Through ERMS (by a GP or allied health professional). Te Whatu Ora will allocate them to a course close to their home once the referral is received.

### Falls Prevention

This is a free service funded by Te Whatu Ora and available to Pakeha/European over 65 and Maori and Pasifika over 55 who have fallen or who are at risk of falling.

Patients are visited in their home by a contracted physio, nurse or occupational therapist (currently called 'falls champions') who assess the patient's situation and functionality across every area of falls prevention and recommend exercises to be done among other modifications or equipment if necessary.

Patients should theoretically be revisited at 2 weeks, 4 weeks, and then 3 months after the first visit but this may depend on each situation.

**Referral Process:** Through ERMS by a GP, Nurse Maude, physio etc. Patients are triaged by Te Whatu Ora Waitaha Canterbury Older Persons Health into urgent, semi-urgent or routine cases.

### Cardiac Rehab

This is an eight-week education programme for patients post MI, PCI, angina, CABG, TAVI or valve surgery.

The programme includes some exercise and is run through the cardiac nurse physiotherapists at Christchurch Hospital.

**Contact:** [cardiacrehabnurse@cdhb.health.nz](mailto:cardiacrehabnurse@cdhb.health.nz)

## ZONE 1: Waimakariri (Rangiora-Pegasus-Woodend-Kaiapoi)

### Circuits for Seniors

A low impact, circuit style class which enhances strength, balance and cardiovascular fitness. This is a social class where the group welcomes you to join them for a coffee and a natter after the class.



**When:** Mondays at 9am.

**Where:** Woodend Community Hall (6a School Road, Woodend).

**Cost:** \$10.

**Contact:** Ruth Hubber (021 350 617).

### Move 2 Groove

**When:** Tuesday from 1 to 2pm.

**Where:** Pavilion at Dudley Park (45 Church Street, Rangiora).

**Cost:** \$5 cash per session or \$50 for a 10-class concession.

**Contact:** Robyn Alderson (027 459 2553).



### Move it or Lose it Rangiora

A gentle and fun exercise programme which varies from week to week. This is a social class working on balance, flexibility and strength.

Beginners classes are chair-based with standing options.

#### Dates and Times:

- Mondays and Wednesdays at 9.30am.
- Beginners class: Mondays at 11am.

**Where:** Gospel Hall (22 High Street, Rangiora).

**Cost:** \$3 per session.

**Contact:** Pam Anderson ([pandersop@xtra.co.nz](mailto:pandersop@xtra.co.nz) or 027 201 5037).



### Let's Move Waimak

Fun dance fitness classes of medium intensity and low impact. Newcomers very welcome.

#### Details:

- *Rangiora Anglican Church Hall (353 High St – on corner with Church Street):* Tuesdays at 11.30am or Thursdays at 2pm.
- *Fernside Hall (287 O'Roarkes Road - next to Fernside School):* Fridays at 9.30am.

**Cost:** First class is FREE. \$7 for a casual session or \$60 for 10 classes.

**Contact:** Miranda Donnell ([letsmovewaimak@gmail.com](mailto:letsmovewaimak@gmail.com)).

### Silver Fitness Classes

A dynamic 60-minute routine designed to improve strength and mobility through a range of functional, low-impact exercises in a supportive environment.

#### Details:

- *Rangiora Fitness Centre:* Mondays at 11am or Tuesdays at 11.30am;
- *Kaiapoi Fitness Centre:* Tuesdays at 10.30am or Thursdays at 9.15am; and
- *Oxford Fitness Centre:* Tuesdays and Thursdays at 10.30am (Gentle Exercise).

 <https://www.mainpowerstadium.nz/>

## Rangiora Keep Breathing Group

### Dates and Times:

- Mondays and Fridays at 10.30am
- Wednesdays at 1.30pm

**Where:** Rangiora Showgrounds, Ashley St, Rangiora

**Cost:** \$13 per session.

**Contact:** Amanda Richardson (021 142 0813 or [befit4life@scorch.co.nz](mailto:befit4life@scorch.co.nz)).

## Pegasus Parkrun

A FREE, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

**When:** Saturdays at 8am.

**Where:** Lake Pegasus.

 <https://www.parkrun.co.nz/pegasus/>

## Stadium Fitness Centre at Mainpower Stadium

Fully equipped gym. Classes available. Personal Training available.

**Where:** 289 Coldstream Road, Rangiora.

**Contact:** 03 975 5560.

 <https://www.mainpowerstadium.nz/stadiumfitnesscentre>

## Rangiora Fitness Centre

Fully equipped gym. Classes and Personal Training available.

**Where:** 345 Flaxton Road, Rangiora.

 <https://www.sportstrust.org.nz/rangiora-fitness-centre>

## Kaiapoi Fitness Centre

Fully equipped gym. Classes and Personal Training available.

**Where:** 48 Hilton Street, Kaiapoi – opposite Kaiapoi Fire Station.

 <https://www.sportstrust.org.nz/kaiapoi-fitness-centre>

## Oxford Fitness Centre

Fully equipped gym. Classes and Personal Training available.

**Where:** Pearson Sports Park, Oxford.

 <https://www.sportstrust.org.nz/oxford-fitness-centre>

## Amberley Fitness Centre

Fully equipped gym. Classes and Personal Training available.

**Where:** 10 Anderson Street, Amberley.

 <https://www.sportstrust.org.nz/amberley-fitness-centre>

## Anytime Fitness

Fully equipped gym. Personal Training available. 24/7 access.

**Where:** 194 King Street, Rangiora.

 <https://www.anytimefitness.co.nz/gyms/nz-1041/rangiora-south-island-7400/>

## Snap Fitness

Fully equipped gym. Personal Training available. 24/7 access.

**Where:** 8-10 High Street, Rangiora.

 <https://www.anytimefitness.co.nz/gyms/nz-1041/rangiora-south-island-7400/>

## Phoenix Fitness

Personal Training available. 24/7 access.

**Where:** 46 Edward Street, Rangiora.

 <https://www.facebook.com/phoenixfitness1/>

## F45 Rangiora

**Where:** 631 Lineside Road, Rangiora.

 <https://f45training.co.nz/rangiora/home>

## Dudley Aquatic Centre

Waimakariri District Council pool complex with a spa pool. Aquarobics classes available.

**Where:** 47 Church Street, Rangiora.

**Cost:** \$7.70 for an aquarobics session. Concession cards available.

 <https://www.waimakariri.govt.nz/community-and-recreation/swimming-pools/dudley-aquatic-centre>

## Kaiapoi Aquatic Centre

Waimakariri District Council pool complex with a beach area for toddlers. Aquarobics classes available.

**Where:** 9 Cass Street, Kaiapoi.

**Cost:** \$7.70 for an aquarobics session. Concession cards available.

 <https://www.waimakariri.govt.nz/community-and-recreation/swimming-pools/kaiapoi-aquatic-centre>

## Oxford Community Aquatic Centre

Open from Canterbury Anniversary weekend until late March each year. Aquarobics classes available.

**Where:** 7 Burnett Street, Oxford

 <https://www.waimakariri.govt.nz/community-and-recreation/swimming-pools/seasonal-pools>



## ZONE 2: Northwood-Parklands-Redwood-Casebrook Bishopdale-Papanui-Harewood-Mairehau-Shirley-St Albans Bryndwr-Burnside-Fendalton

### Beginners Tai Chi for Health and Well-Being



Tai Chi is a low impact, full body workout. It relaxes and invigorates the body offering benefits of flexibility, muscle strength and balance.

**When:** Mondays at 12.30pm.

**Where:** Saint Albans Uniting Church (corner of Nancy Avenue and Knowles Street, Mairehau).

**Cost:** \$10 per session.

**Contact:** Jan Finnigan [finns@xtra.co.nz](mailto:finns@xtra.co.nz) or 03 357 4930).

### Line Dancing at Bishopdale



**When:** Mondays from 10.30am to 11.30am. Can dance until noon.

**Where:** Ōrauwhata: Bishopdale Library and Community Centre (13 Bishopdale Court, Bishopdale)

**Cost:** \$10 per class.

**Contact:** Vicky Hamilton ([gvhamilton@gmail.com](mailto:gvhamilton@gmail.com) or 027 3888 929)

### Move It Or Lose It Burnside



This is a gentle exercise class that focuses on strength, balance and mobility. Exercises are partly done seated and partly standing and often use light, easy to use, equipment. Each session is slightly different however every session is relaxed and social.

**When:** Tuesdays at 3pm.

**Where:** Elim Community Church (193 Grahams Road, Burnside).

**Cost:** \$5 per session.

**Contact:** Krissy Christensen ([mark.krissy@xtra.co.nz](mailto:mark.krissy@xtra.co.nz) or 027 326 3958).

### Move It Or Lose It Fendalton



Move It Or Lose It is a gentle exercise class that focuses on strength, balance and mobility. Exercises are partly done seated and partly standing, and often use light, easy to use, equipment. Each session is slightly different however every session is relaxed and social.

