



Exercise Oncology Aotearoa

Personalised movement for better cancer care

Christchurch Cancer Related Community Exercise Providers (Updated May 2026)

Individual services (Physiotherapy and Exercise Physiology)

Certified Cancer Rehabilitation Physiotherapists

Pinc and Steel Cancer Rehabilitation Physiotherapists

Make a referral: <https://www.pincandsteeducation.com/referral-form/>

Patient registration: <https://www.pincandsteel.com/make-an-enquiry-register/>

Information on Pinc and Steel rehab: <https://www.pincandsteel.com/programs/>

Locations: available clinics throughout NZ <https://www.pincandsteel.com/find-a-physio/>

Active Health: Christchurch (St Albans) and Rangiora

Offers individual Pinc sessions (for women), Steel sessions (for men), and group exercise classes (Next Steps and Targeted Circuit classes)

Offers Pelvic Health Physiotherapy (Susan and Ashley)

Offers BOOST Cancer Rehabilitation Program (Life insurance related)

Financial assistance available

Physios: Susan Larson, Kath Bull, Ashley Briscoe

Phone 03-383-6290

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

Active Health Christchurch: HealthLink EDI = sportsq2, or email info@activehealth.co.nz

Active Health Rangiora: HealthLink EDI= activehr, or email clinic@activehealth.co.nz

Encompass Health: Papanui

Offers individual Steel sessions (for men) and Pinc sessions (for women)

Financial assistance available

Physio: Dan Sainsbury

Canterbury Cancer Centre

74 Langdons Road, Papanui

Contact: info@encompasshealth.org.nz

Referral: info@encompasshealth.org.nz; Website: <https://encompasshealth.org.nz>

Physio Solutions: Ferrymead (within Centered Studios)

Offers individual Pinc sessions (for women)

Physio: Kama Blackmur

6 Humphreys Drive, Ferrymead

Phone: 02102450985

Email: kama@physiosolutions.nz

Certified Lymphoedema Therapists

Burwood Hospital: Burwood (public health system funded)

Lymphoedema therapy for primary lymphoedema or cancer related lymphoedema
Lymphoedema education class run monthly: registration required, able to self-refer.
Physios: Ann O'Callaghan (physio), Kate Leech (physio), Sarah Wright (physio)
Contact info: 03 3836833
Referral via oncology team or GP

On The Go Physio: Addington (private pay)

Lymphoedema Therapist: Ann O'Callaghan (physio)
Contact info: 0800 000856
Website: www.onthegophysio.co.nz

Dr Kara Nowak Lymphoedema Management: Spreydon (private pay)

Lymphoedema treatment including manual lymphatic drainage, garment prescription, bandaging and exercise prescription, Biopton light therapy.
Funding available for lymphoedema patients if required.
Lymphoedema therapist: Dr Kara Nowak (physio)
Located within Village Health, 30 Lincoln Road, Christchurch
Contact: kara_now@hotmail.com
Phone: 020 415 11402
Available Mondays, Tuesdays and Fridays

Lymphatic Health Clinic: Papanui (private pay, ACC)

Lymphoedema assessment and treatment including SOZO L-Dex measurement, manual lymphatic drainage, garment prescription, bandaging and exercise prescription, mental health support, oncology massage, photo-biomodulation, Lympha Touch, compression pumps, scar therapy
Lymphoedema therapist: Charmaine Kennedy Lymphology Nurse Specialist
Contact: info@lymphatichealth.co.nz
Phone: 021 102 8600
Website: www.lymphatichealth.co.nz
Available Wednesday to Saturday

Accredited Exercise Physiologists

Specialised Health: travels to see clients
Accredited Exercise Physiologist: Carmyn Barnes
Available for private clients or through income protection insurance
Contact info: 021 224 7527, email carmyn@specialisedhealth.nz
Website: <https://www.specialisedhealth.nz>

Online programs**CancerFIT+:**

Online programme providing exercise, mindset, nutrition and support to empower people to create healthy habits, no matter where they are in their cancer journey.
Instructors: Julee Binns and Robyn Bayly (Oncology Physiotherapists)
Cost: per website
Website: www.cancerfit-plus.com
Contact: complete contact form on website or email: info@cancerfit-plus.com

Next Steps online cancer group exercise class: Pinc and Steel

Funded 10-week fitness-class style exercise classes instructed by a Pinc and Steel Certified Cancer Rehabilitation Physiotherapy for those who have completed their main medical treatments such as surgery, chemotherapy and radiation.

Consists of Pilates, yoga, step aerobics, and relaxation.

Block of classes during the school term.

