

## 2024 Better Breathers Exercise Class Timetable

Do you have COPD, Asthma, or a breathing condition?

### Better Breathers Class

*Guided exercise class*

Club Waimea, 345 Queen Street Richmond

**Wednesdays 11.15am – 12.15pm**

*(During school terms)*

<b>April</b>	10 <sup>th</sup> (Held at Nelson Reformed Church, 1pm)
<b>May</b>	1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>
<b>June</b>	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>
<b>July</b>	3 <sup>rd</sup> , 24 <sup>th</sup> , 31 <sup>st</sup>
<b>Aug</b>	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>
<b>Sept</b>	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>
<b>Oct</b>	16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup>
<b>Nov</b>	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>
<b>Dec</b>	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup>

### Better Breathers Circuit

*Circuit exercise class*

Club Waimea, 345 Queen Street Richmond

**Tuesdays and Fridays 10am to 11am (During school terms)**

<b>April</b>	2 <sup>nd</sup> , 5 <sup>th</sup> , 9 <sup>th</sup> , 12 <sup>th</sup> , 30 <sup>th</sup>
<b>May</b>	3 <sup>rd</sup> , 7 <sup>th</sup> , 10 <sup>th</sup> , 14 <sup>th</sup> , 17 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> , 31 <sup>st</sup>
<b>June</b>	4 <sup>th</sup> , 7 <sup>th</sup> , 11 <sup>th</sup> , 14 <sup>th</sup> , 18 <sup>th</sup> , 21 <sup>st</sup> , 25 <sup>th</sup>
<b>July</b>	2 <sup>nd</sup> , 5 <sup>th</sup> , 23 <sup>rd</sup> , 26 <sup>th</sup> , 30 <sup>th</sup>
<b>Aug</b>	2 <sup>nd</sup> , 6 <sup>th</sup> , 9 <sup>th</sup> , 13 <sup>th</sup> , 16 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> , 30 <sup>th</sup>
<b>Sept</b>	3 <sup>rd</sup> , 6 <sup>th</sup> , 10 <sup>th</sup> , 13 <sup>th</sup> , 17 <sup>th</sup> , 20 <sup>th</sup> , 24 <sup>th</sup> , 27 <sup>th</sup>
<b>Oct</b>	15 <sup>th</sup> , 18 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>
<b>Nov</b>	1 <sup>st</sup> , 5 <sup>th</sup> , 8 <sup>th</sup> , 12 <sup>th</sup> , 15 <sup>th</sup> , 19 <sup>th</sup> , 22 <sup>nd</sup> , 26 <sup>th</sup> , 29 <sup>th</sup>
<b>Dec</b>	3 <sup>rd</sup> , 6 <sup>th</sup> , 10 <sup>th</sup> , 13 <sup>th</sup> , 17 <sup>th</sup>

**Please note there is no class on public holidays:  
28<sup>th</sup> June. No class 24<sup>th</sup> May, 23<sup>rd</sup> Aug, 25<sup>th</sup> Oct.**

### Motueka Better Breathers Class

**Held on Mondays (During school term) 11:30am to 12:30pm**

Motueka Recreation Centre Gym- 'Functional Fitness Room', Old Wharf Road. **Car park entry to the room is available.**

<b>April</b>	8 <sup>th</sup> , 29 <sup>th</sup>	<b>July</b>	1 <sup>st</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>	<b>Oct</b>	14 <sup>th</sup> , 21 <sup>st</sup>
<b>May</b>	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	<b>Aug</b>	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>	<b>Nov</b>	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>
<b>June</b>	10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>	<b>Sept</b>	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup>	<b>Dec</b>	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup>

**Please note there is no class on public holidays: 3<sup>rd</sup> June, October 28<sup>th</sup>**

### Nelson Sing Your Lungs Out- Singing Class (Term 2, 2024 Dates)

Club Waimea, Waimea Room, 345 Queen Street Richmond, **Wednesdays 10.00am to 11am (During school terms)**

<b>May</b>	1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>	<b>June</b>	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>	<b>July</b>	3 <sup>rd</sup>
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**(Please email [asthma.nelson@xtra.co.nz](mailto:asthma.nelson@xtra.co.nz) for future dates)**

**Better Breathers Class:** \$5 per class  
**Nelson Asthma Society Membership:** \$15

**Better Breathers Circuit:** \$6 per class, per person  
**Classes can be subject to change. No bookings required.**

**ACC Approved classes**

**LIVE STRONGER FOR LONGER**  
PREVENT FALLS & FRACTURES



**nelson asthma society inc**

## What Happens at a Better Breathers class or circuit?

- Better Breathers Class is a 60-minute series of guided exercises specifically designed to help those with breathing difficulties.
- A trained, experienced, and friendly instructor leads a series of upper body exercises designed to free-up muscles and improve circulation. A focus is on 'thoracic mobility' which involves the muscles surrounding your lungs, abdomen, back, shoulders and neck.
- These exercises can be done seated or standing using a chair for support. Or a in a circuit format at the circuit classes.
- Balance exercises are included to help reduce your risk of falling.
- Diaphragmatic breathing, also called Belly Breathing is taught to help learn the art of correct breathing.
- Reducing tension or stress can help better breathing, so the relaxation component is aimed at gradually reducing stress and anxiety in all muscles of the body.

## Why should I attend?

Keeping active can be daunting and even frightening for those with breathing challenges. The Better Breathers class helps you learn and practice beneficial exercises, so you gradually become more active. You will gain confidence to practice exercises at home, you get to talk with others with similar challenges, and you get information from trained professionals.

## Comments from participants

- *"I feel better after doing the exercises and I've made new friends"*
- *"I feel looked after at the sessions and the exercises are a comfortable level for me"*
- *"I feel more flexible and enjoy the stretching exercises"*
- *"I have learnt about getting healthy and staying as fit as I can"*
- *"I feel encouraged to practice regularly"*

**We look forward to seeing you there!**

The Nelson Asthma Society and the Better Breathers Class is supported by Nelson Bays Primary Health

[www.nbph.org.nz](http://www.nbph.org.nz)