**When:** Tuesdays at 10:30am.

**Where:** Fendalton Community Centre (170 Clyde Road, Fendalton).

**Cost:** \$70 for 10 weeks.

**Contact:** Krissy Christensen [mark.krissy@xtra.co.nz](mailto:mark.krissy@xtra.co.nz) or 027 326 3958).

### Zumba Gold

**When:** Tuesdays and Thursdays at 10am.

**Where:** The studio with JB (5 Donald Place, St Albans).

**Cost:** \$12 per session.

**Contact:** JB Anderson [studiowithjb@gmail.com](mailto:studiowithjb@gmail.com) or 021 951 805).

## PEPSA



This 50-minute class is designed for older adults who can get up and down from the floor and who are willing to challenge themselves. The class includes standing and mat work for strength and mobility and is complemented by great music.

### Details:

- *Ōrauwhata: Bishopdale Library and Community Centre (13 Bishopdale Court, Bishopdale)*  
Mondays at 6pm.
- *Eastside C3 Church (269 Hills Road, Mairehau)*  
Fridays at 9.30am.

**Cost:** \$10 for a casual session. \$80 for 10 sessions.

**Contact:** Russ Graham ([pepsa@xtra.co.nz](mailto:pepsa@xtra.co.nz) or 027 437 6417).

 <https://www.pepsaexercise.co.nz/>

## Senior Fitness Class



A gentle exercise class consisting of gentle moves to music, dancing, ball activities, strength training, stretching and mobility.

**When:** Tuesdays at 9am.

**Where:** Scottish Society Hall (136 Caledonian Road, St Albans).

**Cost:** \$7 per session.

**Contact:** Paula Barrett (021 0459 721).

## Sit2Fit



A fitness class designed for anyone who struggles to get up and down off the floor as we all need some extra support at times. It's fun, friendly and social. 45 minutes of fun exercise then stay for a cuppa and chit chat after.

**When:** Fridays at 10.30am.

**Where:** MacFarlane Park Centre (19A Acheson Avenue, Shirley).

**Cost:** \$8 per session.

**Contact:** Robyn Alderson ([robyn\\_soul2sole@outlook.co.nz](mailto:robyn_soul2sole@outlook.co.nz) or 027 459 2553).

## Somatic Yoga at Amazing Movement



A subtle slow-moving class developing stability, mobility, flexibility and strength using stillness and movement combined with breathing awareness.

**When:** Tuesdays at 11am and Fridays at 9am.

**Where:** Shirley Wellness Centre (9 Shirley Road, Shirley).

**Cost:** \$20 for a casual session or \$150 for 10 sessions.

**Contact:** Diane Sowerby ([amazingmovementnz@gmail.com](mailto:amazingmovementnz@gmail.com) or 027 608 6638).

## Strength and Balance

A low impact class, designed to improve balance, strength and mobility while having fun. Stay for a cuppa and chat after class.

**When:** Fridays at 1pm.

**Where:** McFaddens Centre (64 McFaddens Road, St Albans).

**Cost:** \$2 per session.

**Contact:** Sarah Tomsett ([operations@nht.org.nz](mailto:operations@nht.org.nz) or 027 710 0042).

## Broad Parkrun

A FREE, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

**When:** Saturdays at 8am.

**Where:** Broad Park (Waimari Beach).

 <https://www.parkrun.co.nz/broadpark/>

## The Kindness Foundation Bishopdale (formerly YMCA Bishopdale)

Fully equipped gym (cardio and resistance). Memberships available. Group classes and Personal trainers available.

**Where:** 13a Bishopdale Court, Bishopdale – behind Bishopdale Mall.

**Contact:** [fitness@ymcachch.org.nz](mailto:fitness@ymcachch.org.nz) or 03 359 8320

 <https://ymcachch.org.nz/yfitness>

### Life Fit programme

Designed to be fun and to improve agility and fitness. The award-winning Life Fit classes caters for mature participants or those new to exercise. It is also an opportunity to meet new people.

20 classes available each week. Stronger for Longer accredited classes are: Exercise to Music, Sit and Be Fit, Step.

**Cost:** \$5.50 for Sit and Be Fit casual sessions. \$7 for Life Fit casual sessions. Concession visits available.

 <https://ymcachch.org.nz/yfitness>

### ZUMBA Gold

**When:** Thursdays at 10.30am.

 <https://ymcachch.org.nz/yfitness>

## Active Health Gym

Gym attached to Active Health Physiotherapy with membership available to the public.

**Where:** 545 Manchester Street, St Albans.

 <https://activehealth.co.nz/christchurch/st-albans-gym-christchurch/>

## Papanui Club Gym – Ignite Fitness

Personal training available.

**Where:** 310 Sawyers Arms Road, Papanui.

 <https://www.papanuiclub.co.nz/ignite-fitness>

## CityFitness Northwood

Fully equipped gym. Classes and Personal Training available. 24/7 access.

**Where:** 1 Radcliffe Road, Belfast.

 <https://www.cityfitness.co.nz/locations/south/christchurch/21>

## Anytime Fitness

Fully equipped gym. Personal Training available. 24/7 access.

### Anytime Fitness Papanui

**Where:** 7 Winston Avenue, Papanui.

 <https://www.anytimefitness.co.nz/gyms/nz-1022/christchurch-south-island-8053/>



## Anytime Fitness Shirley

**Where:** Home base Centre (Marshlands Road, Shirley)

 <https://www.anytimefitness.co.nz/gyms/nz-1011/shirley-christchurch-canterbury-8083/>

## Graham Condon Recreation Centre

Christchurch City Council recreation centre with pools and fully equipped gym. Personal Training available.

**Where:** 3 Sisson Drive, Papanui – opposite Northlands Mall.

 <https://recandsport.ccc.govt.nz/graham-condon/>

## Burwood Hospital Hydrotherapy Pool

Used for Arthritis Hydro Support Group classes.

**When:** Monday from 4 to 5pm or Saturday from 10 to 11am.

**Where:** Burwood Hospital.

**Cost:** \$3 per session.

**Contact:** Lesley (022 410 5908).

# Zone 3: New Brighton-Burwood-Wainoni-Aranui-Bexley Richmond-Bromley-Linwood-Woolston-Heathcote Ferrymead-Mt Pleasant-Redcliffs-Sumner-Lyttelton-Diamond Harbour

## Dance Fitness

Dance Fitness is a fun and welcoming dance class for all ages and levels of ability. It incorporates moves from a variety of dance types from jazz to hip-hop to ballet with a fresh play list every month. First class is free.

### Details:

- *Aranui Wainoni Community Centre (31 Hampshire Street, Wainoni)*  
Mondays and Thursdays at 10am.
- *Community Room at Te Pou Toetoe | Linwood Pool (141 Smith Street, Linwood)*  
Tuesdays at 7.30pm.
- *Mt Pleasant Community Centre (3 McCormacks Bay Road, Mt Pleasant)*  
Wednesdays at 10am.
- *Lyttelton Recreation Centre (34 Winchester Street, Lyttelton)*  
Fridays at 10am.

**Cost:** \$7 per session.

**Contact:** Gillian Halkett (021 821260)

## Strength, Movement and Balance

For those 50+ to maintain movement, increase balance and stay strong

**When:** Tuesdays at 9am.

**Where:** Ascot Hub (12 Ascot Avenue, North New Brighton).

**Cost:** \$7 per session.

**Contact:** Michelle Durham (021 881 588).

## Tai Chi

This form of 'moving meditation' is good for strength, balance, co-ordination and memory. No previous experience is required, and attendance can be on a casual basis.

**When:** Mondays at 2.30pm during school term time.

**Where:** Mt Pleasant Community Centre (3 McCormacks Bay Road, Mt Pleasant).

**Cost:** \$10 per session.

**Contact:** Kris Tynan ([kris@eamnz.com](mailto:kris@eamnz.com) or 021 262 8886).

 [www.exerciseasmedicinenz.com](http://www.exerciseasmedicinenz.com)



## Gentle Exercise

Suitable for the older adult or absolute beginner who wants to take it slowly, have fun and enjoy the benefits of exercise in a social environment.

**When:** Tuesdays at 1pm.

**Where:** Taiora QEII (193 Travis Rd, North New Brighton).

**Cost:** \$5.80 per session

**Contact:** 03 941 8999

 <https://recandsport.ccc.govt.nz/taiora-qeii/>





# Wainoni Avonside Community Services Trust (WACST)



## Details:

- *Tai Chi*: Mondays from 10 to 11am (\$3 per session).
- *Zumba Gold*: Mondays and Wednesdays from 1 to 2pm (\$3 per session).
- *Line Dancing for Beginners*: Tuesdays from 12.30 to 2 (\$4 per session) and Fridays from 11am to noon (\$3 per session).
- *Line Dancing*: Tuesdays from 1 to 2pm (\$3 per session) and Fridays from 10am to noon (\$5 per session).