For info/to register: <https://www.pincandsteel.com/programs/next-steps/> (tick online class box)

Targeted online cancer group exercise class: Pinc and Steel

Funded 6-week group exercise classes instructed by a Pinc and Steel Certified Cancer Rehab Physio for people with cancer. A slower-paced class for those needing more support than the standard Next Steps class.

For info/to register: <https://www.pincandsteel.com/programs/next-steps/> (tick online class box)

AYA online group exercise class for 16-24yrs: Pinc and Steel

Funded 10-week exercise class, funded by CanTeen and AYA, designed specifically for young people affected by cancer.

For info/to register: <https://www.pincandsteel.com/programs/next-steps/> (tick online class box)

Group exercise classes (in-person)**Next Steps and Targeted Circuit cancer group exercise classes: Active Health, St Albans**

Cancer group exercise classes instructed by a certified Pinc and Steel Cancer Rehabilitation Physiotherapist

Register at <https://www.pincandsteel.com/targeted-class-enrolment/>

Or contact: Susan Larson (physio instructor) susan@activehealth.co.nz

Next Steps classes: (8-10 participants; 9-10 weeks): a gym style aerobics class for people affected by cancer with step aerobics, yoga, resistance training, stretching and relaxation. Great for those who have finished medical treatment and are ready to take the next step towards their fitness. Class involves getting up and down off the floor, being on hands and knees, lying down and steps ups.

Active Health Christchurch: Susan Larson

545 Manchester Street, St Albans, Christchurch

Classes held each term on Mondays 12-1pm

1 term of classes fully funded by Pinc and Steel per person

Targeted Circuit classes: (4-6 participants; 6 weeks): a circuit style class for people affected by cancer with stations for cardio fitness, arm strength, leg strength, core/pelvic floor strength and balance, followed by light stretching. Ability to adapt exercises to each participant if required.

Active Health Rangiora: Susan Larson

Mainpower Stadium, 289 Coldstream Road, Rangiora

Classes held each term on Tuesdays at 3.15pm

1 term of classes fully funded by Pinc and Steel per person

Active Health Christchurch: Susan Larson

545 Manchester Street, St Albans, Christchurch

Classes held each term on Fridays 11am
1 term of classes fully funded by Pinc and Steel per person

Live Stronger Pink edition: Christchurch Bishopdale YMCA

Exercise class for women with cancer at any stage of treatment or recovery.
Instructor: Kris Tynan with Exercise As Medicine (exercise professional with cancer training)
Saturdays at 11.30am - join at any time by contacting Kris.
Cost: \$12 per class
<https://exercisearmedicinenz.com/>
Contact: Kris 021 262 8886 or kris@eamnz.com

Prost-FIT: Christchurch Bishopdale YMCA

Ongoing exercise and social group for men with prostate cancer at any stage of diagnosis or treatment.
Instructors: Kris Tynan and Tim Webster with Exercise As Medicine (exercise professionals with cancer training).
Wednesdays 1pm- join at any time by contacting Tim.
Cost: funded by the Prostate Cancer Foundation
<https://prostate.org.nz/prostfit/>
Contact: Tim Webster 021 0228 2551 or tim@eamnz.com

Blue Brothers: Christchurch, Rangiora, Rolleston, Ashburton, Blenheim

Offers 30-60min exercise sessions for men living with any type of cancer (followed by a social coffee)
Instructors- fitness trainers with cancer training.
Rangiora at Mainpower Stadium: Mondays, Wednesdays and Fridays 8.15am
Christchurch at Elevate Fitness (4 Rolleston Ave- former YMCA): Tuesday 8.15am
Rolleston at Selwyn Sports Centre: Tuesdays 2pm
Ashburton at Fit 4 Life Gym: Monday 2pm; Blenheim at Stadium 2000: Tuesday 10am
Cost: no cost
www.bluebrothers.org.nz
<https://www.facebook.com/Bluebrothersmovement/>
General contact and registrations: hello@bluebrothers.org.nz; ph: 027 2027525

CHILLAX class for people with cancer: The Cancer Society, Langdons Rd, Papanui

A gentle fusion of tai chi, yoga, pilates, stretch and relaxation.
Instructor: Kris Tynan with Exercise As Medicine (exercise professional with cancer training).
Wednesdays at 2.30pm
Cost: \$12 per class
<https://exercisearmedicinenz.com/>
Contact: Kris 021 262 8886 or kris@eamnz.com

CanMove group exercise class for women: Selwyn Sports Centre, Rolleston

Offering 45 minute exercise session, including strength, balance, for women living with any stage cancer treatment and recovery - followed by a social coffee.
Instructor: Ainsley Burton (personal trainer with cancer training) from RejuvenateYou Health
Tuesdays at 10am (Selwyn Sports Centre, @ the Dugout)
Cost: no cost
Contact: Ainsley ainsley@rejuvenateyou.co.nz or ph: 0272467539