Diabetes Friendly

Classes, Activities and Trainers

DIABETES FRIENDLY
class/activity/trainer

Version 1.2 – July 2026

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

Challenge Diabetes – Move Happy

The Challenge Diabetes Move Happy campaign from Active Canterbury is designed to encourage people with pre or type 2 diabetes to embrace regular physical activity for them and their whanau as part of the management of their condition.

Pre-diabetes and type 2 diabetes are growing concerns for the health of our community and movement is an important and simple way to help manage these conditions. This is why the Active Canterbury Network has chosen to focus specifically on these conditions and create this directory of Diabetes Friendly classes, activities and trainers.

To be listed on this directory the leader, instructor or trainer must have completed an upskilling workshop on Diabetes and Exercise, either via an in-person workshop or online.

The power of exercise in a class or group

This directory aims to encourages people with pre-diabetes or type 2 diabetes to find appropriate classes or groups to increase their movement.

Group leaders will ensure participants are working at an appropriate level and provide modifications as necessary. 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.

Forging connections in your area

It is our hope that the compilation of this directory will enable people who work within the diabetic community to seek out the exercise providers who have upskilled around diabetes and exercise and forge relationships to better serve our common goal of supporting Cantabrians become more active more often.

Updating the directory over the coming months

The directory will be regularly updated as more diabetes friendly classes, activities and trainers come on board. Initially only a few will be listed but we hope this will grow in number over time.

Nurse Maude Community Diabetes Team

The Nurse Maude Community Diabetes Team supports those with type 2 Diabetes in Canterbury through:

- Consultations to help manage and review treatment plans.
- Education sessions to help build knowledge and confidence – including if you are newly diagnosed.
- Dietitian assessments and tailored nutrition advice.

Ask your GP or practice nurse for a referral to the Nurse Maude Community Diabetes Service.

Find out more about the Nurse Maude Community Diabetes Team.

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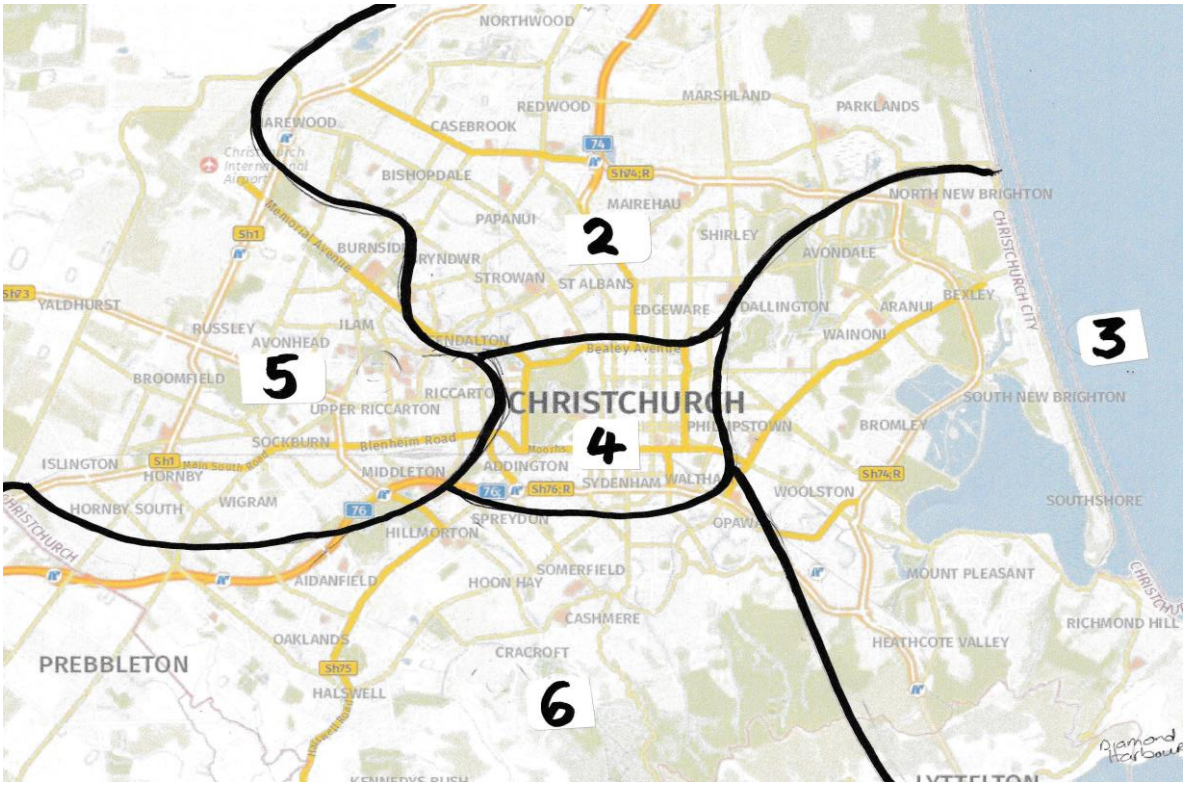