**Where:** Legacy Church (52-58 Bassett Street, Burwood).

**Contact:** Betty Chapman (03 389 2285 or [wacst.burwood@gmail.com](mailto:wacst.burwood@gmail.com)).

 <https://www.facebook.com/WACSTatBurwood>

## Seated Gentle Exercise



Suitable for the older adult or absolute beginner who wants to take it slowly, have fun and enjoy the benefits of exercise in a social environment.

**When:** Thursdays at 9.30am.

**Where:** Taiora QEII (193 Travis Road, North New Brighton).

**Cost:** \$5.60 per session.

**Contact:** 03 941 8999

 <https://recandsport.ccc.govt.nz/taiora-qeii/>

## Gentle Balance



This low impact class is targeted to the older woman and is designed to strengthen and lengthen muscles which will help to improve balance and proprioception.

**When:** Tuesdays at 10.30am.

**Where:** Female Federation (9 Humphreys Drive, Ferrymead).

**Cost:** \$20 for a casual session.

**Contact:** Robyn Alderson [info@femalefederation.co.nz](mailto:info@femalefederation.co.nz)).

 <https://femalefederation.co.nz>

## Move 2 Groove



**When:** Fridays from 1 to 2pm.

**Where:** Bromley Community Centre (45 Bromley Road, Bromley).

**Cost:** \$6 cash per class or \$50 for a 10-class concession card.

**Contact:** Robyn Alderson [robyn\\_soul2sole@outlook.co.nz](mailto:robyn_soul2sole@outlook.co.nz) or 027 4592 553).

## Move It Or Lose It

This is a gentle exercise class that focuses on strength, balance and mobility. Exercises are partly done seated and partly standing, and often use light, easy to use, equipment. Each session is slightly different however every session is relaxed and social.

**When:** Wednesdays at 10:30am.

**Where:** Burwood Christian Centre (52-58 Bassett Street, Burwood).

**Cost:** \$3 per session.

**Contact:** Krissy Christensen [mark.krissy@xtra.co.nz](mailto:mark.krissy@xtra.co.nz) or 027 326 3958).

## Move2Move

### When:

- *Instructor-led session:* Mondays from 9.15 to 10am.
- *Circuit-based session:* Wednesdays from 9.15 to 10am.

**Where:** Bromley Community Centre (45 Bromley Road, Bromley).

**Contact:** [bromleycentre@gmail.com](mailto:bromleycentre@gmail.com) or 03 389 1657.

## Seniors Gentle Exercise

This is a gentle exercise class where you feel a real strong sense of community, fun, and can work at your own pace suitable for all fitness levels. Includes seated and standing exercises.

### Details:

- *St Faith's (47 Hawke Street, New Brighton)*  
Thursdays at 9.30am.
- *Matuku Takotako: Sumner Centre (14-16 Wakefield Avenue, Sumner)*  
Tuesdays at 9.15am.

**Cost:** \$5 per session.

**Contact:** Katrina McKenzie ([katangfitness@gmail.com](mailto:katangfitness@gmail.com) or 027 496 6845).

## Gentle Exercise at Avebury House

**When:** Mondays at 10.30am.

**Where:** Avebury House (9 Evelyn Couzins Avenue, Richmond).

**Cost:** \$5 per session.

**Contact:** Dakota Blue (022 012 5005).



## Circuits for Seniors

We move to funky music in the first part followed by partner work with balls and resistance bands, circuits with weights etc. Very varied. Suitable for seniors who can get off the floor easily and want a challenge.

**When:** Wednesdays at 6pm.

**Where:** Club Redcliffs (9 James Street, Redcliffs).

**Cost:** \$10 per session.

**Contact:** Ruth Heins ([ruth\\_heins@hotmail.com](mailto:ruth_heins@hotmail.com) or 027 366 1200).



## Sit2Fit

This class is specifically designed for +65 yet is open to anyone who wants a gentle exercise class where sitting and standing exercises are included in a safe and fun environment.

**When:** Tuesdays from 9.45 to 10.30am.

**Where:** Linwood Avenue Union Church (378 Linwood Avenue, Linwood).

**Cost:** \$6 per session.

**Contact:** Robyn Alderson ([robyn\\_soul2sole@outlook.co.nz](mailto:robyn_soul2sole@outlook.co.nz) or 027 4592 553).



## Tai Chi Yang Style

Suitable for all fitness levels.

**When:** Tuesdays from 10.30 to 11.30am.

**Where:** Avebury House (9 Evelyn Couzins Avenue, Richmond).

**Cost:** \$10 per session.

**Contact:** Roger Chance ([pilatesroger@gmail.com](mailto:pilatesroger@gmail.com)).

## MoveEZY

A slower paced class that still includes key elements of strength and balance but ideal for those with mobility challenges.

**When:** Friday at 1pm.

**Where:** Te Pou Toetoe | Linwood Pool (141 Smith Street, Linwood).

**Cost:** Suggested koha or \$5 to \$10.

**Contact:** Kris Tynan ([kris@eamnz.com](mailto:kris@eamnz.com) or 021 262 8886).

 <https://www.exerciseasmedicinenz.com/>



## Use it or Lose it

A fun and functional class for over 60s. Strength, balance, co-ordination and brain training is all part of the mix.

**When:**

- Wednesdays at 9am; or
- *Circuit-based session:* Fridays at 11am.

**Where:** Club Redcliffs (9 James Street, Redcliffs).

**Cost:** \$10 per session.

**Contact:** Kris Tynan ([kris@eamnz.com](mailto:kris@eamnz.com) or 021 262 8886)

 <https://www.exerciseasmedicinenz.com/>



## Men's only circuit session

A simple circuit class designed specifically for men looking to stay fit, strong and agile.

**When:** Mondays at 11am.

**Where:** Club Redcliffs (9 James Street, Redcliffs).

**Cost:** \$10 per session.

**Contact:** Kris Tynan ([kris@eamnz.com](mailto:kris@eamnz.com) or 021 262 8886).

 <https://www.exerciseasmedicinenz.com/>



## MoveEZY

A slower paced class that still includes key elements of strength and balance but ideal for those with mobility challenges.

**When:** Mondays at 1pm.

**Where:** Club Redcliffs (9 James Street, Redcliffs).

**Cost:** \$10 per session.

**Contact:** Kris Tynan ([kris@eamnz.com](mailto:kris@eamnz.com) or 021 262 8886).

 <https://www.exerciseasmedicinenz.com/>



## Adapted Yoga and Pilates

Build strength to improve posture and increase balance, while also reducing stress levels. Adapted Yoga and Pilates classes are adapted to suit the needs of the individuals attending.

There are no fancy outfits – just friendly, fun and supportive people.

**When:** Check out their website for the current class timetable. Pre-booking is required.

**Where:** Grassroots Studio at The Tannery (Garlands Road, Woolston).

 <https://www.adaptedyogaandpilates.com/>



## Harbour Yoga

An adapted yoga class. Suitable for those with limited mobility-using a chair and standing poses. Gain strength, balance, mobility and peace of mind.

**When:** Fridays from 11am to noon.

**Where:** Green Room at Diamond Harbour Community Hall (2A Waipapa Avenue, Diamond Harbour).

**Cost:** \$12 per session.

**Contact:** Jacinda Gilligan ([watchingkereru@gmail.com](mailto:watchingkereru@gmail.com) or 022 657 8827).

## Tinana Community Gym

A FREE community gym. Some supervised sessions. Personal training available.

**When:** Monday to Friday from 8.30am to 4.30pm.

**Where:** 321 Pages Road, Wainoni

 <https://www.hewakatapu.org.nz/community/tinana-community-gym>

## Female Federation

A fully equipped gym for women only. Classes and Personal Training available. 24/7 access.

**Where:** 9 Humphreys Drive, Ferrymead.

 <https://femalefederation.co.nz/>

## Anytime Fitness Ferrymead

Fully equipped gym. Personal Training available. 24/7 access.

**Where:** 1105 Ferry Road, Ferrymead

 <https://www.anytimefitness.co.nz/gyms/nz-1039/christchurch-south-island-8023/>

## Shoreline Fitness

Fully equipped gym. Classes and Personal Training available. 24/7 access.

**Where:** 115 Brighton Mall, New Brighton,

 <https://www.shorelinefitness.co.nz/>

## Taiora QEII

Christchurch City Council recreation centre with pools and a fully equipped gym. Classes and Personal Training available.

**Where:** 193 Travis Road, New Brighton.

**Cost:** From \$5.80 for a fitness class.

 <https://recandsport.ccc.govt.nz/taiora-qeii/>

## Te Pou Toetoe | Linwood Pool

Christchurch City Council recreation centre. Aqua and group fitness classes available.

**Where:** 141 Smith Street, Linwood.

**Cost:** From \$5.80 for a fitness class.

 <https://recandsport.ccc.govt.nz/te-pou-toetoe-linwood-pool/>





## Zone 4: City-Merivale-Phillipstown-Addington-Sydenham-Waltham

### Moving Well at Goodfriends



Goodfriends is a community living well centre and pool running classes and providing a gym specially designed for older adults.

