

Health Connections Exercise Timetable

Term 4, 2019 - Commencing 7th October

Mooroopna Education & Activity Centre (MEAC)



Please contact us for any enquiries regarding our classes or 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
	Resistance Training 9am			
All Ability Dance 10am			All Ability Movement 9.45am	
				Active Hearts 11am
Men's Circuit Training 11am			Resistance Training 11.45am	
				Lungs In Action (LIA) 1pm
Resistance Training 1pm		Individual Program Training 1.30pm		

Class Descriptions

Resistance Training

Our baseline resistance training class; 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. Suitable for most of any age.

Men's Circuit Training

Specifically, for Men. Structured 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. Suitable for most of any age.

Individual Program Training

Participants complete individual exercise programs. Suitable for most regardless of age or fitness level as each program is specifically tailored to the individual. Exercises are progressed to challenge the body to increase fitness and strength and improve coordination and movement.

Lungs In Action (LIA)

The Lung Foundation Australia program 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.

Active Hearts

Specifically developed for individuals with any form of cardiovascular disease. Classes are slow paced, consisting of low intensity exercise tailored to suit the needs of the individual with a focus on general fitness, muscular endurance, coordination and improved movement.

All Ability Dance

Specifically developed for those with a disability of all ages. This class focuses on movement, coordination and general fitness in the form of dancing, fun activities and games.

All Ability Movement

Developed for those of all ages with a disability. This class focuses on movement, coordination, strength and general fitness by utilising equipment to perform exercise-based movements.