

Primary Care Connect Health Connections Exercise Timetable



Delivered at Primary Care Connect
399 Wyndham St, Shepparton
Commenced 5th January 2026

Please contact us for any enquiries and to find out how to get started in our programs. Phone: (03) 5823 3200 Website: www.primarycareconnect.com.au
Email: exercisehealth@primarycareconnect.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chair Pilates 8:30am	Community Cancer Exercise 8:30am	Yoga 8:30am	Community Cancer Exercise 8:30am
Tai Chi 9:30am	Tai Chi 9:30am	Healthy Heart & Lungs 9:30am	Chair Pilates 9:30am	Healthy Heart & Lungs 9:30am
Individual Program 11:00am	Individual Program 11:00am	Movement Matters 11:00am	Individual Program 11:00am	Wellways 11:00am
Strength & Mobility 12:00pm	Resistance 12:00pm	Strength & Fit Ball 12:00pm	Circuit 12:00pm	Strength & Balance 12:00pm

Legend: **Blue** – Invite only, **Purple** – Mindful & mobility, **Green** – Beginner & Intermediate, **Yellow** – Advanced. *All classes are 45 minutes, unless otherwise specified in timetable*

Class Descriptions

Chair Pilates - \$2

A beginner chair-based class that will consist of low-impact flexibility, muscular strength, and endurance movements. This class will emphasize on postural alignment, core strength and muscle balance.

Yoga - \$2

Yoga is designed to build strength and tone your muscles while improving flexibility, mind, and body balance.

Tai Chi - \$2

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

Individual Program - \$2

An open gym format class is for individuals who may have an injury or illness where they would benefit in following a personalised gym program, where they would use the gym space under the supervision of our personal trainers.

Resistance - \$2

Consisting of structured resistance exercises utilising body weight, resistance bands, dumbbells and other exercise equipment with a focus on whole body strength, bone density and improving movement and mobility.

Strength & Fit ball - \$2

A Fit-ball class focuses on using an exercise ball while performing exercises such as squats, lunges, push-ups, triceps-dips and many more. Fit ball strengthens your core muscles and will improve flexibility, balance, and coordination.

Circuit - \$2

A series of exercises completed as a group by alternating from one exercise to another. Sessions focus on increasing whole body muscular strength & endurance, general fitness, and improving movement and mobility.

Strength and Balance - \$2

This class is a mix of resistance and balance exercises aimed at improving specific muscles used in everyday living and is suitable for people who want to improve their whole-body strength, bone density and balance essential for health aging.

Strength and Mobility - \$2

Combines strengthening exercises with movements that improve your range of motion, focusing on functional fitness, core stability, and body awareness to help you move better, reduce injury risk.

Healthy Heart & Lungs - FREE

Requiring referral post completion of a Pulmonary Rehab Program. The class is designed to help people living with a chronic lung disease and those with stable heart failure who often experience similar symptoms such as breathlessness. Classes are slow paced tailored to suit the needs of the individual, including low intensity resistance exercise and aerobic exercise such as walking and cycling.

Community Cancer Exercise - FREE

A program requiring referral post completion of the Goulburn Valley Health Hospital Exercise Oncology Program. The class is designed to help people living with any form of cancer. In a group setting, individual's will complete their own program specific to their needs and capabilities.

Movement Matters – FREE

A specialised group exercise session designed for people living with Parkinson's disease. The classes focus on improving balance, strength, coordination and mobility through safe and structured exercises.