**When:**

- *Aquarobics*: Mondays to Fridays at 11am and Fridays at 9.30am.
- *Aqua Blast*: Mondays to Thursdays at 12.30pm.
- *Adapted Yoga*: Saturdays at 11.30am.
- *Stretch & Core*: Tuesdays and Fridays at 10am.
- *Strength & Balance*: Tuesdays and Thursdays at 11am.
- *Sit Fit*: Wednesdays at 2pm.
- *Tai Chi*: Thursdays at 10am.
- *Line Dancing*: Wednesdays at 10am.

**Where:** Arvida Good Friends (47 Whiteleigh Avenue, Addington).

**Cost:** \$5 to 10 for a casual session.

**Contact:** Laura Organ ([laura.organ@goodfriends.co.nz](mailto:laura.organ@goodfriends.co.nz) or 0800 20 41 20 extn 4).

 <https://www.goodfriends.co.nz/services-and-pricing/moving-well>

### Dance Fitness

Dance Fitness is a fun and welcoming dance class for all ages and levels of ability. It incorporates moves from a variety of dance types from jazz to hip-hop to ballet with a fresh play list every month. First class is FREE.

**When:** Wednesdays at 5.30pm.

**Where:** All Souls Anglican Church (30 Church Lane, Merivale).

**Cost:** \$7 per session.

**Contact:** Gillian Halkett (021 821 260).

### Island Dance Beats

An all-inclusive Pasifika dance class that promotes wellness through movement to Pasifika music. All flavours welcome!

**When:** Thursdays at 11am.

**Where:** Tangata Atumotu Trust (Knox Church - 28 Bealey Avenue).

**Cost:** FREE.

**Contact:** 0800 PASIFIKA (0800 727 434).

### Parents Walking Group

Be active and meet other parents with little ones and keep fit.

**When:** Wednesdays at 9.30am during school term time.

**Where:** Outside the Kiosk in the Botanical Gardens.

**Cost:** FREE.

**Contact:** Rebecca ([rebecca.brundell@plunket.org.nz](mailto:rebecca.brundell@plunket.org.nz)).



## Use it or Lose it

A fun and functional class for the over 60s. Strength, balance, co-ordination and brain training is all part of the mix.

**When:** Tuesdays at 1pm

**Where:** BodyFix Gym (29 Leeds Street, Phillipstown).

**Cost:** \$8 per session.

**Contact:** Kris Tynan ([kris@eamnz.com](mailto:kris@eamnz.com) or 021 262 8886).

 <https://www.exerciseasmedicinenz.com/>

## Seniors Fitness

**When:** Mondays from noon to 1pm.

**Where:** All Souls Church (30 Church Lane, Merivale).

**Cost:** \$8 per session.

**Contact:** Roger Chance ([pilatesroger@gmail.com](mailto:pilatesroger@gmail.com)).

## PT in the Park

This is a FREE weekly group training for everyone.

**When:** Saturdays at 9am.

**Where:** Carlton Corner, North Hagley Park.

 <https://www.ptinthepark.nz/>

## Parkrun Hagley

A FREE, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

**When:** Saturdays at 8am.

**Where:** North Hagley Park.

 <https://www.parkrun.co.nz/hagley/>

## The Kindness Foundation City (formerly YMCA City)

Fully equipped gym. Classes and Personal training available.

**Where:** 12 Hereford Street, Central City – near The Arts Centre.

**Contact:** [fitness@ymcachch.org.nz](mailto:fitness@ymcachch.org.nz) or 03 366 0689.

 <https://ymcachch.org.nz/yfitness/>

## Life Fit programme

Designed to be fun and to improve agility and fitness. The award-winning Life Fit classes caters for mature participants or those new to exercise. It is also an opportunity to meet new people.

**When:** Check out the website for the current class timetable.

**Cost:** \$7 for a Life Fit casual session. \$5.20 for a Sit and Be Fit casual session.

## BodyFix Gym

Fully equipped gym. Classes. Personal Training available. 24/7 access. Trial offer - first class is FREE.

**Where:** 29 Leeds Street, Phillipstown.

**Contact:** Moana Williams ([info@mybodyfix.co.nz](mailto:info@mybodyfix.co.nz) or 03 389 9892).

 <https://www.mybodyfix.co.nz/>

## Total Fitness

Fully equipped gym. Personal Training available.


**Where:** 403 Montreal Street, Central City.

 <https://www.totalfitness.co.nz/>

## Anytime Fitness Hereford Street

Fully equipped gym. Personal Training available. 24/7 access.

**Where:** 1/332 Hereford Street, Central City.

 <https://www.anytimefitness.co.nz/gyms/nz-1057/hereford-christchurch-south-island-8011/>

## Koha Fitness and Health Club

Fully equipped gym. Classes and Personal Training available.

**Where:** 48 Hereford Street, Central City – near the Bridge of Remembrance.

 <https://www.kohafitness.co.nz/>

## IHF Health Club

Fully equipped gym. Classes and Personal Training available.

**Where:** Level 1, The Crossing (166 Cashel Street).

 <https://ihfhealthclub.co.nz/>

## CityFitness

Fully equipped gym. Classes and Personal Training available. 24/7 access.

**Where:**

- *CityFitness Hereford:* 146 Hereford Street, Central City; and
- *CityFitness Moorhouse:* Level 2 of Harvey Norman Centre (Moorhouse Avenue).

 <https://www.cityfitness.co.nz/>

## Heritage Health Club

Fully equipped gym. Personal Training available. Pool also available.

**Where:** Old Government Building (The Square).

 <https://heritagehealthclub.co.nz/>

## Advanced Fitness

Fully equipped gym. Personal Training available. Mobile and outdoor sessions.

**Where:** Worcester Club (Worcester Boulevard, Central City).

 <https://www.advancedfitness.co.nz/>

## Les Mills

Fully equipped gym. Classes and Personal Training available.


**Where:** 203 Cashel Street, Central City.

 <https://www.lesmills.co.nz/clubs/christchurch/>

## Ara City Sport and Recreation Centre

Fully equipped gym. Classes and Personal Training available.

**Where:** Ara City Campus (Madras Street, Central City).

 <https://www.ara.ac.nz/student-services/recreation-and-sport/city-campus-sport-and-recreation-centre/>

## Get me Fitter

Fully equipped gym. Personal Training available.

**Where:** 12 Show Place, Addington.

**Contact:** [info@getmefitter.co.nz](mailto:info@getmefitter.co.nz) or 03 338 2564.

 <https://www.getmefitter.co.nz/>

## AquaGym Pool

Dedicated lane available for aqua-jogging.

**When:** Monday to Friday from 7am to 2pm. Weekends from 9am to noon.

**Where:** 459 Cashel Street, Linwood.

 <https://www.aquagym.co.nz/>

## Zone 5: Riccarton-Ilam-Burnside-Avonhead-Middleton Russley-Hornby-Hei Hei-Wigram

### Dance Fitness

Dance Fitness is a fun and welcoming dance class for all ages and levels of ability. It incorporates moves from many dance types – from jazz to hip-hop to ballet – with a fresh play list every month. First class is FREE.

#### Details:

- *St Peter's Anglican Church Parish Hall (22 Main South Road, Upper Riccarton)*  
Mondays at 6pm and Thursdays at 7pm.
- *Hei Hei Community Centre (12 Wycola Ave, Hei Hei)*  
Saturdays at 10am.

**Cost:** \$7 per session.

**Contact:** Gillian Halkett (021 821 260).

### Fun Fit Group

This is a gentle exercise class that focuses on strength, balance and mobility. Exercises are partly done seated and partly standing, and often use light, easy to use, equipment. Each session is slightly different however every session is relaxed and social.



**When:** Wednesdays from 1.30 to 2.30pm.

**Where:** 126 on the Corner | Broomfield Community Hub (26 Hei Hei Rd, Hei Hei).

**Cost:** \$2 per session.

**Contact:** Krissy Christensen ([mark.krissy@xtra.co.nz](mailto:mark.krissy@xtra.co.nz) or 027 326 3958).

### PEPSA

This 55-minute class is designed for older adults who can get up and down from the floor and who want to challenge themselves. The class includes standing and mat work for strength and mobility and is complemented by good music.



#### Details:

- *St Marks Church (150 Withells Road, Avonhead)*  
Mondays at 9.30am or Thursdays at 9.30am.
- *St Ninians Church Hall (5 Puriri St, Riccarton)*  
Wednesdays at 9am. Gentle class on Wednesdays at 10am.
- *Ilam School Hall (66 Clyde Rd, Ilam)*  
Wednesdays at 6pm.

**Cost:** \$10 for a casual session. \$80 for 10 sessions.

**Contact:** Russ Graham ([pepsa@xtra.co.nz](mailto:pepsa@xtra.co.nz) or 027 437 6417).

<https://www.pepsaexercise.co.nz/>

### Gentle Exercise

Suitable for the older adult or absolute beginner who wants to take it slowly. Have fun and enjoy the benefits of exercise in a social environment.