Zone 1 (NOT SHOWN ON MAP) Rangiora-Pegasus-Woodend-Kaiapoi [Waimakariri DC]

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

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Zone 7 (NOT SHOWN ON MAP) Prebbleton-Lincoln-Rolleston-Springfield [Selwyn DC]

Zone 8 (NOT SHOWN ON MAP) Ashburton [Ashburton DC]

Zone 1: Waimakariri (Rangiora-Pegasus-Woodend-Kaiapoi)

Circuits for Seniors

A Strength and balance circuit class for seniors.

When: Mondays at 9am
Where: Woodend Community Centre (6 School Road, Woodend)
Cost: $10.

Contact: Nicola Taylor (nicolaparkin06@icloud.com).

Let's Move and Connect Dance Fitness

A fun dance fitness class suitable for all ages and all levels of fitness.

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 or Sundays at 6.30pm.

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

Contact: Miranda Donnell (letsmoveandconnect@gmail.com).

Let's Move and Get Strong

A fun community-based class that combines movement (with and without chairs), balance work and strength exercises using weights, resistance bands and more to target key muscle groups that support everyday life.

Dates and Times:

- Mondays at 10am
- Thursdays at 11am.

Location: Rangiora Methodist Church Hall (176 King Street, Rangiora).
Cost: First class is FREE. $7 for a casual session or $60 for 10 classes.

Contact: Miranda Donnell (letsmoveandconnect@gmail.com).

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

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

Blue Brothers

A circuit based session including strength, cardio and mobility activities. All levels welcome.

When: Thursdays at 10am.
Where: Braintree Wellness Centre (70 Langdons Road, Papanui).
Cost: FREE.

Contact: gill@bluesbrothers.org.nz.

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

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 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: $80 for 10 weeks.

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

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 or 027 710 0042).

Your Space Pilates

Seated and mat-based classes aimed at increasing balance, and core and leg strength. Each session is grounded in the six principles of Pilates, and emphasises breathing, centering, control, and concentration to encourage mindful, effective movement. Designed to be accessible for all bodies and aims to gently support circulation, posture, coordination, and overall health.

Bring your own mat, bands and Pilates circles.

Seated Pilates

This is a supportive, chair-based Pilates class that builds strength, flexibility, and balance. The class also includes optional standing exercises to develop balance, leg strength, and flexibility.

Mat Pilates

This is a classical mat Pilates class focused on building strength, flexibility, and balance through controlled, precise movement. The class also incorporates standing work to develop balance, leg strength, and mobility.

When:

- Mat Class: Mondays at 9.30am and Thursdays at 12.10pm.
- Seated Class: Thursdays at 11.15am.

Where: Mary Potter Centre (442 Durham Street North, St Albans).
Cost:

- Seated classes: $160 for 10 sessions.
- Mat classes: $190 for 10 sessions. Discount available for those with a Community Services Card.

Online mat classes also available Monday to Thursday for $180 for 10 sessions.

Contact: Mary Griffiths-Hurrell (yourspacepilates@gmail.com or 0220150743).

https://www.yourspacepilates.co.nz/

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

DIY Dance NZ

Come along with a non-judgy daytime boogie. Dance however you dance.

When: Mondays from 6.30 to 7.15pm.
Where: Bromley Community Centre (45 Bromley Road, Bromley).

Contact: Jan Adams (diydancenz@gmail.com).

Move It or Lose It Burwood

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: Wednesdays from 9.30 to 10.30am, or 10.45am to 11.45am.
Where: St Paul's Lutheran Church (130 Burwood Road, Burwood).
Cost: $3 per session.