**When:** Thursdays at 10.30am.

**Where:** Jellie Park (295 Ilam Road, Burnside).

**Cost:** \$5.80.

**Contact:** [recandsport@ccc.govt.nz](mailto:recandsport@ccc.govt.nz) or 03 941 8999.

<https://recandsport.ccc.govt.nz/jellie-park>



## Flow Yoga class from Inna Reflections



This class focuses on quality of movement and is suitable for someone who is comfortable getting on and off the floor or wanting to challenge their balance. The class is followed by a 30-minute meditation session which is optional.

**When:** Mondays from 5.45 to 7pm.

**Where:** St Mark's Church (150 Withells Road, Avonhead).

**Contact:** Coralea Roberts ([Innareflection@gmail.com](mailto:Innareflection@gmail.com) or 027 374 3033).

## Line Dancing at Avonhead



**When:** Mondays from 1 to 2.30pm.

**Where:** St Mark's Church (150 Withells Road, Avonhead).

**Cost:** \$7 per session.

**Contact:** Dawn Roundtree ([dawn.r@xtra.co.nz](mailto:dawn.r@xtra.co.nz) or 03 388 1990).

**When:** Tuesdays from 6.30 to 7.30pm.

**Where:** St Mark's Church (150 Withells Road, Avonhead).

**Cost:** \$10 per session.

**Contact:** Vicky Hamilton ([gvhamilton@gmail.com](mailto:gvhamilton@gmail.com) or 0273888929)

## Line Dancing at Russley



Dance class at The Russley Village Retirement Village. Everyone is welcome to join!

**When:** Thursdays from 10 to 11am.

**Where:** The Russley Village (73 Roydvale Avenue, Russley).

**Cost:** \$10 per session.

**Contact:** Vicky Hamilton ([gvhamilton@gmail.com](mailto:gvhamilton@gmail.com) or 027 3888 929).

## Mature and Motivated



45-minute low impact exercise class. Great for heart health, strength and balance. ACC accredited.

### West Melton

**When:** Mondays and Wednesdays at 10am.

**Where:** West Melton Community and Recreation Centre (1163 West Coast Road, West Melton).

**Cost:** \$6.60 per session. \$59 for 10 classes.

**Contact:** 03 347 2983

### Darfield

**When:** Mondays and Wednesdays at 9.30am.

**Where:** Darfield Community and Recreation Centre (65 North Terrace, Darfield).

**Cost:** \$6.60 per class. \$59 for 10 classes.

## Zumba Gold

**When:** Wednesdays at 6.30pm.

**Where:** Wharenu School (32 Matipo Street, Riccarton).

**Cost:** \$8 per session.

**Contact:** Evonne Fasching.

## MINT Gym

Fully equipped gym. Personal Training available. 24/7 access.

**Where:** 31 Birmingham Drive, Middleton.

 <https://mintfit.co.nz/>

## Anytime Fitness

Fully equipped gym. Personal Training available. 24/7 access.

### Anytime Fitness Riccarton

**Where:** 55 Riccarton Road, Riccarton.

 <https://www.anytimefitness.co.nz/gyms/nz-1048/christchurch-canterbury-8041/>

### Anytime Fitness Church Corner

**Where:** 1 Waimari Road, Upper Riccarton.

 <https://www.anytimefitness.co.nz/gyms/nz-1048/christchurch-canterbury-8041/>

### Anytime Fitness Airport

**Where:** 544 Memorial Drive, Harewood.

 <https://www.anytimefitness.co.nz/gyms/nz-1048/christchurch-canterbury-8041/>

### Anytime Fitness Hornby

**Where:** 19 Chalmers Street, Hornby.

 <https://www.anytimefitness.co.nz/gyms/nz-1048/christchurch-canterbury-8041/>

## Affinity Fitness Riccarton

Fully equipped gym. Personal Training available.

**Where:** 107 Blenheim Road, Riccarton.

 <https://www.affinityfitness.co.nz/>

## University of Canterbury Rec Centre

Fully equipped gym. Classes and Personal Training available.

**Where:** University Campus

 <https://www.canterbury.ac.nz/ucreccentre/>

## Jellie Park

Christchurch City Council recreation centre with pools and a fully equipped gym. Personal Training available.

**Where:** 295 Ilam Road, Burnside.

 <https://recandsport.ccc.govt.nz/jellie-park/>

## Wharenui Sports Centre

Public lane swimming available.

**Where:** 73 Elizabeth Street, Riccarton.

 <https://www.wharenuisportscentre.co.nz/>

## Zone 6: Barrington-Spreydon-Somerfield-Hillmorton Halswell-Cashmere

### Beginners Tai Chi for Health and Well-Being



Tai Chi is a low impact, full body workout. It relaxes and invigorates the body offering benefits of flexibility, muscle strength and balance.

**When:** Tuesdays at 10am.

**Where:** Saint Marks Church Hall (5 Somerfield Street, Barrington).

**Cost:** \$10 per session.

**Contact:** Jan Finnigan ([finns@xtra.co.nz](mailto:finns@xtra.co.nz) or 03 357 4930).

### Keep Active



A fun, social setting to help maintain or improve fitness. Comprising: Aerobic warm up, circuit activities, stretching cooldown and a social cuppa.

#### Details:

- *Southwest Baptist Church (244 Lyttelton Street, Spreydon)*  
Mondays at 9.30am and 11am during school term time.
- *Southwest Baptist Church (6 Balcairn Street, Halswell)*  
Tuesdays and Fridays at 9.30am during school term time.

**Cost:** \$5 per session - includes a light refreshment after class.

**Contact:** Lidwina Clarke ([lclarke@swbc.org.nz](mailto:lclarke@swbc.org.nz) or 027 274 1686).

### Keep Active – Low Impact



This is a low impact, instructor led exercise class including bands, hand weights, balance and huffy puffy (cardio). Chairs are available for those who require one but equally suitable for anyone with more mobility.

**When:** Thursdays at 1pm.

**Where:** Southwest Baptist Church (244 Lyttelton Street, Spreydon).

**Cost:** \$5 per session - includes a light refreshment after class.

**Contact:** Lidwina Clarke ([lclarke@swbc.org.nz](mailto:lclarke@swbc.org.nz) or 027 274 1686).

### Move It or Lose It



This is a gentle exercise class that focuses on strength, balance and mobility. Exercises are partly done seated and partly standing, and often use light, easy to use, equipment. Each session is slightly different however every session is relaxed and social.

**When:** Thursdays at 11am.

**Where:** Saint Mary's Church Hall (329 Halswell Road, Halswell).

**Cost:** \$60 for a 10-session concession card.

**Contact:** Krissy Christensen ([mark.krissy@xtra.co.nz](mailto:mark.krissy@xtra.co.nz) or 027 326 3958).

### Senior Fitness Class

A gentle exercise class which consists of gentle moves to music, dancing, ball activities, strength training, stretching and mobility.

**When:** Wednesdays from 9.10 to 10.10am.

**Where:** Somerfield Community Centre (47 Studholme Street, Somerfield).

**Cost:** \$7 per session

**Contact:** Paula (021 0459 721).

## Kickin' it with Karen

A modern line dancing class using all genres including country, pop, rock old and new! Gentle exercise class which consists of moving to music, dancing, ball activities, strength training, stretching and mobility.

**When:** Mondays from 1.15 to 2.30pm.

**Where:** Halswell Community Hall (450 Halswell Road, Halswell).

**Cost:** \$8 per session.

**Contact:** Karen Eade ([kareneade001@gmail.com](mailto:kareneade001@gmail.com) or 021 269 2391).

## Monday Movers: Small group training

Seated and standing session incorporating stretching and strengthening, coordination and balance exercises. Promotes better movement, strength, suppleness and stability.

**When:** Mondays from noon to 1pm.

**Where:** Halswell Community Hall (450 Halswell Road, Halswell).

**Cost:** \$10 per session.

**Contact:** Karen Eade ([kareneade001@gmail.com](mailto:kareneade001@gmail.com) or 021 269 2391).

## Mature Groovers Dance Fitness 50+

A class for the active mature women who love to dance like no one's watching!

**When:** Wednesdays from 9.30 to 10.30am.

**Where:** Halswell Community Hall (450 Halswell Road, Halswell)

**Cost:** \$8 per session.

**Contact:** Karen Eade ([kareneade001@gmail.com](mailto:kareneade001@gmail.com) or 021 269 2391).

## Pilates

Stretch, flex, strengthen and tone in this mat based class. Must be able to get to and from the floor. Multi-level class. Beginners welcome. Bring your own mat.

### Details:

- *Prebbleton School Hall (2/8 Blakes Road, Prebbleton)*  
Tuesdays from 6.30 to 7.30pm
- *Halswell Community Hall (450 Halswell Road, Halswell)*  
Wednesdays from 7 to 8pm.

**Cost:** \$10 per session or \$85 for 10 sessions.

**Contact:** Karen Eade ([kareneade001@gmail.com](mailto:kareneade001@gmail.com) or 021 269 2391).

## Seniors Fitness

### Beckenham

**When:** Mondays from 9.15 to 10.15am.

**Where:** St Peter's Church (13 Fisher Avenue, Beckenham).

**Cost:** \$8 per session.

**Contact:** Roger Chance ([pilatesroger@gmail.com](mailto:pilatesroger@gmail.com)).

### Cashmere

**When:** Thursdays from 10 to 11am.

**Where:** Cashmere Club (88 Hunter Terrace, Cashmere).

**Cost:** \$10 per session.

**Contact:** Roger Chance [pilatesroger@gmail.com](mailto:pilatesroger@gmail.com)

## Adapted Yoga and Pilates

Build strength to improve posture and increase balance, while also reducing stress levels. Adapted Yoga and Pilates classes are adapted to suit the needs of the individuals attending.

There are no fancy outfits – just friendly, fun and supportive people.

**When:** Check out their website for the current class timetable. Pre-booking is required.

**Where:**

- Level 1, 34 Yaldhurst Road, Sockburn.
- The Oaks (29 Ensign Street, Halswell).

 <https://www.adaptedyogaandpilates.com/>

## Anytime Fitness Cashmere

Fully equipped gym. Personal Training available. 24/7 access.

**Where:** 240 Colombo Street, Cashmere.

 <https://www.anytimefitness.co.nz/gyms/nz-1048/christchurch-canterbury-8041/>

## Curves Gym

Offers 30-minute workouts for women only.

**Where:** 4/29 Ensign Street, Halswell.

**Contact:** 03 322 1230.

 <https://www.curves.com/nz>

## Pioneer Recreation and Sports Centre

Christchurch City Council recreation centre with pools and fully equipped gym. Classes and Personal Training available.

**Where:** 75 Lyttleton Street, Somerfield

 <https://recandsport.ccc.govt.nz/pioneer/>

## Gentle Exercise

Suitable for the older adult or absolute beginner who wants to take it slowly, have fun and enjoy the benefits of exercise in a social environment. Wednesday's class is a seated gentle exercise class.

**When:** Tuesdays, Wednesdays and Thursdays at 10.30am.

**Cost:** \$5.80 per session.

Contact: [recandsport@ccc.govt.nz](mailto:recandsport@ccc.govt.nz) or 03 941 8999.

## Blitz Fitness

Private gym specialising in group classes.

**Where:** 345 Halswell Road, Halswell

 <https://www.blitzfitness.co.nz/>



## Zone 7: Selwyn (Prebbleton-Lincoln-Rolleston)

### Active Seniors @ LU Gym

**When:** Mondays, Thursdays and Fridays from 10.10 to 11.10am.

**Where:** Lincoln University Gym (LU Gym).

**Cost:** \$80 for the year. Free trial class available.

**Contact:** [admin@lincolncomcare.co.nz](mailto:admin@lincolncomcare.co.nz) or 03 325 2007.



### Mature and Motivated

This is a fun and social low impact class. Great for heart health, strength and balance. Pilates is a class with gentle movement, with elements of both strengthening and stretching, including standing and mat work.



#### Lincoln

**When:** Mondays and Wednesdays at 10am.

**Where:** Lincoln Events Centre (15 Meijer Drive, Lincoln).

**Cost:** \$50 for 12 classes for Gold Max Card.

**Contact:** [Lec.enquiries@selwyn.govt.nz](mailto:Lec.enquiries@selwyn.govt.nz) or 03 347 2983.

#### Selwyn

**When:** Tuesdays and Fridays at 11am.

**Where:** Selwyn Sports Centre (70 Broadlands Drive, Rolleston).

**Cost:** \$6.60 per session or \$50 for a 10 class concession card.

**Contact:** 03 347 2888.

### RejuvenateYou

A fun circuit session with a range of exercises using body weight, equipment, and flow movement to work all major muscle groups. Cardio, strength and flow!

**When:** Tuesdays at 6.30am or Wednesdays at 9am.

**Where:** 17 Domain Road, Springfield.

**Cost:** \$15 per session.

**Contact:** [ainsley@rejuvenateyou.co.nz](mailto:ainsley@rejuvenateyou.co.nz)

 <https://rejuvenateyou.co.nz/>



### Tai Chi by Gai Tangney

Tai Chi is an ancient exercise system which integrates mind, body and breath by the way of slow, gentle and effective movements. Tai Chi enhances well-being and relaxation and has something to offer for people of all ages.

- *Prebbleton Hall (617 Springs Road, Prebbleton)*  
Mondays at 10am.
- *West Melton Community and Recreation Centre (1163 West Coast Road, West Melton)*  
Mondays at 1.30pm.
- *Weedons Pavilion (Maddisons Road, Weedons)*  
Thursdays at 10.30am.

**Cost:** \$8 per session.

**Contact:** Gai Tangney ([tangneyfamily@gmail.com](mailto:tangneyfamily@gmail.com) or 027 8272 791).



## Plunket Walking Groups

Join us for a walk, discover new places and meet other families in the community while being active with your little ones.

**Contact:** Sarah (027 582 5816 or [sarah.lowrey@plunket.org.nz](mailto:sarah.lowrey@plunket.org.nz)).

### Rolleston

**When:** Thursdays at 9.30am during school term time.

**Where:** Check the Canterbury Plunket Facebook page for the weekly location  
<https://www.facebook.com/canterburyplunket/>

**Cost:** FREE

### Lincoln

**When:** Tuesdays at 10.30am during school term time.

**Where:** Lincoln Plunket Clinic (158 North Belt, Lincoln).

**Cost:** FREE

## Zumba Gold

### Details:

- *Lincoln Primary School:* Tuesdays at 6.15pm.
- *Lincoln Event Centre:* Fridays at 10.25am.

**Cost:** \$10 for a casual session. \$6 per class with a concession card. \$5 for your first class – second class free.

**Contact:** Justine Holmes ([zumbahappywithjustine@gmail.com](mailto:zumbahappywithjustine@gmail.com) or 021 147 0206).

## Foster Parkrun

A FREE, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

**When:** Saturdays at 8am.

**Where:** Foster Park (Broadlands Drive, Rolleston).

 <https://www.parkrun.co.nz/foster/>

## Flex Fitness

Personal training and group fitness classes available. 24/7 access.

### Lincoln

**Where:** 10 Oates Street, Lincoln.

**Contact:** 03 421 5746

 <https://www.flexfitnessgym.co.nz/clubs/lincoln>

### Prebbleton

**Where:** 563 Springs Road, Prebbleton.

**Contact:** 021 862 403.

 <https://www.flexfitnessgym.co.nz/clubs/prebbleton>

### Rolleston

**Where:** 56 Tennyson Street, Rolleston.

**Contact:** 021 409 299.

 <https://www.flexfitnessgym.co.nz/clubs/rolleston>

## Plus Fitness

### Lincoln

**Where:** 8/3 Vernon Drive, Lincoln.

**Contact:** [lincoln@plusfitness.co.nz](mailto:lincoln@plusfitness.co.nz) or 03 321 7006.

 <https://www.plusfitness.co.nz/gyms/lincoln/>

### Rolleston

**Where:** 9/43 Masefield Drive, Rolleston.

**Contact:** [rolleston@plusfitness.co.nz](mailto:rolleston@plusfitness.co.nz) or 03 925 9914.

 <https://www.plusfitness.co.nz/gyms/rolleston/>

## Selwyn Aquatic Centre

Selwyn District Council pool complex with hydrotherapy and spa pools. Lane swimming and aqua fitness classes available.

### Hydro Tone

A gentle exercise class with stretches and resistance-based activities in shallow water. This 45-minute class is designed to increase strength and coordination. A low intensity workout focusing on toning and strengthening. Water 35 to 36 degrees.



### Aqua Fit

A fun, high energy class with a mix of cardio and strength-based movements. This 45-minute class is designed to increase both fitness levels and strength. Water 30 to 31 degrees.



**When:** Check out their website for the current class timetable.

**Where:** Selwyn Aquatic Centre (71 Broadlands Drive, Rolleston).

**Cost:** \$6.60 per class or \$59 for a 10 class concession card.

**Contact:** 03 347 2800.

 <https://www.selwyn.govt.nz/recreation-And-facilities/recreation-And-sport/selwyn-aquatic-centre>



## Zone 8: Ashburton

### Dru Yoga



Dru Yoga is a graceful and potent form of yoga, based on flowing movements, directed breathing and visualisation. This class works on body, mind and spirit—improving strength and flexibility, creating core stability, building a heightened feeling of positivity, and deeply relaxing and rejuvenating your whole being. Janet is a warm and knowledgeable instructor that makes everyone feel welcome.

All classes include 30 minutes of relaxation to finish.

#### When:

- Wednesdays from 10.30am to 12.15pm.
- Wednesdays from 6 to 7.45pm.