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

Tai Chi

Class is based on Yang Tai Chi movements. All moves are adaptable. Fun, enjoyable class suited for anyone.

When: Mondays at 10am.
Where: Heathcote Church Hall (105 Bridle Path Road, Heathcote Valley).
Cost: $15 per session or $72 for 6 sessions.

Contact: Lee de Jager (larnajack@hotmail.com).

Use it or Lose it

A class for older adults who want to stay strong and functional as they age. Strength, balance, co-ordination and brain training is all part of the mix.

When: Fridays at 11am.
Where: Club Redcliffs (9 James Street, Redcliffs).
Cost: $10 per session.

Contact: Kris Tynan (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 noon.
Where: Club Redcliffs (9 James Street, Redcliffs).
Cost: $10 per session.

Contact: Kris Tynan (kris@eamnz.com or 021 262 8886).

https://www.exerciseasmedicinenz.com/

Your Space Pilates

Seated and mat-based classes aimed at increasing balance, and core and leg strength. Each session is grounded in the six principles of Pilates, and emphasises breathing, centering, control, and concentration to encourage mindful, effective movement. Designed to be accessible for all bodies and aims to gently support circulation, posture, coordination, and overall health.

Seated Pilates

This is a supportive, chair-based Pilates class that builds strength, flexibility, and balance. The class also includes optional standing exercises to develop balance, leg strength, and flexibility.

Mat Pilates

This is a classical mat Pilates class focused on building strength, flexibility, and balance through controlled, precise movement. The class also incorporates standing work to develop balance, leg strength, and mobility.

When:

- Mat Class: Wednesdays at 9.30am.
- Seated Class: Wednesdays at 10.30am.

Where: Scoop Pilates Studio (2/21-23 The Estuary, Ferrymead).
Cost:

- Seated classes: $165 for 10 sessions.
- Mat classes: $190 for 10 sessions.

Personal sessions available for $90. Online mat classes also available Monday to Thursday for $180 for 10 sessions.

Contact: Mary Griffiths-Hurrell (yourspacepilates@gmail.com or 022 015 0743).

https://www.yourspacepilates.co.nz/

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

Use it or Lose it

A class for ladies that want to stay mobile and strong as they age. 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: $10 per session.

Contact: Kris Tynan (kris@eamnz.com or 021 262 8886).

https://www.exerciseasmedicinenz.com/

Elevate Fitness Papa Hou (The Kind Foundation)

Fully equipped gym. Personal training (for $70 per hour) and classes available.

Where: First Floor, 4 Rolleston Avenue, Central City.

Contact: elevate@thekindfoundation.org.nz or 03 963 2823.

https://thekindfoundation.org.nz/our-places/elevatepapahou/

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: $10 for a Life Fit casual session. Concession cards available.

https://thekindfoundation.org.nz/what-we-offer/life-fit/

Move Ōtautahi

MOVE is an all-inclusive home for Ōtautahi Christchurch's vibrant and growing artistic movement community: dance, circus, acrobatics and more. You can purchase a concession card to get your 10th class FREE – valid for 12 months.

Note: Move has an independent online booking system and so you can't sign up or pay for classes at Parakiore reception.

Where: Level 2 at Parakiore (50 St Asaph Street, Central City).

https://move.org.nz/classes/

Shuffling

This low impact class has a fun dance style set to electronic dance music – think the "running-man" and the Charleston. It's perfect for sneaking cardio into your routine! We build balance and co-ordination using rhythmic footwork with modifications to suit all levels. Tutor Shannon creates accessible, playful, inclusive, expressive spaces for self-discovery.

When: Mondays at 5pm.
Cost: $15 per session.

https://move.org.nz/class/shuffling/

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

Armchair Exercise Group

75-minutes of 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 at 10am.
Where: Diabetes Centre (35A Leslie Hills Drive, Riccarton).
Cost: $5 per session.

Contact: Janet Straight (nzgymjunkie@yahoo.co.nz or 027 623 8826).

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

Move It Or Lose It (formerly the Fun Fit Group)

A 60-minute 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 1.30pm.
Where: 126 on the Corner | Hei Hei Broomfield Community Hub (26 Hei Hei Road, Hei Hei).
Cost: $2 per session.

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

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

Seated Exercise

60-minutes of gentle seated exercises with a great social and interactive fun group. Everyone most welcome, tea and coffee provided.

Details:

- *St Nicholas Anglican Church (231 Barrington Street, Somerfield):* Tuesdays at 10am.
- *St Martins Presbyterian Church (43 St Martins Road, St Martins):* Thursdays at 1.30pm.

Cost: $5 per session.

Contact: Janet Straight (nzgymjunkie@yahoo.co.nz or 027 623 8826).

Pioneer Recreation and Sports Centre

Christchurch City Council recreation centre with pools and fully equipped gym. Specialised personal training available with Chris Webb (chris.webb@ccc.govt.nz).

Where:75 Lyttleton Street, Somerfield

Contact: 03 941 7020.

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

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

Blue Brothers

A circuit based session including strength, cardio and mobility activities. All levels welcome.

When: Tuesdays at 2pm.
Where: Selwyn Sports Centre (70 Broadlands Drive, Rolleston).
Cost: FREE.

Contact: gill@bluesbrothers.org.nz.

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

Bodypump

A 60-minute barbell strength workout to music. Lots of options and participant chooses their own weight selection.

When: Mondays and Wednesdays at 5.30pm.
Where: Lincoln Events Centre (15 Meijer Drive, Lincoln).
Cost: $7.20 per class. $64.80 for a 10-class concession card for Supergold, Community Services or Hāpai Card holders.

https://www.selwyn.govt.nz/recreation-And-facilities/recreation-And-sport/group-fitness

CanMove

A circuit based session including strength, cardio and mobility activities. All levels welcome.

When: Tuesdays at 10am.
Where: Selwyn Sports Centre (70 Broadlands Drive, Rolleston).
Cost: FREE.

Contact: Ainsley Burton (ainsley@rejuvenateyou.co.nz).

Mature and Motivated

This is a fun and social low impact class aimed at 60 years and over or anyone getting back into fitness. Great for heart health, strength and balance.

Darfield

When: Mondays and Wednesdays at 10am.
Where: Darfield Recreation and Community Centre (North Terrace, Darfield).
Cost: $7.20 per class. $64.80 for a 10 class concession card for Supergold, Community Services or Hāpai Card holders.

Contact: 027 535 8379.

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 or 03 347 2983.

Rolleston

When: Tuesdays and Fridays at 11am.
Where: Selwyn Sports Centre (70 Broadlands Drive, Rolleston).
Cost: $7.20 per class. $64.80 for a 10-class concession card for Supergold, Community Services or Hāpai Card holders.

Contact: 03 347 2888.

West Melton

When: Mondays at 10.15am or Wednesdays at 11am.
Where: West Melton Community and Recreation Centre.
Cost: $7.20 per class. $64.80 for a 10-class concession card for Supergold, Community Services or Hāpai Card holders.

Contact: Kim Roberts (kim.roberts@selwyn.govt.nz or 03 347 1804).

RejuvenateYou Circuit Session

This is a Circuit based session including strength, cardio, tabata, and stretch and release activities. All levels welcome.

When: Tuesdays at 6.30am or Wednesdays at 9am.
Where: RejuvenateYou Health Fitness and Wellbeing Studio (17 Domain Road, Springfield).
Cost: $15 per session.

Cancer Session

When: Mondays at 1pm.
Where: RejuvenateYou Health Fitness and Wellbeing Studio (17 Domain Road, Springfield).
Cost: FREE.

Contact: Ainsley Burton (ainsley@rejuvenateyou.co.nz).

https://rejuvenateyou.co.nz/

Senior Strength and Balance

This class focusses on movement to improve strength and balance, including gentle aerobics.

When: Mondays from 10.10am to 11.10am.
Where: Lincoln University Gym (LU Gym).
Cost: $10 per session.

Contact: Justine Holmes (zumbahappywithjustine@gmail.com or 021 147 0206).

https://www.selwyn.govt.nz/recreation-And-facilities/recreation-And-sport/group-fitness

Zumba Gold

45-minute dance fitness class including movements for strength and balance.

Details:

- *Lincoln Primary School:* Tuesdays at 6.15pm.
- *Lincoln Event Centre:* Fridays at 9.30am.

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 or 021 147 0206).

Selwyn Sports Centre

Where: 70 Broadlands Drive, Rolleston.