**Where:** Tinwald Catholic Church Hall (52 Thomson Street, Ashburton).

**Cost:** \$25 per class. \$20 for seniors/unwaged.

**Contact:** Janet Cross ([janetcrossyoga@gmail.com](mailto:janetcrossyoga@gmail.com) or 027 4347 958).

### Line Dancing Ashburton



This line dancing class is designed to work on co-ordination, fitness and balance all while having fun and being part of a community. These classes start at a beginner level and progressively get more difficult every 30 minutes.

**When:** Mondays from 12.30 to 4.30pm or Wednesdays from 6 to 9pm.

**Where:** Tinwald Memorial Hall (corner of Grahams and McMurdo Streets).

**Cost:** \$5 per class.

**Contact:** Annette (027 4813 131).

### Tai Chi



Tai Chi is an ancient Chinese Tradition that involves a series of movements performed in a slow, focused manner with a strong focus on the breath. These classes are friendly, social and great for all abilities. Tai Chi is recommended for a variety of health conditions. Helens classes include but are not limited to, Tai Chi for Energy, Diabetes, and Osteoporosis. You are welcome to turn up and have a go at any time, Helen hopes to see you there!

#### When:

- *Beginners:* Mondays from 10.30 to 11.30am.
- Mondays from 9.15 to 10.15am.
- Tuesdays from 9 to 10am or 10.30 to 11.30am.

**Where:** Upstairs at St Johns Rooms (Tancred Street, Ashburton – opposite Briscoes).

**Cost:** \$60 per term.

**Contact:** Helen Patterson ([helenpatterson@xtra.co.nz](mailto:helenpatterson@xtra.co.nz) or 027 498 7225).

### Tai Chi and Qigong



A warm and inviting class that encourages you to give it a go and work to your ability. Increasing your mobility, balance and leg strength. Philomena talks you through sequences and can modify exercises to be seated if needed.

#### When:

- Tuesdays from 10 to 11am.
- Wednesdays from 10.45 to 11.45am (mainly seated).
- Thursdays from 10.45 to 11.45am.

**Where:** Ashburton Club and MSA (266 Havelock Street, Ashburton).

**Cost:** \$3 per session.

**Contact:** Philomena McIlroy ([philomena.mcilroy@icloud.com](mailto:philomena.mcilroy@icloud.com) or 0274 087 372).

## CityFitness Ashburton

Fully equipped gym. Classes and Personal Training available. 24/7 access.

**Where:** 257 Moore St, Ashburton

 <https://www.cityfitness.co.nz/>

## Fit-4-Life

Fully equipped gym. Classes and Personal Training available.

**Where:** 69 Harrison St, Allendale

 <https://www.fit4lifestudio.co.nz/>

## EA Networks Centre

Ashburton District Council recreation centre with pools and fully equipped gym. Classes and Personal Training available.

 <https://www.eanetworkscentre.co.nz/>

## Aquafit

Gentle aquatic exercises.

### When:

- *1-hour classes:* Mondays, Wednesdays and Fridays at 10am.
- *Express 30-minute classes:* Mondays, Wednesdays and Fridays at 12.15pm.

**Cost:** \$10 per session. A group exercise membership costs \$14 a week (includes EA gym and aqua classes).

**Contact:** Jenny Soal (03 308 4020).

## Evolve

A functional exercise class using equipment. This class is designed for people who have previously been active and are wanting to gain back the skills they may have lost.

**When:** Tuesdays and Fridays at 11am.

**Cost:** \$10 per session. A group exercise membership costs \$14 a week (includes EA gym and aqua classes).

**Contact:** Jenny Soal (03 308 4020).



## Condition specific classes: Ashburton

### Pink Class (Breast Cancer)

Specifically designed for those who have had or are going through breast cancer

**When:** Wednesdays at 12.15pm.

**Where:** EA Networks Centre (20 River Terrace).

**Cost:** \$10 per session or buy a weekly membership for \$14 per week.

**Contact:** Jenny Soal (03 308 4020).

 <https://www.eanetworkscentre.co.nz/>

### Prost-FIT

Specifically designed for men at any stage of diagnosis or treatment for prostate cancer.

**When:** Mondays at 11am.

**Where:** EA Networks Centre (20 River Terrace).

**Cost:** FREE due to PCFNZ funding.

**Contact:** Jenny Soal (03 308 4020).

 <https://www.eanetworkscentre.co.nz/>

### O2go (Breathing Issues)

For individuals with breathing issues. Requires a Te Whatu Ora Waitaha referral.

**When:** Wednesdays at 10.15am

**Where:** EA Networks Centre (20 River Terrace)

**Cost:** \$2 per session if referred by DHB

**Contact:** Jenny Soal (03 308 4020).

 <https://www.eanetworkscentre.co.nz/>

### Aqua Rehab by Greta Curry

Rehabilitation-focused aqua class.

**When:** Tuesdays at 9am

**Where:** EA Networks Centre (20 River Terrace).

**Cost:** \$10 per sessions or buy a weekly membership for \$14 per week.

**Contact:** Jenny Soal (03 308 4020).

 <https://www.eanetworkscentre.co.nz/>

# Condition specific classes: Selwyn-Christchurch-Waimakariri

## Arthritis

### Good Life with Arthritis: Denmark (GLA:D)

This six-week programme incorporates an initial assessment, 12 exercise and two education sessions. It was developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms – regardless of severity.

The programme is run by Physiotherapists from You First Physio. GLA:D consists of small group neuromuscular and strength training to improve muscle control of the impacted joints. The programme also includes education sessions on osteoarthritis and how to retain the improvements outside of the programme.

**When:** Monday and Thursday at 10.30am or 6pm.

**Where:** Longhurst Health (53 Caulfield Avenue, Halswell).

**Cost:** \$480 per person.

**Contact:** 03 595 0050.

 <https://youfirstphysio.co.nz/services/glad-in-new-zealand/>

### Hydrotherapy Support Group

These classes are led by volunteers and designed to help manage pain and improve mobility. GP approval is required but self-referral possible. The organiser can help you to get sign off from your GP.

**When:**

- Mondays from 4 to 5pm or 5 to 6pm
- Saturdays from 9 to 10am.

**Where:** Burwood Hospital Hydrotherapy Pool.

**Cost:** \$3 per session.

**Contact:** Lesley (03 383 1991).

## Cancer

### Blue Brothers – City

Blue Brothers is a charitable, not-for-profit organisation offering well-being and camaraderie to men living with cancer. They offer FREE exercise classes.

**When:** Tuesdays at 11am

**Where:** Affinity Fitness (107 Blenheim Road, Central City)

**Cost:** No charge

**Contact:** Dave Cattermole ([david@bluebrothers.org.nz](mailto:david@bluebrothers.org.nz) or 027 202 7525).

 <https://www.bluebrothers.org.nz/classes>

### Active Health – Burnside

Next Steps and Targeted classes are led by a Certified Cancer Rehabilitation Physiotherapist from Active Health.

Funding for one term of classes is available from Pinc and Steel Cancer Rehabilitation Foundation for each client.

**Time:** Thursdays from 11.30am to 12.20pm.

**Where:** Jellie Park Recreation Centre (295 Ilam Road, Burnside).

**Contact:** Susan Larson ([susan@activehealth.co.nz](mailto:susan@activehealth.co.nz)).

 <https://activehealth.co.nz/christchurch/>

## Live Stronger (Breast Cancer)

Live Stronger is regular ongoing class for women diagnosed with Breast Cancer at any stage of treatment or recovery.

All fitness levels and ages are catered for.

**When:** Saturdays at 11.30am.

**Where:** YMCA Bishopdale (13a Bishopdale Court, Bishopdale – behind Bishopdale Mall).

**Cost:** \$12 per session.

**Contact:** Kris Tynan ([kris@eamnz.com](mailto:kris@eamnz.com) or 021 262 8886).

 <https://www.exercisemedicinenz.com/>

## Prost-FIT – Bishopdale (Prostate Cancer)

This FREE class is for men living with prostate cancer - at any stage of diagnosis and treatment. The class includes elements of cardio, resistance, ball activities, brain training and other modalities to improve strength, balance and stamina.

**When:** Wednesdays at 1pm.

**Where:** YMCA Bishopdale (13a Bishopdale Court, Bishopdale – behind Bishopdale Mall).

**Contact:** Tim Webster ([tim@eamnz.com](mailto:tim@eamnz.com) or 021 0228 2551).

 <https://www.exercisemedicinenz.com/>

## Prost-FIT – Lincoln (Prostate Cancer)

This FREE class is for men living with prostate cancer - at any stage of diagnosis and treatment. The class includes elements of cardio, resistance, ball activities, brain training and other modalities to improve strength, balance and stamina.

**When:** Thursdays at 5pm.

**Where:** Lincoln Events Centre (15 Meijer Drive, Lincoln).

**Contact:** Ingrid Phelan ([phatsk8rollerdiscos@gmail.com](mailto:phatsk8rollerdiscos@gmail.com) or 027 387 0065).

## Active Health – Rangiora

Next Steps and Targeted classes are led by a Certified Cancer Rehabilitation Physiotherapist from Active Health. Funding for one term of classes is available from Pinc and Steel Cancer Rehabilitation Foundation for each client.