Contact: 03 347 2800.

https://www.selwyn.govt.nz/recreation-And-facilities/recreation-And-sport/selwyn-sports-centre

Shapes

A 30-minute class fusing of Pilates, Bar and Power Yoga. Lots of options and modifications throughout this targeted strength workout.

When: Check out the website for the current class timetable.
Cost: $7.20 per class. $64.80 for a 10-class concession card for Supergold, Community Services or Hāpai Card holders.

Zone 8: Ashburton

EA Networks Centre

Ashburton District Council recreation centre with pools and fully equipped gym. Personal Training ($70 per hour) and classes available.

Where: 20 River Terrace, Ashburton.

Contact: 03 308 4020

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

AquaFit

This 45-minute workout enhances co-ordination, cardiovascular fitness, general fitness and muscle toning. This combination of shallow and deep-water class is ideal for all fitness levels – from beginners to advanced.

When: Mondays, Wednesdays and Fridays at 10am and 12.15pm.
Cost: $8 per session. A pool membership starts at $15.70 a week and includes aqua fitness classes.

Contact: Meghan Anderson (eanccsr@adc.govt.nz).

AquaHITT

This 30-minute workout includes a combination of shallow and deep-water interval and circuit training.

When: Mondays and Thursdays at 5.45pm.
Cost: $8 per session. A pool membership starts at $15.70 a week and includes aqua fitness classes.

Contact: Mel Perriton (eanccsr@adc.govt.nz).

AquaMove

This 45-minute deep-water class is designed for the more mature client, injury rehabilitation or pregnancy. Designed to increase general mobility and flexibility as well as cardiovascular fitness.

When: Mondays, Wednesdays and Fridays at 7am and 7.50am.
Cost: $8 per session. A pool membership starts at $15.70 a week and includes aqua fitness classes.

Contact: Angela Reid (eanccsr@adc.govt.nz).

Couch to Wellness

This FREE programme is all about starting where you're at. With guidance from our team and support from others on the same journey, you'll build fitness, confidence, and healthy habits in a friendly, encouraging environment.

When: Fridays at 1.30pm (during term time only).
Cost: FREE.

Contact: Julie Williams (eanccsr@adc.govt.nz).

Daffodil Wahine

This group is all about supporting women on their wellness journey. With guided exercise and a friendly group atmosphere, it's a safe, encouraging space to build strength, confidence, and wellbeing.

When: Wednesdays at 12.15pm.
Cost: FREE.

Contact: Arianna McAlpine (eanccsr@adc.govt.nz).

Evolve

Get help to build strength, improve balance, and enhance coordination through safe, structured exercises designed to support everyday movement and long-term wellbeing.

When: Tuesdays at 1pm.
Cost: $14.50 per session. A group exercise membership starts at $17.30 a week (includes EA gym and aqua classes).

Contact: Guy Ohana (eanccsr@adc.govt.nz).

FitMums

A safe and supportive class designed to help mums return to exercise, rebuild strength, and improve fitness at their own pace.

When: Thursdays at 10.45am (during term time only).
Cost: $100 for 8 weeks.

Contact: Emily Collins (eanccsr@adc.govt.nz).

Les Mills Body Pump

New to weights? BodyPump is a great place to start. With adjustable weights and guided instruction, you can progress at your own pace while improving strength, confidence, and fitness.

Details:

- Mondays at 5.30pm with Julie Williams;
- Tuesdays at 9.15am with Emily Collins; and
- Thursdays at 9.15am with Emily Collins.

Cost: $14.50 per class. A group exercise membership starts at $17.30 a week (includes EA gym and aqua classes).

Contact: eanccsr@adc.govt.nz

Sprint

Join this 30-minute HITT class on a bike.

When: Mondays, Wednesdays and Fridays at 12.15pm.
Cost: $14.50 per session. A group exercise membership starts at $17.30 a week (includes EA gym and aqua classes).

Contact: Angela Reid (eanccsr@adc.govt.nz).

Revolution

Build strength, improve endurance, and boost fitness with this structured circuit-based workout designed to challenge your whole body and deliver real results.

When: Wednesdays at 5.30pm.
Cost: $14.50 per class. A group exercise membership starts at $17.30 a week (includes EA gym and aqua classes).

Contact: Emily Collins (eanccsr@adc.govt.nz).