**When:** Tuesdays from 4 to 5pm.

**Where:** Rangiora Fitness Centre (345 Flaxton Road, Rangiora).

**Contact:** Susan Larson ([susan@activehealth.co.nz](mailto:susan@activehealth.co.nz)).

 <https://activehealth.co.nz/christchurch/>

## Blue Brothers – Rangiora

Blue Brothers is a charitable, not-for-profit organisation offering well-being and camaraderie to men living with cancer. They offer FREE exercise classes.

**When:** Mondays and Fridays 8.15am.

**Where:** MainPower Stadium (Rangiora).

**Cost:** No charge.

**Contact:** Dave Cattermole ([david@bluebrothers.org.nz](mailto:david@bluebrothers.org.nz) or 027 202 7525).

 <https://www.bluebrothers.org.nz/classes>

# Diabetes

## Armchair Exercise Group

Gentle seated exercises for people with diabetes. Everyone most welcome, tea and coffee provided. Great social and interactive fun group, plus easy accessibility and parking.

**Time:** Fridays from 10.15 to 11.30am.

**Where:** Diabetes Centre (21 Carlyle Street, Sydenham).

**Cost:** \$4 per session.

 <https://www.diabeteschristchurch.co.nz/>

## Heart and Vascular Conditions

### Cardiac Companions

Peer group support and occasional social outings and events. Support of heart patients in need of financial help. A visiting and transport service for heart patients. Supervised weekly exercise programme.

#### Details:

- *Burwood Hospital Pool*  
Monday and Wednesdays at 7.15pm.
- *Gym aerobic exercise at Burwood*  
Monday at 7.30pm.
- *Class based aerobic exercise at Avonhead Baptist Church Hall (102 Avonhead Road)*  
Fridays at 10am

**Cost:** \$5 per session. Annual subscription is \$15 for individuals or \$25 for couples.

**Contact:** Christine Hart or Drew White ([cardiac.companions@gmail.com](mailto:cardiac.companions@gmail.com) or 020 4012 3208).

### Living Well Rangiora

An exercise and peer support group for people living with heart failure in North Canterbury. It includes 45 minutes of exercise tailored for people living with heart failure followed by tea and coffee.

**When:** Tuesdays at 10.30am.

**Where:** McAlpines Pipe Band Hall (8A Ashley Street - in the Rangiora New World carpark).

**Cost:** \$7 or koha per session.

**Contact:** Sadie Ross ([Sadie.Ross2@cdhb.health.nz](mailto:Sadie.Ross2@cdhb.health.nz) or 027 501 3173).

### Oranga Tonutanga

An exercise and peer support group for Māori living with heart failure in Ōtautahi. It includes a 45-minute exercise class, followed by kai and kōrero.

**When:** Fridays at 10.30am.

**Where:** Aranui Wainoni Community Centre (31 Hampshire Street, Aranui).

**Cost:** FREE.

**Contact:** Leilani ([leianir@tepuawaitanga.maori.nz](mailto:leianir@tepuawaitanga.maori.nz) or 021 922 531).

### On the Go Physio

On the Go Physio has partnered with Te Whatu Ora to offer fully funded exercise classes for people with vascular disease. These classes are an intensive 12 weeks long programme with classes twice a week.

Classes can be accessed via a GP referral. On the Go Physio can also see privately paying clients for an individual programme and plan.

**Contact:** 0800 000 856.

 <https://onthegophysio.co.nz/>

# Neurological Issues including Parkinson's or Stroke

## Addington HITT (Parkinson's)

These are high intensity classes that require an assessment prior to joining.

**When:** Tuesdays and Thursdays at 10am.

**Where:** On the Go Physio (47 Whiteleigh Avenue, Addington).

**Cost:** \$15 per session.

**Contact:** On the Go Physio (0800 000 856).

 <https://onthegophysio.co.nz/>

## Neurogym

This programme is for those who are recovering from a stroke or other neurological conditions. The programme works on a drop-in basis during the specified time slot. Support people and helpers are very welcome.

Please contact Tim before attending to discuss your specific needs.

**When:** Mondays and Thursdays from 10.30am to 2.30pm.

**Where:** YMCA Bishopdale.

**Cost:** \$15 per session.

**Contact:** Tim Webster ([tim@eamnz.com](mailto:tim@eamnz.com) or 021 0228 2551).

 [www.exercisemedicinenz.com](http://www.exercisemedicinenz.com)

## Parkinson's Plus

This is a high intensity class that has been developed for people who want to challenge themselves mentally and physically.

Please contact Tim before attending your first class.

**When:** Tuesday from 12.15 to 1.15pm.

**Where:** Hale Conditioning Compound (27 Osbourne Street, Waltham).

**Cost:** \$25 per session.

**Contact:** Tim Webster ([tim@eamnz.com](mailto:tim@eamnz.com) or 021 0228 2551).

 <https://www.exercisemedicinenz.com/>

## Play with Purpose (Parkinson's)

This is an advanced movement-based class for functional Parkinson's people who want to stay that way. Support people or helpers are very welcome.

Please contact Tim before attending your first class.

**When:** Wednesdays from 11.15am to 12.15pm.

**Where:** YMCA Bishopdale (13a Bishopdale Court, Bishopdale – behind Bishopdale Mall).

**Cost:** \$12 per session.

**Contact:** Tim Webster ([tim@eamnz.com](mailto:tim@eamnz.com) or 021 0228 2551).

 <https://www.exercisemedicinenz.com/>

## Tai Chi for Parkinson's and MS

**When:** Tuesdays at noon.

**Where:** BrainTree Wellness Centre (70 Langdons Road, Papanui).

**Cost:** \$12 for a casual session.

**Contact:** Roger Chance ([pilatesroger@gmail.com](mailto:pilatesroger@gmail.com)).

# Respiratory

## Community Respiratory Support and Exercise Groups

It is important for individuals with breathing disorders to keep and enhance their physical fitness. In Canterbury, there are community groups that offer support and exercise classes led by volunteers or professionals. These classes typically include exercises with medium to light weights, therabands, stress balls, and scarves.

**Where:** Christchurch, Kaiapoi, Amberley, Rangiora, Darfield, and Ashburton.

**Cost:** From \$2 to \$5.

**Contact:** Catherine Harrison (03 353 9973).

## Respiratory Relief Society: A Breath of Fresh Air

For people with respiratory and other related health conditions.

### Details:

- *St Albans Uniting Church (36 Nancy Avenue, Mairahau)*  
Tuesday from 1 to 2.15pm.
- *Pioneer Recreation Centre (75 Lyttleton Street)*  
Thursday from 1 to 2.15pm.

**Cost:** \$4 per session.

**Contact:** David Chen (03 332 4471 or 021 217 3955).

## Better Breathing Funded Pulmonary Rehabilitation Programme

Canterbury Clinical Network offers this 8-week programme for people with long-term chest conditions. This programme can help you to improve your breathing and fitness if you have a breathing problem.

Each weekly session includes an hour of exercise followed by half an hour of education and discussion of various breathing topics. Times and locations vary.

**Note:** There are entry requirements for this programme.

**Contact:** Catherine Harrison (03 353 9973).



# Condition Specific Agencies


## BrainTree Wellness Centre

This is a newly built facility supporting people living with neurological conditions.

Tenants include:

- Multiple Sclerosis and Parkinson's Canterbury (<https://ms-pd.org.nz/>);
- Dementia Canterbury (<https://dementiacanterbury.org.nz/>); and
- The Stroke Foundation NZ (<https://www.stroke.org.nz/>).

**Where:** 70 Langdons Road, Papanui.

 <https://www.canterburybraincollective.org/>

## Christchurch Kidney Society

**Where:** 1/10 Yukon Place, Hornby.

**Contact:** 03 341 0906 or [christchurch.kidney.society@gmail.com](mailto:christchurch.kidney.society@gmail.com)

 <https://www.christchurchkidneysociety.co.nz/>

## The Cancer Society Canterbury-West Coast

**Where:** Daffodil House (91 Papanui Road, Papanui).

**Contact:** 03 379 5835 or [contact@cancercwc.org.nz](mailto:contact@cancercwc.org.nz)

 <https://www.cancer.org.nz/about-us/find-a-cancer-society-office-near-you/christchurch/>

## Diabetes Christchurch

**Where:** 21 Carlyle Street, Sydenham.

**Contact:** 03 925 9972 or [info@diabeteschristchurch.co.nz](mailto:info@diabeteschristchurch.co.nz)

 <https://www.diabeteschristchurch.co.nz/>

## The Heart Foundation

**Where:** Unit 5, 357 Madras Street, Central City.

**Contact:** 03 366 2112.

 <https://www.heartfoundation.org.nz/>

## Mental Health Education and Resource Centre (MHERC)

**Where:** Level 1, 12 Hazeldean Road, Addington.

**Contact:** 03 365 5344 or 0800 424 399.

 <https://mherc.org.nz/>